FREE SPIRIT

November 2026



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FEATURES

Fading Friendships, Intuition, Exploring Your Birth Chart

PLUS

November Horoscopes & Reader Profiles

Daisy Ridley

Ghosts, Spirits, and all sorts of pre-festive super natural fun !

discover your future, release your past

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Editor's letter

As we move further into autumn and begin to look towards the final months of the year, November can be a wonderful time to pause, reflect and consider where life is taking us next.

This month, we explore some of the connections that shape our lives – from recognising when a friendship may be changing, to considering whether certain people are destined to cross our path for a reason. We also turn our attention inwards, exploring the messages that can emerge through our dreams and the subtle ways our intuition may try to guide us.

If you have ever wondered what the stars might reveal about your personality, relationships or life path, our feature on birth charts offers another fascinating way to explore the influences surrounding you. And, as always, our reader profiles introduce you to two of the gifted readers available through Psychic Light.

We also have a little news to share. Our Reception Hours have changed recently. While our telephone lines remain open 24 hours a day, seven days a week, Reception is now manned between 9am-2pm & 5pm-10pm daily. Outside of these hours, our automated service is available to keep you connected and you can also email us on **admin@psychiclight.com**

As the evenings draw in, we hope this edition gives you plenty to reflect upon, explore and enjoy.

Charlotte

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Recognising When a Friendship Is Fading and When It May Be Time to Let Go

Not every friendship ends with a falling out. More often they simply grow quieter, the messages further apart, the catch-ups harder to arrange, until one day we realise we are not quite as close as we once were. It can be a strange and quietly sad thing to notice, and it can also be completely normal. Friendships are not meant to stay the same forever and recognising that one is changing is not a failure on anyone's part.

Sometimes a friendship is only resting, waiting for life to settle. Other times we begin to sense that it may have run its course, and that letting it go gently might be the kinder thing for both of us. Knowing the difference is rarely obvious, so it is useful to look honestly at what we are noticing and how it makes us feel.

Why Friendships Change Over Time

Our friendships move with our lives. We change jobs, move to new places, fall in love, start families, or simply grow in different directions to the people we once spent every weekend with. A friendship that suited us at one point may not fit the person we have become, and that is nothing to feel guilty about. Most of us carry a handful of friendships that have quietly faded over the years, and often it says nothing bad about either person. Life moved, and the friendship moved with it.

Understanding this matters, because it lets us see a fading friendship as part of ordinary life rather than something that has gone wrong.

The Quiet Signs A Friendship May Be Fading

The signs are usually subtle. We might notice that we are always the one reaching out, and that the effort rarely comes back. Conversations that once flowed can start to feel like hard work, or we come away feeling a little flat rather than lifted. We may find we have less to say to each other, or that we only really speak when one of us needs something. None of these on their own means a friendship is over. Together, though, they can gently signal that something has shifted.



It is useful to notice how a friendship leaves us feeling over time, rather than judging it on a single quiet spell. Everyone drifts in and out of contact, and a long gap is not the same as a fading bond.

When Drifting Apart Is Natural and When It Is Something More

There is a difference between a friendship that has simply gone quiet and one that consistently leaves us feeling worse. A quiet friendship can pick up again the moment life allows, as though no time has passed at all. A friendship that has run its course tends to feel different, heavier, more one sided, or as though we are holding on more out of history than happiness.

This is the harder thing to sit with, because it asks us to be honest about whether a friendship still brings something good into our lives, or whether we are keeping it going simply because it has always been there.





When A Friendship May Have Run Its Course

Coming to feel that a friendship has reached its natural end is rarely a single dramatic moment. More often it is a slow realisation, a sense that we have grown apart in ways that are unlikely to close. We might feel relief as much as sadness, which can be confusing in itself. Reaching that point does not make us a bad friend. It simply means we have recognised something honest about where the friendship is now, and many of the feelings that come with making a clean break can apply just as much to a friendship as to any other close bond.

www.psychiclight.com/making-a-clean-break/

How we choose to step away, if we choose to at all, is a bigger question, and one worth an article of its own another time.

