

FREE SPIRIT

August 2026

*Summer Offer
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FEATURES

Understanding Aura Readings,
Improving your sleep

PLUS

August Horoscopes
& Reader Profiles

Anne Hathaway

Finding that living in ordinary
suburbia can be anything but!

discover your future, release your past

Editor's letter

Are you surviving or thriving this summer? Perhaps you have children home for the school holidays, you're counting down to a well-earned break, or you're finally tackling that long-awaited DIY project. Of course, you might simply be waiting for these seemingly endless heatwaves to pass so you can get back into your favourite autumn jumpers – we won't judge!

Whatever this season has brought your way, every summer becomes part of our story. Some chapters are full of adventure and excitement, while others are quieter, giving us the chance to pause, reflect and think about what comes next.

If you've been wondering where life is heading, or you'd simply like a little reassurance or inspiration, our gifted readers are here to guide you. A psychic reading can't write your story for you, but it may let you see the possibilities ahead with greater confidence and clarity.

To celebrate the season, we're delighted to offer £5 off a 20-minute credit card reading from 14th–31st Aug 26. Simply quote "Next Chapter" when you call, and you can enjoy the discount as many times as you like during the offer period (see the opposite page (3) for full info).

Wherever your story takes you this summer, we hope this edition inspires you to embrace the next chapter with optimism, confidence and an open heart.

Charlotte

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Summer Offer

What Will Your Next Chapter Hold?



*Every summer tells a story.
What will the next chapter of yours be?
Give us a Call and Find Out!*

Save £5 on a 20-Minute Reading

From the 14th – 31st August 2026, a 20-minute credit card reading will cost just £27.95
Saving you £5.00 on every call!

*To use the offer, call Freephone 0800 915 2347
& Simply Quote 'Next Chapter'.*

The offer is available 9am – 10pm each day, and you can use your discount code as many times as you like during the offer period.

Please note: This Summer Offer applies only to full-price credit card readings and may not be combined with any other promotion, such as the New Client Offer. Outside of the offer dates and times, the standard rate applies: £32.95 for the first 20 minutes, £1.50 per minute thereafter.

Summer Offer

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How an Aura Reading Differs from Other Types of Psychic Reading

If you have explored psychic readings before, you will know that the term covers a wide range of practices. What is less well understood is how distinct an aura reading is from most of them — not just in method, but in what it is actually looking for and what it tends to reveal.

The word “aura” refers to the energetic field that is believed to surround every living being. While it is not visible to the naked eye for most people, many psychic readers and spiritual traditions describe it as a luminous field of energy that extends outward from the body, reflecting the inner state of the person it surrounds. It is sometimes referred to as the energy body, and across various cultures and traditions it has been recognised in different forms for thousands of years.

What Is an Aura Reading?

An aura reading is focused on the energy field that surrounds a person. This field is thought to exist in layers, each carrying different kinds of information about a person’s emotional state, mental patterns, physical wellbeing, and spiritual condition. A reader who works with auras will tune in to this energy directly, observing its colours, density, and any areas of disruption or imbalance.

Where many psychic readings look outward — at circumstances, relationships, or events — an aura reading looks inward. It is not concerned with what might happen or what external influences are at play. It is about who you are right now, at an energetic level.

What Makes an Aura Reading Different?

Most types of psychic reading are oriented around questions. You come with something you want to understand — a relationship, a decision, a period of uncertainty — and the reading explores the energies and possibilities around that situation.

An aura reading works differently. It does not start with a question in the way that a tarot reading or a clairvoyant reading might. It starts with you. A skilled reader will tune into your energy field and describe what they find there, which may surface things you were not specifically looking for but that turn out to be exactly what you needed to hear.

This makes it a less directive experience than some other readings, but for many people that is precisely the point. When you are not sure what to ask, or when you sense that something is off but cannot put your finger on it, an aura reading can bring things into focus that a question-led reading might not reach.

When an Aura Reading Is Particularly Useful

An aura reading tends to be most valuable when someone wants to understand themselves rather than understand a situation. People often find it useful when they are going through a period of feeling off-balance, emotionally drained, or disconnected from themselves without being able to identify a clear reason why.

