

Summer 2020

Love & Light

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What's happening in June L&L



1st June - Whit Monday

Many Christians will observe Whit Monday, sometimes it's referred to as Pentecost Monday. As per the Christian Bible the day commemorates the Holy Spirit's descent on Jesus Christ's disciples. Originally this day was a bank holiday in the UK, but it was moved following a trial between 1965-1970 of having the last day in May. Symbols for the day include flames, a dove and wind, all representing the Holy Spirit.

13th June - The Queen's Official Birthday

The Queen was actually born on 21st April 1926, so she turned 94 years old this year. But her 'official' birthday is celebrated in June each year. Normally this is marked by the 'Trooping the Colour' sometimes also called The Queen's Birthday Parade. Unfortunately, Buckingham Palace has already announced that this won't go ahead as normal this year.



20th June - Summer Solstice

The high solar point for 2020 will mark the longest day in the UK at 22.43pm on Saturday 20th June. Of course, once upon a time this was a very important Druid Fire Festival, and high points like hilltops would be found to burn fires atop. Many rituals would have been carried out as part of the festivities to celebrate the sun, and symbolise good fortune for the year to come. Plants like St John's Wort were particularly revered and would have formed part of the decorations. At home you can have a small celebration to mark this important day by lighting candles of orange & gold colours to represent confidence and joy.



21st June - Father's Day

Some folk do see a link between Summer Solstice and Father's Day, believing that Father's Day may in fact originate in Pagan sun worship. Pagans often associate the Sun with the Father of the Universe; the two celebrations often fall on the same date or within a day of each other. Others believe that Father's Day was introduced in America in 1910, and later adopted in the UK. It is said to be inspired by Mother's Day, although interestingly the USA and UK have different dates for Mother's Day, but Father's Day is the same!



L&L Aura readings for beginners

What is an Aura?

It is believed that every being on earth possesses an aura. It is usually described as a field of subtle, luminous radiation that surrounds a person or object. Scientific research has shown this field of energy extends about 4-5 feet around an average healthy body, but appears depleted in size and brightness around an unhealthy person.

Our auras represent our physical, mental, emotional and spiritual energy and are often seen as a mix of colours, which individually correspond to a person's mood, health or condition of their chakras. They are not constant and can change depending on many factors.

Major colours associated with the aura are red, orange, yellow, green, blue-indigo, and violet, however there can be variations on these colours. Some are more intense, while some are deeper or lighter in colour.

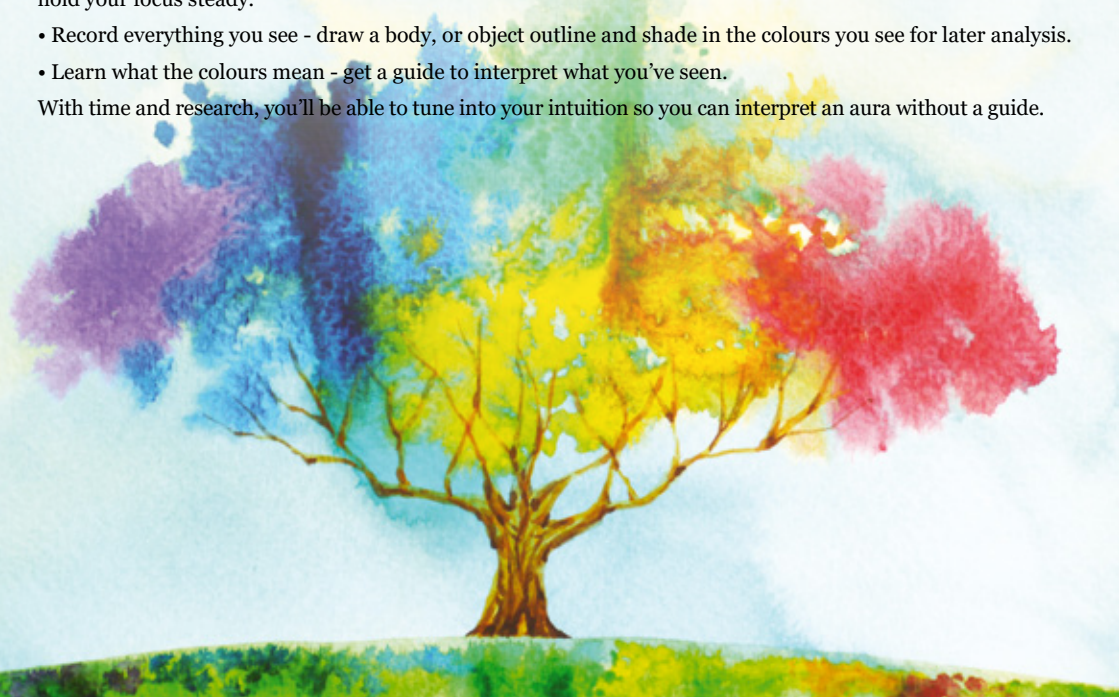
Reading Auras

You don't have to be born with psychic abilities to see auras; however, they are not seen easily by the naked eye. The ability to see auras and colours usually comes with dedication, time and practice. Auras are often 'read' as it is thought they hold a multitude of information about a person's past, present and future.