Why Letting Go Can Be The Kinder Choice

We tend to think of ending a friendship as a loss, and sometimes it is. But letting a friendship go gently can also be an act of care, for us and for the other person. Holding tightly to something that no longer fits can quietly weigh on both people, while moving forward and letting go of the past leaves room for the friendships that do still lift us. Talking things through out loud can often let us see more clearly what we already feel.

www.psychiclight.com/move-forward-let-go-past/

However a friendship changes, it is worth remembering that fading is not failing. People move through our lives at different paces, and the ones who stay are all the more precious for it.

Talk things through with Psychic Light

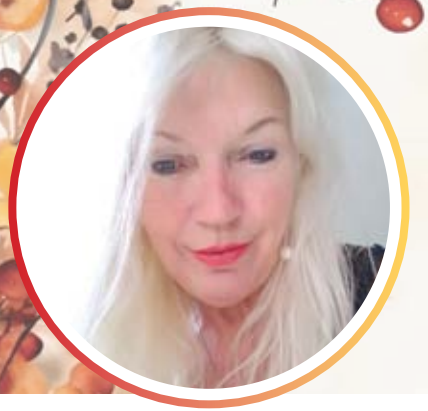
If a fading friendship has been on your mind, you are far from alone, and it is one of the many things people choose to reflect on when they speak with one of our psychic readers. Sometimes simply saying out loud what we have been quietly turning over lets us see more clearly how we feel about a friendship, and what feels right for us as we look ahead.

Take your time to explore our available readers and find someone whose approach feels right for you, and reach out to Psychic Light whenever you would like to talk something over.

www.psychiclight.com/psychics/

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Reader Profile



Alison

PIN: 2828

Alison enjoys being of service, sharing her knowledge and wisdom, and using her gifts for the common good.

Alison's spiritual journey began at just seven years old, growing up in a third-generation psychic family. Today, she is an established Psychic Medium and Master Reiki Healer, as well as a qualified yoga teacher and colour therapist, bringing together her unique skills and spiritual knowledge in her work.

A Calling to Serve

Having received a calling, Alison felt it was necessary to work with the Holy Spirit, while working with the MAP team was also a must. MAP means Master of Angelic Presence, and Alison works closely with two main Archangels: Archangel Michael and Archangel Chamuel.

Archangel Michael is associated with protection, acting as a spiritual protector and defender from harm, fear and negative forces. Archangel Chamuel is known as the angel of love, peace and harmony. "I often ask Archangel Chamuel to enter. Pink rays of love and blessings will flow around their aura. I just let the love flow through my heart to their heart. Really beautiful."

Spiritual Guides and Healing

Alison also has her "good old friend" David, a monk who arrived in her life in 2003. "He gave me a shock, as he was all dressed in a brown robe with a purple belt, no hair on his head, and the biggest smile ever. He is so much fun, and at the time I was not sure why he invited himself into my life. Now I believe it was to bring me fun and to enjoy life – and that is what he does."

Gabriel is another important presence in Alison's spiritual journey. She describes him as "such a great gift" and says he is good at praying too, although that particular part of her connection remains personal to her.

As her spiritual journey progressed, Alison began working with Archangel Raphael, whom she describes as the master healer. During her Reiki sessions, she would ask Archangel Raphael to direct pure divine energy into the person, working with the green ray associated with healing and balance.

Follow Your Heart

Alison has always believed in hope and describes herself as eternally optimistic. She believes that in life, it is important to be sure of what you want, send out positive thoughts and follow your heart's desire.

Why not discover more about Alison's unique spiritual approach and experience her psychic mediumship for yourself?



Most of us grow up knowing our star sign, but many may not realise just how far astrology goes, for example a birth chart, not just advises on your sign, such as whether you are a Leo or Scorpio, but also gives a fascinating snapshot of the heavens at your exact moment of birth! The birth chart creates a celestial map, that can reveal amazing things about your personality and its different aspects, your emotions and your life's journey.

Looking Beyond Your Sun Sign

What you may think of as your horoscope sign, zodiac sign or star sign, is actually more accurately described as your Sun Sign. The position of the Sun when you were born, is traditionally associated with self-expression, identity and the qualities that you embody.

However, your Sun Sign is just one part of your overall astrological picture. A full birth chart will consider the positions of the planets, and the celestial points at the precise time of your birth, also taking into account where you were born; which in turn creates a far better and more individual picture.