It is also worth knowing that aura readings are not primarily predictive. If you are coming with a specific question about the future — a relationship, a career decision, a path forward — another type of reading may serve you better. But if the question is closer to “why do I keep feeling this way” or “what is going on with my energy right now”, an aura reading can reach the kind of insight that other approaches are not designed to provide.

Preparing for an Aura Reading

One of the more reassuring things about an aura reading is that there is not a great deal of preparation required. You do not need to arrive with a list of questions or a clear sense of what you are hoping to uncover. The reading will work with whatever your energy is doing at that moment,

which means showing up honestly is more useful than showing up prepared.

That said, a few simple things can let you get more from the experience. Coming to the reading in a calm state, where possible, allows the reader to tune in more clearly. If you have had a particularly hectic or emotionally charged day, taking even a few minutes beforehand to sit quietly and settle yourself can make a difference.

It is also worth thinking about whether there is anything specific you would like the reader to pay attention to. You may not have a direct question in the way you might for a tarot reading, but if there is an area of your life where you have been feeling stuck, drained, or out of sorts, mentioning that at the start gives the reader a useful point of focus.

Exploring an Aura Reading with Psychic Light

At Psychic Light, our readers bring a range of abilities to their work, and many draw on multiple skills within a single reading. If an aura reading feels like something you would like to explore, several of our readers offer aura readings as part of their practice. If you would like to explore what a reading could reveal, the following readers are a great place to start:

- Ellie, PIN: 1180
- Joanna, PIN: 4567
- Adele, PIN: 3622

After the reading, try to give yourself a little time before moving straight back into the demands of the day. Some of what comes up may resonate immediately, while other things may take a little longer to settle. Aura readings can surface things that sit quite close to the bone, and it is worth allowing space for that rather than rushing past it.



Reader Profile



Lucy
PIN: 7722

*Combining psychic intuition,
Tarot and spiritual guidance
to provide compassionate,
practical readings.*

An Experienced Intuitive Psychic and Tarot Reader

Lucy is an intuitive, awakened psychic and spiritual Tarot card reader with over ten years of experience. Her aim is to offer insightful readings, providing clarity, support and insight, to enlighten the client with any dilemma's they may be facing, so they can move towards happiness and new possibilities.

As a clairsentient and clairaudient reader, Lucy will utilise all of her abilities to discuss life's difficult predicaments, so that clients can choose solutions that are inspired by what they want for their future. Her readings can cover all aspects; she is used to dealing with people and problems from all walks of life and always approaches readings with compassion and integrity.

A Practical and Compassionate Reading Style

If you are looking for a patient, practical, down-to-earth approach, then Lucy is the reader for you, she is non-judgemental and loves to use her psychic skills and expertise to guide clients about the endless opportunities out there waiting for them. Lucy has embarked on many spiritual courses and retreats within her past; she has constantly been dedicated towards spiritual future evolution and growth.

Lucy also has extra sensory perceptive qualities, which she felt from a very young age. She was always observing, and finding a deeper meaning to life. Lucy has long held a fascination and passion for Tarot, which has also been a life-long personal guide, through her own difficult life challenges. Lucy utilises Tarot as an additional tool to mirror the subconscious in her readings, letting her guide and support her clients even further.

Psychic Guidance Through Tarot, Astrology and Numerology

Astrology, Numerology and Angelic Guidance are tools that Lucy likes to draw on too, she receives insights through past, present and future, during her readings, looking into thoughts and feelings within relationships, career, business, family or home. She will also answer any specific questions you may have, giving time frames if required.

Find Clarity and Move Forward with Confidence

If you are in need of some support, and want to clear the wood from the trees, then why not give Lucy a call? See if she is available and online now.



The End of Oak Street: The Mystery Movie of the Summer?

If you're looking for a summer blockbuster with a difference, *The End of Oak Street* could be one of this year's biggest talking points. Blending science fiction, mystery and edge-of-your-seat suspense, this intriguing new film asks one simple question: What would you do if your entire world changed in an instant?

