



Love & Light

OCTOBER / NOVEMBER 2011

www.psychicreadings.org.uk

How to obtain a reading:

Call:

0906 111 4445

For payment on your Telephone Bill. For payment by your Credit Card.

All 0906 calls cost £1.53/min recorded.
18+ for entertainment only.

Call:

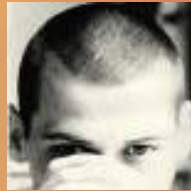
0800 156 0596

Freephone credit card readings
£38 for 20 mins.

Who to choose? Here are some of our readers...

Luke - Pin 7137

Luke prefers the umbrella term of Clairvoyant or Seer; he has experience in Wicca, Taoism and the Spiritualist Church, as well as healing, hypnosis and past life regression. He has also been involved with a variety of pagan and shamanic groups.



"I've always been sensitive and aware of the other world, and how the other world interacts with our everyday lives. For as long as I can remember I've been able to sense presences; spirit people and animal spirits. I've always been able to sense the patterns of energy that make up the web of the bigger picture of life and the Spirit that unites us all. I've always been able to read people and situations and I've also had premonitions - sometimes they're as clear as day, other times more subtle.

People come for readings for all sorts of reasons - a question about a move, a job, a lost pet, a lost ring, a lost lover, a current lover; but more often than not it is to see that they are on the right path; to see whether it is one of their making or whether it is one they have simply drifted onto.

Having a Psychic Reading can often provide help and guidance in decision making and in finding understanding, truth and clarity in connection with our relationships. It can also help a person, if they are lost, to find the right path forward. Someone once said that we are all Spiritual beings having human experiences. My job ultimately, is to help people follow their bliss."

Paul - Pin 7135

Paul is a down-to-earth 'Sensitive' who has been living, breathing, studying, consulting with and teaching Tarot for 30 years. He usually describes himself as a "Direct Clairsentient" or as a "Seer". He is an experienced and published Astrologer and a professional Clairvoyant.



Paul is knowledgeable and experienced in a variety of esoteric / spiritual paths. He has been involved with The Spiritualist Church, Medium Development Groups, The Green Circle, Wicca, The Circle of Avalon, Shamanism, The Pagan Wheel, etc. Paul believes that we all possess a connection to the divine, this is what he trusts and tunes in with.

His style of reading has been called impatient, sometimes arrogant, direct and incisive, yet clients do come back again and again. Love him or hate him - he will not be coerced into telling you what you want to hear, only what he senses.

"I consider myself a 'blood, bones and flesh' reader. I talk with real people, in real situations, with real problems. If we connect (sometimes we don't), I will do my very best to explain what I am able to sense, and how it may be of help. I believe that we can all drink from the pool of the soul/spirit, sometimes we just need to be reminded where it is or need to be led there! I prefer to think of myself as an Age Old Reader, rather than a New Age one."

Under UK law readings are deemed entertainment only.
Accuracy is not guaranteed.

Relationships

The Relationship Between You and Your Psychic

Finding a good psychic is like finding a love connection. Even though a psychic may be truly gifted, he or she may not be the best one for your situation or personality. Just like finding a soul mate or even best friend, everyone has a different opinion of what to look for in a person.

Find a mental connection and read the feedback

With a psychic, there has to be a connection if you want the reading to be accurate. While you might find a bit of small talk enjoyable with one person, your neighbour might find that same person to be a soul mate that finishes every statement. The neighbour would have a connection but you don't. That's why you'll find a variety of ratings by many psychics.

Look for positive feedback on a psychic

If you note that everyone loved the psychic but one or two people, obviously those people couldn't make a connection or wouldn't keep an open mind during the reading. If the majority of the feedback is positive, the psychic is probably quite gifted. Even the world's greatest psychics can't read every individual.

Find one that specialises in your area of concern.

Not everyone wants to know about every aspect of his or her life. If you're in a stable loving relationship, you already have a good direction and don't require help in that area. However, you might find the road on your career a bit bumpy and you want to make certain that you're following the most beneficial path. Look for a psychic that specialises in the area you most want

- to explore. Just like other people, some psychics
- have more talent and interest in specific areas.
- If you want information about your career, don't
- look toward a psychic specialising in romance.

Find a Psychic that makes you feel good

- Trust your instincts. If you end a psychic reading
- with doubts and a bad feeling about the psychic,
- don't go back. Remember to differentiate whether
- you're uncomfortable about your future or



simply didn't feel good about the psychic. You'll know when you've found the right one. Trust your instincts. Most people have some psychic talent of their own. Some people call it listening to their gut reaction.

It's okay to discriminate when looking for a Psychic

If you find working with a man simply easier for you, then by all means, work with a man. The same holds true for nationality, age or other discriminatory area. You need to find a psychic that makes you the most comfortable. That doesn't mean you're discriminating against them. You're simply looking for a way to form a bond. If a person that grew up in affluence

- makes you feel self-conscious, you won't have a
- good psychic reading if you select someone that
- went to the best prep schools, had a silver spoon
- childhood or dines on only the most expensive
- cuisine. Find a psychic that makes you feel
- comfortable.