If you have ever wondered why two people with the same zodiac sign, seem to have totally different approaches to life and different personality traits – then their birth chart is the answer.

Discover Your Big Three

Creating and more importantly interpreting a birth chart is not uncomplicated. But, even experienced readers and astrologists, would probably advise you that there are some particularly important parts of the Birth Chart – the Sun, Moon & Rising signs.

The Sun sign deals with your sense of self, and the qualities you will express as you grow. The Moon sign is all about your emotions, your instincts and your inner-world. Whilst the Rising sign or 'Ascendant' is representative of first-impressions, your 'outward' personality and how you interpret and approach the world around you.

When you take these three elements together, you have a much more rounded picture of you as a person, than just your Sun sign in isolation.

A Celestial Map of Life

A birth chart doesn't stop there; you can explore Mercury – communication & thought. Venus – love & relationships, Mars – motivations and action.

Then, 12 astrological houses, that cover every area of life you can think of, from friendships, career, family, home, partnerships and beyond.

The position of a planet within a particular sign and house can add another layer of meaning, making every birth chart as unique as you are.

What Does Your Chart Say About You?

Getting a birth chart done, is not a predictive experience, it is an opportunity for self-reflection and exploring different possibilities. Understanding your traits, emotional patterns and relationship dynamics, can lead you to explore life paths you may not have considered.



Image - courtesy of Paramount Pictures

EBENEZER
you little dickens!

As the nights draw in and Christmas begins to appear on the horizon, there is something particularly fitting about the arrival of a new adaptation of one of the world's most famous ghost stories.

Ebenezer: A Christmas Carol arrives in UK cinemas on **13 November 2026**, bringing Charles Dickens' much-loved tale to the big screen once again, but with a darker and more supernatural feel. Directed by Ti West, the film stars Johnny Depp as the miserly Ebenezer Scrooge, alongside Ian McKellen, Rupert Grint, Sam Claflin, Andrea Riseborough and our own November cover star, Daisy Ridley, who plays Emily Cratchit.

A Story We Think We Know

Most of us know the story. Scrooge is a wealthy but bitter man who has little time for Christmas, generosity or the people around him. Then, on Christmas Eve, he receives some unexpected visitors.

The ghost of his former business partner, Jacob Marley, appears first, warning Scrooge that three spirits will follow. The Ghosts of Christmas Past, Present and Yet to Come then take him on an extraordinary journey through his life, forcing him to confront the choices he has made and the consequences they may have.

The newly released trailer gives us a glimpse of this darker interpretation, with ghostly encounters, unsettling visions and a Scrooge who appears to be facing some very uncomfortable truths. The second official trailer was released on 1 October, building anticipation for the film's November arrival.

The Spirits Have A Message

At the heart of A Christmas Carol is an idea that has fascinated people for generations: Can we change our future? Scrooge is shown his past, giving him the opportunity to understand how his experiences and choices have shaped him. He is then confronted with the present and finally shown a possible future.

It is this final encounter that perhaps carries the most powerful message. The future Scrooge sees is not necessarily inevitable. If he changes his behaviour, perhaps the outcome can change too.

It is an idea that feels surprisingly relevant to our own lives. We may not be able to rewrite the past, but we can learn from it. We may not know exactly what tomorrow holds, but the choices we make today can influence the direction we take.

Looking Beyond The Unknown

For those with an interest in the spiritual world, stories about spirits and messages from beyond have a particular fascination. Whether you see them as supernatural encounters, powerful storytelling or simply a way of exploring our deepest fears and hopes, they invite us to consider what might exist beyond what we can see.

Perhaps that is why A Christmas Carol has endured for more than 180 years. Beneath the ghosts, Christmas setting and Victorian London is a story about reflection, change, forgiveness and second chances.

And perhaps Scrooge's greatest gift is not being shown the future, but being given the opportunity to do something about it.

Ebenezer: A Christmas Carol opens in UK cinemas on 13 November 2026.
www.paramountpictures.com/movies/ebenezer

ARE SOME PEOPLE MEANT TO CROSS OUR PATH?