Arriving in UK cinemas on 13 August 2026, the film promises spectacular visuals, emotional storytelling and enough twists to keep audiences guessing until the very end.

A Quiet Street Becomes Anything But...

Life appears perfectly ordinary for the Platt family. They live on a peaceful suburban street where every day follows a familiar routine. Then, without warning, a mysterious cosmic event tears their neighbourhood away from everything they know.

Suddenly, Oak Street is no longer part of the world they recognise. Surrounded by strange landscapes and terrifying prehistoric creatures, the family must work together to survive. As danger closes in from every direction, they discover that courage, trust and family bonds may be just as important as escaping whatever force brought them there in the first place.

Rather than revealing every secret in advance, the film keeps much of its mystery hidden, allowing viewers to uncover the truth alongside the characters.

A Stellar Cast

Academy Award winner Anne Hathaway leads the cast as Denise Platt, alongside Ewan McGregor as her husband, Greg. Rising stars Maisy Stella and Christian Convery play their children, creating a family dynamic that sits at the heart of the story.

Behind the camera is writer and director David Robert Mitchell, whose previous films have earned praise for their imaginative storytelling and ability to create an atmosphere filled with suspense. Producer J.J. Abrams also brings his flair for large-scale adventure and mystery to the project.

More Than Just Dinosaurs

Although the trailers feature prehistoric creatures, *The End of Oak Street* isn't simply another dinosaur adventure. Early previews suggest the film focuses just as much on mystery, survival and the emotional journey of an ordinary family facing extraordinary circumstances.

The combination of suburban life with breathtaking science-fiction imagery gives the film a distinctive look, while the score from acclaimed composer Michael Giacchino helps build tension throughout.

Watch the Trailer

The official trailer has already generated plenty of excitement thanks to its dramatic visuals and intriguing premise, while carefully avoiding major spoilers. If you'd like a preview before booking your tickets, visit Warner Bros. Pictures to watch the trailer: www.warnerbros.com/movies/the-end-of-oak-street

Whether you're drawn in by the mystery, the impressive cast or the promise of a thrilling cinematic adventure, *The End of Oak Street* looks set to be one of the most intriguing films to hit the big screen this summer.

LET'S TALK ABOUT SLEEP



As I write this article we are battling our way through the third heat-wave in the UK so far this year. Fans and Air Conditioners are out of stock, and the weather and how hard it is to sleep is the hot topic. Alongside why the heat feels so different to when you are on holiday in sunnier/hotter climes.

If your sleep is already an area of struggle, then no-doubt the heat has created an added dimension of frustration. But, the question for many, is why am I troubled by insomnia?

Insomnia

Insomnia can be characterised by difficulties in falling asleep, waking frequently throughout the night, early morning waking, light sleeping that doesn't leave you feeling refreshed in the morning etc. Most of us will experience insomnia in some form or another during our lifetime, during illness, post-surgery, having a baby/young children, peri-menopause and menopause, following trauma – redundancy or divorce for example, and during periods of high stress, as some examples.

Poor sleep can become a learned behaviour, if you spent several years listening out for a baby or toddler, it can be tough to get your body to relax and allow deep sleep to come. The more anxious you become about not sleeping, the more likely you are to not sleep well, and so the circle is formed.

Cortisol and more...

But, for some of us insomnia becomes a way of life, rather than something that happens on occasion, or a phase with a valid reason. For many, there are close links between anxiety and problems sleeping. If we often live in a state of anxiety, or extreme stress in our lives becomes the norm, then we produce a lot of the hormone cortisol. This hormone makes us alert, raises our heart rate and can keep us in a state where deep relaxation or sleep are hard to come by. Cortisol levels rising too early (it is the hormone that gets us out of bed in the morning), can be the cause of early morning waking.

Anxious Thoughts

During the day, we may have a job and many responsibilities that don't give us the time or head-space to lean into our anxious thoughts. We keep busy and

distracted, but at night when things are quiet and the house is still, it's like we have all of the time in the world to notice those anxious thoughts. And, of course – at that time, we also lack the emotional capacity to think rationally and put our concerns into perspective.