- To help you decide which Circle of Professional
- Clairvoyants reader is right for you we have a
- page on our website that profiles each psychic and
- a page where clients have kindly left feedback:

www.psychicreadings.org.uk/testimonials.htm

www.psychicreadings.org.uk/readers.php

The Link between Money and Depression



Depression might not be the obvious topic for an article discussing financial health; however three out of four people in the UK will suffer with depression at some point and that figure has increased since the recession hit. Financial worries is a serious trigger for mental illness, and it is also high up the list for relationship breakdowns so it is vitally important to get your money in order for the sake of your health!

Dr Niall Campbell is a consultant psychiatrist at The Priory in Roehampton, in a recent interview with Natwest Bank he mentioned that one of his clients had said “in this climate you’ve got two jobs or no job,” and he goes on to say that depression is not isolated to those in lower earning jobs, there are plenty of high flyers who are now being pushed to the limit by their companies to achieve better results with less time and money spent.



Emma Thompson says work saved her from ‘going under’ in her battle with depression.

British people are currently experiencing the biggest squeeze on their incomes since the second world war. Whilst the financial meltdown started in 2008, it is only now many of us are really feeling the pinch and it would seem there are several more years to come. This has all come about as a result of many things – rising inflation, tax increases, benefit changes, soaring household bills and minimum if any pay increases.



Stephen Fry’s nervous breakdown made headline news in 1995 after he disappeared for several days.

Charities and GP’s have witness an increase in the number of people contacting them with the route cause of their worries being job losses or debt and in correlation with that the BBC obtained data showing prescriptions for anti-depressant medication – Prozac had risen 40% in the last four years. Dr Clare Gerada, head of the Royal College of GPs, said it is expected that mental health problems will worsen during times of economic hardship, adding: “They feel guilty that they can’t provide for their family and these things can often act as a trigger for depression.”

It is easy to imagine that people suffering from depression as a result of money worries have been reckless in their spending, mounting debt as a result of holidays abroad and a nice car on the driveway. But in fact many people contacting debt advisers such as the Consumer

Credit Counselling Service are from people who simply do not now earn enough to cover their outgoings on a day to day basis. For example “The typical Londoner who contacts the service has a monthly disposable income of £1,259, but their ‘basic’ bills add up to £1,286.” So they are already in trouble and this is with their bills stripped down to the most essential payments, such as the weekly food shop and the petrol needed to get to work, but excludes holidays or other luxuries.

In fact some of the statistics from the National Debtline may surprise you. In 1994 calls to the organisation on an annual basis were 36,321 by 2009 that figure has escalated to 405,167. Men and women get into equal amounts of money issues. 38.25% of those seeking advice are employed. 29.81% are aged 25-25 and 41.64% are aged 36-50. Most people hear about the organisation not from their Doctors or bank but from the internet. 51.51% are married or living with a partner. 29.55% of people owe between £5-15k. 18.16% owe £15-25k and 20.20% owe £25-50k.

But just how is depression categorised? Well the Depression Alliance says “If you are affected by depression, you are not ‘just’ sad or upset. You have an illness which means that intense feeling of persistent sadness, helplessness and hopelessness are accompanied by physical effects such as sleeplessness, a loss of energy, or physical aches and pains.” Here is a list of the most common symptoms of depression. As a general rule, if you have experienced four or more of these symptoms, for most of the day nearly every day, for over two weeks, then you should seek help:



- Tiredness and loss of energy.
- Persistent sadness.
- Loss of self-confidence and self-esteem.
- Difficulty concentrating.
- Not being able to enjoy things that are usually pleasurable or interesting.
- Undue feelings of guilt or worthlessness.
- Feelings of helplessness and hopelessness.
- Sleeping problems - difficulties in getting off to sleep or waking up much earlier than usual.
- Avoiding other people, sometimes even your close friends.
- Finding it hard to function at work / college.
- Loss of appetite.
- Loss of sex drive and/ or sexual problems.
- Physical aches and pains.
- Thinking about suicide and death.
- Self-harm.

If you have money worries that are causing you any of these symptoms then what should you do?

- Tell your GP – who will assess your situation and refer you if needed for something like talking therapy.
- Speak to experts such as Citizens Advice Bureau. They can be a great first step to discussing work, benefits and finance.
- Talk to your bank and other financial institutions as relevant.
- Claim all of the benefits you are entitled to.
- Contact specialist debt agencies – such as National Debtline.