Have you been lucky enough to encounter someone in your life that has left a lasting impression? Sometimes, people seem to enter our lives at just the right moment. That doesn't necessarily mean that they will be in our lives long-term.



Those that arrive at just the right time

Life can be full of chance conversations, possible friendships and unexpected meetings. Many are just run of the mill, as we go about our day-to-day lives. But, if we are lucky, every now and again, we seem to chance upon a stranger who seems to have just the right take on things, or be just the right font of knowledge that we needed in that moment, and the surprising thing is just how unlikely the meeting, or the fact your opened yourself up to an intimate conversation with a stranger in the first place.

We probably ponder, why is it that certain people appear in our lives when they do. We are most likely to ask that, when the person has exited our lives. Were they there to solve a puzzle, to introduce an opportunity, to open our eyes to seeing something differently or to encourage us to make a change? Did they provide support when we were struggling, did they challenge our thoughts and belief systems, did they encourage different perspectives and getting out of our comfort zones?



Not all connections are forever

When we have a meaningful relationship or connection with someone, it is only natural to assume that we will always have that. But, for so many different reasons, people enter and leave our lives, some are only part of our story for a short chapter, while others will weave their way through our entire book of life – and that is okay.

Tarot can offer some interesting insights into connections

Many cards in Tarot represent the important connections that we make, from our guides, our family, teachers, friends, romantic partners and more, and can also describe some of the lessons or influence that characters in our lives offer.

The Hermit, is often associated with wisdom, reflection and guidance. It may represent someone who offers valuable insights during an important stage of our lives, helping us to find our own way forward.

The Hierophant, often represents an advisor, influencer or mentor, someone who challenges our thinking and encourages new perspectives, so we can grow in our life & journey.

The Lovers, are of course associated with relationships, and also meaningful connections. But it can also be about a crossroads we find ourselves at, maybe there is a significant decision to be made. The relationship may enter our lives to lead us to that important outcome.

The **Six of Cups** reminds us more of past connections, than current relationships. These are very often nostalgic memories, and perhaps familial. These people have left lasting impressions, and they many no longer be with us on this earthly plane, but their significance has not dimmed.

What lessons do we carry forward?

Spiritually, many believe that when our paths cross with certain people, for brief periods of time, that these are Soul Connections. That rather than just coincidence, there is something natural and meaningful about the encounter and that we are meant to experience and learn something together.

Reader Profile



Pauline

PIN: 3798

Compassionate Guidance from an Experienced Reader

Are you feeling confused, uncertain about the future, or simply in need of *gentle guidance*? Pauline is here to support you. With over **two decades of professional experience**, she offers **compassionate and insightful readings** that inspire clarity and hope.

A Psychic Gift That Runs in the Family

Pauline's psychic abilities run in the family. With gifted relatives on both sides, including a great aunt who was also a medium, her path into spiritual work felt natural. From a young age, Pauline experienced **déjà vu** and **synchronicities**, often sensing the thoughts and emotions of others. Over time, her skills developed through study and practice, encouraged by her grandmother and strengthened through a shared passion for Tarot with a like-minded friend.

How Pauline Connects with Spirit

Today, Pauline is a **natural clairvoyant** who works closely with her **Spirit Guides**. She draws on **Tarot and Angel cards** to explore the bigger picture, often giving clients an idea of timings. For direct answers, she may turn to the **Pendulum**, offering simple yes or no clarity when it is needed most. While she does not describe herself as a medium, there are times when *messages from the other side* come through unexpectedly, offering comfort to those seeking reassurance.

Qualifications That Support Her Practice

In addition to her psychic gifts, Pauline is a **qualified Reiki Master** and has studied Counselling with the British School of Yoga. This combination allows her to bring both spiritual and emotional support to her readings, always with a **non-judgemental and empathetic approach**. Her clients often find that her **relationship readings** are particularly insightful, though she is equally at home offering general guidance.

A Life Shaped by Spiritual Experiences

Pauline's work is not only a profession but a calling. She recalls **powerful moments of spiritual protection** in her own life, such as the mysterious monk who once appeared to warn her of danger on a country road — a presence she still feels in her work today. Experiences like these have deepened her faith in the unseen world and strengthened her *connection with her Guides*.