Time for a Doctor's Appointment?

If you have been struggling with poor sleep for at least 3 nights per week for 3 months or more, it is probably time to see your GP. They will want to try to get to the bottom of the reason for your anxiety/insomnia and see if medication or other intervention is appropriate. They may offer a short course of sleeping tablets, or 1st generation antihistamines that can cause a drowse-inducing effect. Depending on your age and general health a short course of Melatonin may be offered. Hormone Replacement Therapy may be considered, especially if other symptoms are at play like night sweats or hot flushes that are creating a difficult sleep environment. Many NHS Trusts are now also offering CBTi – a form of cognitive behaviour therapy that specialises in insomnia via phone apps.

Sleep Hygiene

Many people swear by a more holistic approach, a combination of good sleep hygiene, devices and supplements, depending on the person/problem:

- Going to bed and waking at the same time 7-days per week.
- Getting up if you cannot sleep, trying a light activity like a puzzle, before re-trying to go to sleep.
- Black out blinds or a sleep mask.
- Sprays on pillows – lavender is popular.
- Air purifier or humidifier if dryness or allergies are a problem.

- No phones/devices in the bedroom – as blue light is disruptive to sleep.
- Exercising in the day – but not too close to bedtime.
- Reducing or going no alcohol, as it is disruptive to sleep hormones, which people are often more sensitive to as they age.
- Having a 'getting ready for sleep' routine, perhaps a camomile tea, a hot bath etc.
- Cutting back on caffeine, and having a cutoff time during the day.
- As well as not smoking, losing weight (if needed) and eating a sensible diet.

Supplements

If you have had a sleep problem for a while, the chances are you have considered supplements. If you consume any content on social media, you'll be forgiven for thinking pretty much everything can be solved if you just take electrolytes, green powder, collagen or magnesium!

The supplements that people are most likely to turn to for sleep are: Magnesium, 5-HTP, L-Theanine, Ashwagandha, Valerian Root, Lions Mane, St John's Wort and Lemon Balm to name a few.

Supplements can be a useful tool, but they should not be taken lightly. Some are only suitable for short-term use and many can interfere with the absorption or can increase the absorption of prescription medications, so they should only be purchased or taken if you have discussed properly with a pharmacist or your GP.

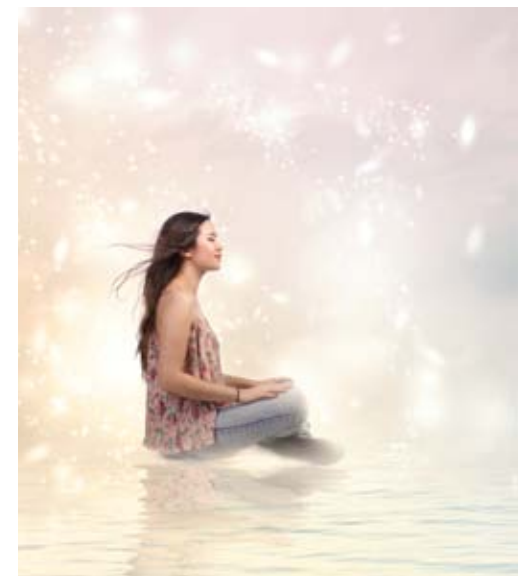
Sleep Tracking

Many of us are now wearing devices that track our sleep, perhaps sending us an alert in the morning with some sort of sleep score. We do need to be careful that this data is treated just as information, not as medical fact and be sure that it is not feeding into our anxiety, creating even more stress around sleep and sleep quality. We should note that waking up to a certain extent for brief periods is in fact completely normal and to be expected.

Proven Things That Work

Everyone is unique, as are the circumstances around why you are going through a period of being unable to sleep. So, it may be a case of trial and error in finding something, or a pattern of several things that contribute to you getting better shuteye most of the time.