Here are some useful websites:
www.citizensadvice.org.uk
www.nationaldebtline.co.uk
www.cccs.co.uk
www.depressionalliance.org
www.mind.org.uk

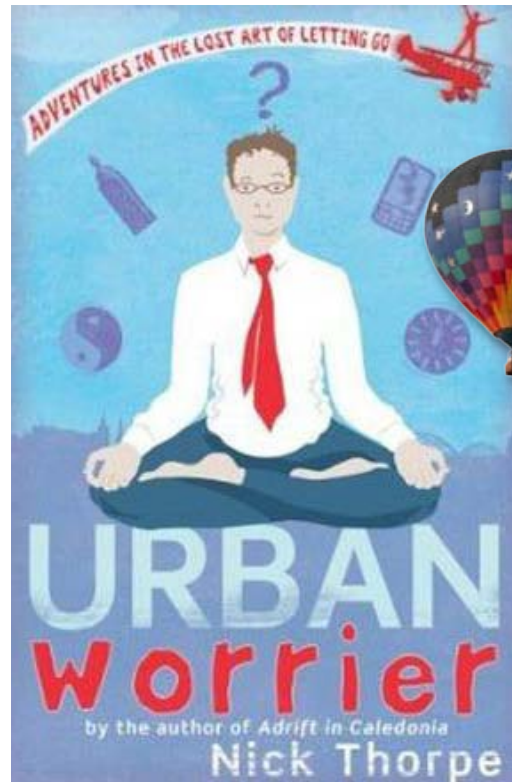




Urban Worrier: Adventures in the Lost Art of Letting Go by Nick Thorpe

Nick Thorpe is a writer and journalist; having written for the Sunday Times, Daily Telegraph, Guardian, Independent, Scotsman and BBC Radio 4 among others. But not so long ago he found himself with a serious case of writers block. Hunched exhausted at his computer one ordinary Monday morning, world-class workaholic Nick had reached the end of his tether. Fearing for his health and family life, he knows something had to change. But where to start when trying too hard is part of the problem?

Nick makes a bold resolution: he will spend a year learning to let go. And so he ventured on a quest to find balance and fulfilment. He did this by sampling everything you can imagine; beginning with a plunge off a Cornish cliff, he soon graduates to wing-walking on a bi-plane, air ballooning over the New Mexico desert, city-centre clowning and a revealing weekend at a naturist convention!



But the more he tries to relax, the bigger the questions: can you be happy if you're not in control? Is true contentment all in the mind? And what does his small, brown dog know that Nick doesn't? From a school where pupils make the rules, to meditation and rafting in Sweden; from the chaos of a Durban street shelter to a silent monastery in New Mexico, Urban Worrier charts a humorous and often moving quest for the ultimate modern grail: how to find balance and fulfilment in today's high-speed world...

You could easily dismiss this book as another title on the groaning self help shelves; or jumping on the bandwagon of the "Eat, Pray, Love" brigade or even think he just had the adventure to write a travel book (as a travel writer). But you would be missing a trick; this is a genuine book with a spiritual journey at its heart and many laugh out loud moments. Suitable for anybody that has had that moment 'Is this it? Is this my life'.

"Urban Worrier is great fun to read, because as soon as you read it you realise you're one yourself, of course."

Sally Magnusson, BBC Radio Scotland

"Thorpe's epiphany is profound and affecting, and it is the counterpoint of poignancy and comedy that makes this very personal search for peace so utterly life-affirming."

The Scotsman

The Theory behind Fate

To understand the reasoning behind something is very important to understand what that thing is. Fate is considered to be a set of predefined events which have an impact on the life of an individual. People are naturally drawn to certain things or have a knack for something. They are good at writing, music, painting; they may have the ability to make quick and profitable business decisions. All of these talents or predispositions can be said to be part of fate. They were destined to do these things or be a part of something. Fate is the purpose for which everyone is born. Everyone has one. There is no one who does not have a purpose, a reason for being here at the time they are.

So are some people's fate to be regular ordinary unassuming individuals? Absolutely, there are people who have the purpose of working a middle class job having two kids and a car, growing old, and dying. What they might not know is while that is their fate; five generations later, those ordinary working class individuals' descendants do something extraordinary something that would not have happened if they had not been the ordinary person that they were. Everything that a person does ultimately in some way impacts future decisions and in some way ultimately impacts where they end up eventually.

What is the reasoning behind each person, his or her lives, the right and wrong decisions? People have been asking these questions for centuries. There are hundreds of theories. Fate can be linked to the universe; the driving force - some might call it God. Energy is everything and everywhere and

decisions that are made, all things that are created or destroyed have their own energy. It could be said that the reasoning for fate is the creation of energy. Each decision, each predisposition, everything that is destroyed and everything that is created all has some form of energy attached to it. The energy it took to create it, the energy it took to destroy it.

You could even say that the reasoning behind fate is nothing more than a way of creating a system of checks and balances. Since the universe is made of energy and in order for the universe to function it has to be in balance then fate could be nothing more than a way of creating the opposing energies necessary to maintain the balance. No matter what the theory behind fate, it is hard to deny the fact that it exists. There is a sense of rightness to doing a particular activity musicians do not feel complete without their instruments, singers cannot help but sing, writers cannot help but write, the same goes for salesmen, businessman, scientists, teachers or any other activity.

Fate is a necessity of life; people are here for a reason and a purpose and ultimately are pulled along. That is not to say that free-will does not exist. However, it can be argued that there is always more than one way to get somewhere. If that is the case then even the free will of people ultimately leads them to the destiny assigned to them.

Fate, the ultimate purpose of life, is it designed to provide balance to the universe, or designed to create certain situations as befits a grander design.

D E S T I N Y

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