The Woman Behind the Readings

Away from her readings, Pauline is married, with a grown-up family, including two grandchildren. As a Scorpio and a water sign, her **intuitive nature** runs deep. She is also an animal lover, with a cat and rabbit at home, and she sponsors a donkey at a sanctuary in Devon.

With warmth, wisdom, and sincere care, Pauline looks forward to guiding you. When you are ready, why not give her a call and discover the clarity she can bring?

LIGHTING THE WAY THIS NOVEMBER

November can often feel like the darkest month of the year, winter weather is well and truly felt, the nights have drawn in, and Christmas excitement is not yet upon us. However, if you look carefully, it is a month filled with traditions that can bring light into the darkness.



Remembering Those Who Came Before

On the 1st of November, we celebrate All Saints' Day and then on the 2nd – All Souls' Day. The two are closely connected, but they do have distinct meanings and Christian traditions. The first is for honouring saints, and the second is for praying for, and remembering those who have passed away.

Of course, you do not need to be of the Christian faith to embrace All Souls' Day, it is a lovely tradition to simply light a candle, visit a special place, look through photographs and mementoes and remember a special someone. Even just taking a quiet moment to think about that person is a deep and comforting ritual. It is amazing to think about the fact, that even though they no longer have a physical presence on this earth, they very much continue to shine an influence on your life and thoughts.

The Fire on the Fifth

Just a few days later, we will all be thinking about Bonfire Night, which of course brings with it a different type of light! From bonfires, to fireworks illuminating the skies, autumn darkness can be forgotten about for one night, as we connect to the long-ago Gunpowder Plot of 1605.

As well as feeling like a celebratory evening, with lots of oohs and aahhs, it can represent a period of transformation. Many will take a moment to think about the things they wish to release into the fire, and to close a chapter on things that they are ready to leave behind. Signifying a burning away of what is no longer needed. The warmth of the fire bringing in comfort and protection.

Finding Light in Diwali

On the 8th of November 2026, around the world, many will celebrate Diwali, otherwise known as the Festival of Lights.

Diyas (small oil lamps), are an important part of the celebrations; homes may be decorated with lights, and it is a time for families to gather together in a festival of light and hope. Quite a few faiths celebrate Diwali, such as Hinduism, Jainism, Sikhism and Buddhism, although the stories may differ slightly. But, any of us can embrace the beautiful reminder that darkness does not have to be feared, and in fact, the smallest light can change how we experience things.



What Light Means to You

If you have found past Novembers to be gloomy, then why not try this year, to find a little ritual of light each day. Embrace a season that can mean memories, celebration, transformation, hope and connection.

Are there Hidden Messages in our Dreams?

GOOD NIGHT
Sweet dreams

Isn't it funny how you can spend lots of time thinking about something during the day, and then barely give it a thought as you go to sleep. But, then as if by magic, elements turn up in our dreams in the strangest way. The problem being, that in a dream state, suddenly a small worry or a minor argument, has turned into impending doom and you feel just minutes away from disaster and as if the solution is just out of your grasp.

Which begs the question, are our dreams showing us what our waking mind is trying to process, and if so, how do we know what to take from them to be useful.

Does Anxiety follow you to Sleep?

There is no doubt, that those of us that dream, or are aware of our dreams, would probably say they are more vivid and possibly disturbing if we are stressed, worried or facing uncertainty. Dreams can be about many things, from being lost, forgetting an important task or meeting, or not being able to reach someone – but underneath it all – they really are all about expressing anxiety.

Sometimes a dream will be downright bizarre, and feel like there is nothing useful to untangle, however the emotions that those dreams can evoke in us feels very real. It's as if in a dream-state we turn up the dial on something quite small, until it feels really unmanageable. Difficult conversations that need to be had or decisions that are upcoming may turn up in a dream as a journey – but with no destination, a train ride or even being in a maze.

The important thing to realise is that dreaming is not predictive, just because you dreamed your presentation at work was going to go horribly wrong, does not make it true. But it is easy to see why such a dream could feel like a premonition and shake someone's confidence, almost to the point of the dream becoming self-prophesizing, i.e. we bring about the outcome, because we believed it was going to occur.

How do you look beyond the Imagery in your Dream?