- **Brain Dump** – If you feel like you are ruminating on something, spend 10-minutes getting it on paper. Not to try and find a solution, but just to get everything you are thinking/feeling out in the open. This can help us to be more rational about the thoughts, and solutions may be more forthcoming in the morning.
- **Meditation** – Try to incorporate 10-minutes of meditation into your bed-time wind-down routine. This can really reduce cortisol levels, preparing you for sleep and also keeping you in sleep for longer.
- **Deep Breathing** – If you research breathing techniques like the 4-7-8 method and practise before bed, each night, it can really help to regulate your nervous system and ready yourself for relaxation and sleep.



You may also benefit by researching and trying Acceptance and Commitment Therapy (ACT) for sleep. Very often our default is to try and bat away anxious thoughts. With ACT we are encouraged to accept them instead. Over time we use a lot less energy and mind-space if we shift from allowing our anxious thought to exist within ourselves, rather than focusing heavily on trying to ignore them or trying to get rid of them.

This practise gets you to imagine your anxious thoughts, like a living breathing thing – you might give it a colour, a texture, a weight, a size, a shape. Many people feel a physicality to their anxiety – like an elephant on their chest, or a black knot in their stomach. Describing your anxiety and almost giving it a face/personality – makes it much easier to lessen the power it has over you and your ability to relax and sleep.

Reframe Your Thoughts

There is nothing more nerve inducing than watching the clock, panicking about how many hours you have left until your child wake's up, until you have to be at work, until you need to catch a plane et al.

But you will have been through this time and again, and you probably always get through it just fine. So, it can be useful to re-frame the thought: "I may feel tired tomorrow, as I have had less sleep than I would like, but I will still manage".

Letting go of the pressure that comes from going into sleep thinking that you must get 8+ hours to be healthy, present and perform at your best can be enough to let you relax and get back to sleep.

Like so many things in life, sometimes the best medicine is the attitude that 'good enough, is good enough'!

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£1.50 per minute plus your phone company's access charge. £32.95 for the first 20 minutes, £1.50 per minute thereafter.

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Choose a reader to begin your journey

Toby 2333



Joanna 4567



Mary 5055



Angel 1441



Pauline 3798



John 5152

Pick from our many talented psychics,
all with different techniques

All calls are recorded; the caller must be 18 or over and have the bill payer's permission.

Readings under UK law are deemed to be for entertainment only. Helpline: 0800 156 0580.

Reader Profile

Kimberley

PIN: 9339



*Kimberley provides
soul-led guidance with
over 30 years' experience*

A Lifetime of Psychic and Spiritual Development

Kimberley has spent the last 30 years offering soul-led readings and healing services to clients across the globe. She feels deeply blessed to follow her purpose through sharing spirit wisdom, healing, and clarity.

Having lived and worked across several continents, Kimberley believes that people everywhere seek many of the same things — to feel appreciated, understood, and valued for who they are, while discovering and following their purpose.

A second-generation psychic and lifelong student of Astrology, Kimberley has been reading since her teens. She is trained in Angel, Shamanic, and Kundalini Reiki healing and is also a certified Past Life Regressionist and Hypnotherapist.

A Holistic Approach to Psychic Readings and Healing

Her readings are insightful, clear, and deeply empathetic. Kimberley connects with a client's energy and aligns with Spirit guidance through Astrology, psychic intuition, Tarot and Oracle cards, and automatic writing when called upon. Alongside her spiritual practice, she is also a therapist specialising in multiple psychology-based healing methods, as well as a counsellor and coach. This combination allows her to guide clients towards fresh perspectives, practical solutions, and wiser planning beyond immediate concerns.

Empowering You to Create Positive Change

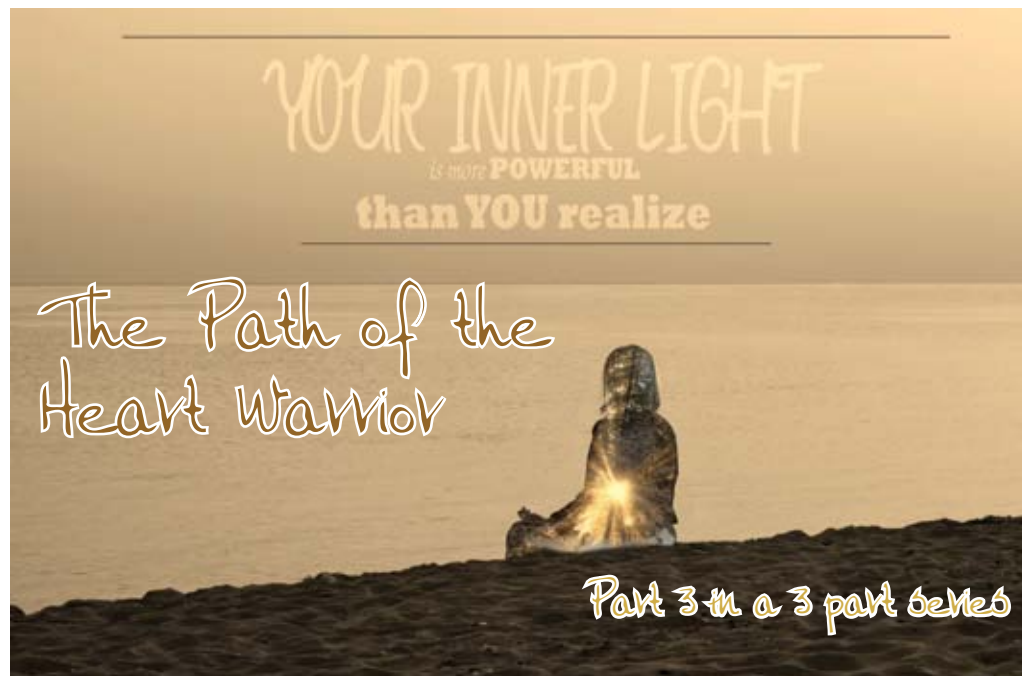
Kimberley believes modern life calls for both esoteric insight and practical awareness in order to navigate energetic extremes, personal challenges, and relationships with greater understanding. She also believes people co-create much of their future through their choices, awareness, and mindset, and that the past does not need to define what lies ahead.

Whether someone is experiencing repeating patterns, limiting beliefs, blocks, or delays, Kimberley offers a compassionate and supportive space while channelling clear guidance designed to encourage empowerment, awareness, and positive transformation. Her approach is direct yet caring, with an emphasis on finding the silver lining in every situation.

Experience, Insight and Ongoing Support

By combining her spiritual abilities with decades of global corporate experience, Kimberley offers holistic insight and healing guidance to clients around the world. Many return to her regularly and have spoken of the personal growth and empowerment they have experienced over time.

Connect with Kimberley today for compassionate guidance, spiritual insight, and a fresh perspective on your path ahead.



Walking Through the Difficult Chapters

Adele encourages people not to skip over the painful chapters of life, because every experience forms part of the soul's story.

She sees shadow work as one of the most powerful ways to let people release limiting beliefs, heal old wounds and transform the conditioning that prevents them from fully claiming the life and relationships they deserve.

"Shadow work is the path of the heart warrior." – Carl Jung

Shadow work begins in the unseen corners of ourselves. Sometimes uncomfortable feelings or situations do not arise to shame us, frighten us or separate us. They come to show us what needs healing, forgiving, clearing or simply acknowledging with honesty and tenderness.

Meeting the Hidden Self

"The acceptance of the shadow involves a growth in depth into the ground of one's own being... a new depth and rootedness and stability is born."

Adele believes the "dark" or forbidden aspects of ourselves often reveal hidden psychological gold.

Your shadow is not your enemy. It is the part of you waiting patiently in the darkness for you to be brave enough to say hello.

When you meet these disowned aspects of yourself with curiosity instead of fear, you may begin to discover the gifts they have been guarding all along.

Shadow work is not about fixing yourself. It is about reclaiming the parts of yourself that were buried to make others feel comfortable.

Let your shadow be seen, dance with it, and watch what happens.

You may discover that imperfect is not only acceptable — it is brilliant, beautiful and freeing.