Dream Interpretation is a fascinating subject, much like horoscopes and astrology, many of us have a passing interest in the topic. We have many blogs on specific dreams if you are interested:
www.psychiclight.com/category/dream-interpretation/

However, the more useful question can be – what does the dream mean to you? What does the imagery in the dream evoke for you? Because we are all so different, interpretations will mean different things to us, dreaming of water for one person may mean feelings of peace, for another it may scare them. Dreaming of your childhood home could create happy, comforting feelings or bring back difficult memories. So, the feelings and emotions a dream raises are almost as important as the imagery itself.

Maybe Dreams don't need a Simple Answer…

A lot of dreams won't require any time spent on them, there is no need to 'de-code', if it is merely a jumble of sleep, emotions, mixed memories and random fragments from your day-to-day.

But if a dream raises very strong emotions, or you keep having it on repeat, it can be worth paying attention to.

Start by asking yourself honestly, is the dream quietly pointing towards something you may already know, but haven't yet allowed yourself to acknowledge?



Dancing With Your Intuition

We all experience intuition, it might be just a quiet feeling inside ourselves, a sudden thought out of the blue, or a sense that something doesn't feel quite right. It can be difficult to explain, and it is not necessarily logical, there isn't always accompanying evidence or reasons for our thoughts or feelings, so it can be hard to quantify. But, if we are used to listening to our intuition, and trust that it has something to tell us, as a minimum when these things occur – we know to simply 'pay attention'.

When Your Intuition Speaks

So often, we put down intuition as coincidence. Perhaps you were thinking of a person, and at that moment – they called you. On a whim maybe you took a different route to work, only to hear about a delay or accident. Maybe you have met a person for the first time, and something about them – made your hair stand up. You don't know why you cannot trust them, but your instincts say to hold back.

It is so easy to just dismiss these moments, they are not obvious and can be explained away in other ways. But intuition appears in many forms – from a feeling in your stomach (sometimes also referred to as 'gut instinct'), to a strong pull towards something or someone, or a sense of danger and needing to be guarded. The more we pay attention to these moments, the easier they become to recognise as our intuitive thoughts. In essence, intuition is less about hearing a mysterious inner-voice, and more about learning to listen to the subtle everyday signals that our body and mind send us.

Learning to Trust the Feeling

From a young age we are encouraged to view the world with facts, figures, explanations and definitive answers – a more scientific approach, if you will. Of course, this is important, but so too is noticing our instincts. In times gone by, instinct, gut feeling and intuition would have been highly honed skills designed to keep you safe.

It doesn't mean that we should act on every passing thought or feeling, and assume that these are psychic messages. But learning to distinguish the difference between a fleeting worry and a quieter sense of knowing that something is coming from a deeper place and deserves some attention is important.

Getting Out of Your Head

Of course, modern life isn't particularly set up for stillness, busy minds, technology, responsibilities can easily drown out the ability to hear our intuition. So, finding ways on a daily basis to allow a stream of thoughts can be really useful. Many people find being in nature really helps to being receptive, for others it may be journalling, walking, meditation or even crafting – there are no wrong answers here.

Making Space for Your Inner Voice

Intuition is also an important starting point for anyone on a psychic development journey. Being sensitive to feelings, impressions and subtle changes in energy. You can think of intuition like dancing, twisting, turning, and swirling all around you. You don't have to do a planned sequence of moves, but instead act in a free-form way, so you feel the rhythm, trust the movement and see where it takes you.

Astrology

With our expert: Chrystalyte

Welcome to Free Spirit's in-depth horoscopes for November 2026



Against a backdrop of three outer planets still retrograde, Mars storming ahead in confident Leo seems like a breath of fresh air! There is every indication that you can make progress in an area close to your heart, even if the wider situation means that certain developments are temporarily on hold. November is a month for seeking a clearer direction and then knuckling down to any hard work required. This may seem easier once Venus returns to forward motion in Libra, suggesting a clearer picture of the support on offer.



November seems like a month of two halves with Venus retrograde until the 14th. It could be that a fresh round of confidence appears as you start to reconnect with more beneficial people. It is important to put any past setbacks behind you and acknowledge where they happened for reasons partly out of your control. If you feel you still owe someone, there could be a relatively easy opportunity to extend an olive branch and/or even up the balance. Welcoming doors abound; you just have to decide which to enter.