Adele expresses:

*"I am not torn between light and dark —
I am the keeper of both,
a practitioner draped in silk,
a rebel kissed by moonlight.
I move with love and lead with fire."*

Reclaiming Inner Power

You cannot shame a person who has already made peace with their own shadow.

To ally ourselves with the shadow, Adele believes we must reconnect with the natural rhythms of life — the cycles of the sun and moon, the changing seasons, the movement of the planets and our connection to one another.

We reclaim our innate power when we remember we are not separate from these things, but deeply connected to them.

This kind of power is deeper than worldly power because it is not based on approval, status or the opinions of others.

It is something known within every cell of our being. It is life force itself.

Strength does not always roar. Sometimes it appears quietly through persistence, adaptability and the simple determination of saying:

"I will keep going."

There is no religion higher than truth.

Intuition and Wisdom

Adele believes the ability to feel life deeply is often connected to feminine energy. Although modern society can sometimes dismiss emotional depth and intuition, she feels these qualities are deeply important.

Life becomes less frightening when we begin to have faith in our intuition.

When we face what we have been avoiding, we unlock resilience that has always existed within us.

The shadow shows us what is ready to transform.

Even the small and humble parts of our journey can reveal how powerful we really are.

Adele invites readers to ask themselves:

"What have I been suppressing or avoiding that is now ready to be seen with love?"

And perhaps most importantly, remember this:

You already possess the resilience needed to face it.

Grace is not somewhere ahead of you. Grace already exists within you, waiting to be recognised.

People have become fascinated with knowledge while forgetting wisdom.

Always value the intuitive heart-mind and the deep wisdom carried within people.

Peace, Integration and Balance

Adele reminds us that no person, place or thing has power over us, because we are the only thinkers within our own minds.

Peace of mind must remain the focus.

When both aspects of the mind can come together — the rational and instinctive, the sensing and the feeling, the seen and unseen — real integration begins.

In love we trust, and in peace we can really live.

When we create peace, harmony and balance within our minds, we begin to find it reflected in our lives.



Adele's passion is supporting people to feel energised, awakened and fully alive, which often involves making peace with unresolved pain and hidden shadows.

She is deeply committed to holding a compassionate and transformative space where clients can explore healing in a supportive and emotionally mature environment.

Finding Light in Darkness

"The brightest stars only shine in the darkest skies."

Adele expresses that even in grief we can often discover the seeds of growth and renewal.

It is both humbling and a privilege, she says, to support individuals as they cultivate renewed perspectives for the next chapter of their lives.

Her hope is that these words let readers locate themselves, and for now, let that be enough.

Development does not require acceleration.

Integration is not something to achieve.

It is something to keep company.

Thank you for reading my series of articles.

Adele, PIN: 3622.



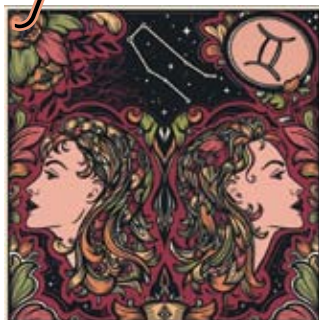
Astrology



Mars ups the ante this month by changing signs midway, from Gemini into Cancer helping you make the most of social networks, initially. Then there's a chance to pull back and focus attention in on family and/or domestic projects. A property move or renovation could well be in the pipeline. Neptune squaring up from Aries urges not to be overly idealistic, though there may be ways around obstacles that bring you close to your dreams still! Chiron in Taurus points to potential for opening yet also healing an old wound.



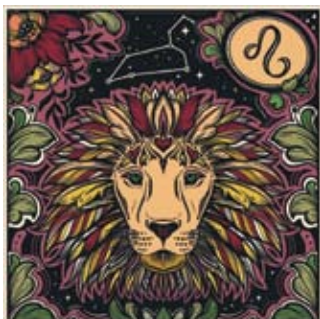
Venus's move to Libra around August 6th adds a fillip as it seems that everyone loves you! If you want time and space to yourself, this could be a little more challenging as others want your opinion, your company or your help. But you can be selective too, in the knowledge that finding a happy balance makes good sense. Although Mars in Cancer looks like it wants to rain on your parade, it's far enough away in angle orbit to not pose any real threat – so, relax, all is well!



There's a sense of things moving apace now that Mercury is in full flight again; this month moving through the last third of Cancer, all of Leo and the first third of Virgo. It's like a party of family, glamorous friends and studious types all bringing new ideas and conversations in your midst! There should be no shortage of help for project's close to your heart. But also, a focus on the true enjoyment factors of life and how to have more of them around you. All to play for!



A total eclipse of the Sun in Leo is big news around August 12th potentially putting a whole new light on what you value and will develop for the future. This powerful new Moon suggests you can engage with the courage the Lion represents, and speak up for what's in your heart. What emerges around the eclipsed full Moon in Pisces on the 28th could also be a little unusual. As the energies are more subtle, they may echo a need to have more private time, away from the spotlight.



It's a particularly powerful month for Leo with the Sun in your sign, boosting energy and providing the potential for creative projects to really take off. Even so, a solar eclipse on the 12th could present unexpected challenges, or highlight a new angle worth considering. It's likely nothing that cannot be worked through and might actually be part of the impetus for a more creative path to open up. Jupiter flies the flag for faith and generosity in the background in any case! There is protection around a certain situation.



Your strength is on the increase, but it may take some patience to reach the higher levels, whilst planets cover the Leo section of the zodiac so strongly during the first few weeks of August. The Sun is in flight in Virgo from around the 23rd, however, boosting your creative reserves and adding greater vitality and verve. This is quickly backed up by chatty, sociable Mercury from the 25th, so expect a few invitations – or be ready to issue some of your own! You are bound to get busier soon.



Prepare to put out the bunting; many good things are on the way, with Venus entering Libra around August 6th. You could soon be in more of a party or festival mode if not already – and even more so if you have been! A mix of outer planet contacts around the 10th suggests tying up some loose ends neatly whilst others are starting to unravel. So, expect to keep on the case with needing extra effort in certain areas. Positive Uranus and Mercury midmonth links, boost energy and open doors.



Saturn retrograde in Aries may make life seem more of a slog in certain areas, but more care could be needed and a slower pace helps with that. It's not all low key by any means, though. A solar connection on the 7th and a chatty, Mercurial one around the 17th add creative sparks and useful conversations and brain storms. What might be harder is an opposition with Venus around the 21st, suggesting you don't immediately get hoped-for rewards or acknowledgement. Patience is key, as they're surely 'in the post'!



Pluto retrograde may be quietly forcing some changes and slowing you down in the process; a beneficial transformation is the key to greater success & happiness in the future. Towards midmonth there are opportunities to make deeper connections with other people who will be supportive, and/or you can help them, so be ready to accept and offer invitations with ease. A Mercury opposition flags a possible argument but you'll know how to exercise wise power to get the best result! You could soon have evidence that you are greatly respected.



From when Uranus turns retrograde on Sep 11th, there'll be plenty of time to process any upheavals you're currently going through. For the time being, the task is to run with the changes and let any light bulb moments inform the way. Take prompt action whenever appropriate – but apply rationale to hold back where actions could be risky or soon regretted. If it all sounds like an action-movie, well it probably is a bit like that! Helpful connections & communications abound near mid-month. Tread with more care around the 28th.



The Sun overtakes Jupiter in Leo this month, which is a double bonus as both planets work in your favour, but perhaps in different departments or at slightly varied times. This basically means you have plenty of support and if you seem to run out of options in one area, you can find good opportunities or back up in another. Positive links with Mercury and Venus on or just after midmonth emphasise good communications and useful contacts. A deal could be sealed around month's end, once terms are mutually agreed.



There's less of a chance of being able to float comfortably in previous fantasy realms with Neptune retrograde, as is the case now and throughout the next three months or so. This may mean that you encounter one or two jolts on your life journey, as it becomes obvious that some things have changed. But the new perspective you are offered could prompt positive action to make certain situations better, or improve relationship connections. Neptune's opposition to Venus prompts you to notice where and how love is genuinely being shown.

With our expert:

Chrystalyte

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