With Mercury still retrograde until the 13th, November could feel slow and a bit of a trudge at first. But this stuck phase is relatively short-lived and more energy and focus will surely build in the second half of the month. There may be some catching up to do, also, while Mercury moves through a shadow phase before reaching the same degree that first changed its course. In mysterious Scorpio, it's pointing to something deeper and hidden. Do allow plenty of space for feelings to surface and begin some healing.



The new Moon on November 9th spotlights your fellow water sign of Scorpio suggesting a new chapter is opening, where events start to go more your way. It could be you gain a deeper insight into a puzzling situation, and/or be able to shake off troublesome feelings linked to the past. The Gemini full Moon on the 24th shifts matters into a new gear and it should become obvious you have more choices. Someone may not be all they seem; consider adopting an objective stance until you have clearer information.



A positive boost of energy from Mars continues with the red planet in Leo until November 26th, aim to make best use of the upbeat vibes. As Mars is well aligned with Venus around the 10th there's also every indication of a special relationship opportunity emerging, if you're brave and can make your feelings known. From when Mercury goes forward again on November 13th, something awkward may surface, yet could turn out to be a blessing in disguise if you're able to show how you can be the bigger person.



The first fortnight of November is likely to feel harder going than the second, with Mercury still retrograde in Scorpio. As a zodiac sign of depth, it can suggest finding it hard to raise energy, or being pulled back to past memories. Keep in mind that certain mental and emotional connections are automatic, but a fresh choice in direction is possible once you detect any patterns. From around the 13th the tenor could change and you'll feel more in control, perhaps largely to do with reconnecting with certain other people.



Don't be too surprised if there's an obvious sea change around mid-month, as Venus will resume a forward-focussed path then and new progress can be made. In the meantime, with the water-sign focus of Scorpio, you may need to tread some water. Yet you could be stirring things up in the seabed, so be prepared for interesting results! The backing of kind associates or other well-meaning folk could do a lot to help improve a situation. Don't be shy in making your presence felt and in extending out toward others.



It may be difficult to avoid triggers to past events and memories this month, but some of what emerges could present a healing opportunity. Don't expect to be instantly wise in relation to awkward material; it could take a few days to gain a clearer perspective. Mercury's about-turn in Scorpio around the 14th unlocks something valuable. You may be offered a contract option or other new, or returning opportunity. A helpful Sun-Pluto link on November 25th could shine light in dark places, alongside a powerful new association starting to form.



Jupiter remains happily on course in Leo for all of this month, but will turn retrograde in mid-December. So it would be good to keep apace with any special project while the going is good! If you feel a hesitancy, however, or sense your grip is naturally loosening, don't be shy to step back and allow yourself room to reassess. It will not be long before Mercury finally leaves Scorpio and you can come up for air from a tricky or tedious situation. Don't be shy in requesting needed help.



Saturn remains retrograde in Aries, making a situation slow or painful; it won't be this way always! Awkward patterns should start to change around December 11th. Meanwhile, it seems you are tasked with needing extra patience and managing to keep faith in something, despite any setback or lack of obvious action. A project could start to take a different shape across the 11th-12th November. Focus on light in a situation rather than be swung by negative opinion; but if a liaison feels less than okay, don't be afraid to pull away.



The retrograde, backward appearance of Uranus's path echoes that of two other outer planets – Saturn and Neptune, all emphasising things not being as they usually are expected to be. The zodiac sign of Aquarius has a visionary ability, often understanding that change is inevitable, while missing the solidity of familiar patterns. So, you may feel, in turns, at one and at odds with the ups and downs of life. Have no doubt that you are not alone, but your stronger understanding of trends will provide backbone for yourself and others.



Retrograde Neptune in Aries is in a similar boat to Saturn still, yet they are almost opposite planets in nature. Which means you could be dealing with people and situations you feel decidedly uncomfortable with, but must try to keep apace alongside. The good news is that you each have strengths to offer; once you spot the benefits in any situation of friction, that may light a path to better direct your energy. Jupiter in Leo emphasises warmth and leadership talents that can help win the day. Don't underestimate yourself!

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