Here is our simple step-by-step guide for beginners in aura reading's:

- Find a suitable background - a plain, or white background is essential when reading an aura.
- Proper lighting - not too dim or bright - natural light works best.
- Position the object/person in front of the plain background and relax.
- Relax your eyes, and let them fall out of focus as you gaze at the subject - you may start to see a haze appear around the edges.
- Determine any visible colours, beginners may only be able to distinguish one dominant colour, but they will multiply with practise.
- Be patient - when you first see an aura it may disappear as soon as you blink or look away. It takes practise to hold your focus steady.
- Record everything you see - draw a body, or object outline and shade in the colours you see for later analysis.
- Learn what the colours mean - get a guide to interpret what you've seen.

With time and research, you'll be able to tune into your intuition so you can interpret an aura without a guide.



Eating for Exercise L&L

Exercising once per day has been a blessing for many during the lockdown period. As I write this article the restrictions on exercise being local and just once per day are being lifted. Giving people the opportunity to take sport even more seriously, especially as we head into warmer weather.

So, if training, whether it has been walking, running, cycling or more has begun to feel more serious for you. Then you might just be interested in what you should eat to give you the best chance at improving your performance.



Which foods are best to eat?

Eggs

Just one egg gives you 10 per cent of your daily protein; they are able to provide crucial amino acids to help promote recovery to your muscles. Eggs also provide a high dose of vitamin K which is vital to keep your bones healthy.

Whole-grain Pasta

Whole-grain pasta contains more fibre and B vitamins that assist in energy metabolism than other types of pasta. It's also easy to digest and they help restock your energy levels. However, do not over indulge - about 180g of cooked pasta before a long activity will help keep your energy levels high without making you feel too full.

Salmon

Salmon is known for offering a high-quality level of protein but it is also one of the best sources for omega-3 fats. These fats offer balance to the body's inflammation response, which is particularly key if you suffer from asthma.

Fruit

Bananas are a great go-to food before, during or after exercise. They are filled with good carbohydrates, a great source of vitamin B6 and they help manage protein metabolism. Oranges contain high levels of vitamin C; an antioxidant that helps your muscles feel less sore after you exercise.

Which foods to avoid

Processed Sugar

Unsurprisingly, processed sugar causes health implications ranging from diabetes to heart disease. It has the ability to lower your immune system and in turn, affect your exercise performance.

Fried Foods

Fried foods are obviously high in fat, and not the good kind. They are hard to digest and will make you feel sluggish and tired. When you are exercising hard, the last thing you want is your food sitting in your stomach and your body focusing on digesting the food instead of pumping blood to your muscles and heart.

Anything You React To

If you are exercising and experience stomach pains, the number one cause is dairy products such as milk and cheese. Due to their levels of lactose, it can be hard for people to digest and often this becomes apparent once taking part in exercise.

Follow these tips and your performance levels should improve, your energy levels will stay high and you may even achieve that 'personal best' you have been working towards!

That headline could easily have been confused with barking mad, as let's face it the lockdown has sent us all feeling a little loopy at times! But, for many a salvation has been found in baking...

Anyone that has tried to track down baking staples like flour, yeast, eggs and baking powder, will know just how many people out there are giving it a go. Social media channels have been awash with folk showing off their latest sour dough bread, and fretting about keeping their bread 'starter' alive, and banana bread has been one of the most googled recipes during the period.

But what if you are normally more of a cook, than baker? Then you might find these ratio hints & tips useful in the kitchen:

Cake

Whether you are making a sponge cake in round tins, to turn into something like a Victoria sponge, butterfly cakes or cupcakes - you can follow the 1:1:1:1 principle.

i.e. 4 ingredients - same weight of each: eggs, sugar, flour (Self-Raising) and butter.

Always start by weighing the eggs. 2 would be good for 12 cupcakes. 3 eggs if you are making a 2-layer sponge cake and so on. Then take an equal weight of the other three ingredients.

Frosting

Does your cake need frosting?

Try a 2:1 ratio. 1-part butter to 2-parts icing sugar. Once whisked together and made fluffy, you can add a tablespoon or two of milk and/or flavouring to loosen to the consistency you want.

To cover an average size cake, you will need 200g butter, 400g icing sugar & 2 tbs liquid.



Pastry

Pastry also uses a 2:1 ratio. This time the two parts are flour, and the 1 part is butter.

A 9-inch pan would require 100g butter, 200g flour and approx. 3 tbs water.

Bread

For a standard loaf of bread, you would need a ratio of 5:3

In this case the 5-parts is of strong bread flour - 500g. The 3-parts is made up of tepid water, in this case 300ml. This volume of ingredients would also need 1 tsp salt and 2 tsp of dried active yeast.

Why not try these other baking ratios?

- Biscuits - 3 flour, 2 fat & 1 sugar.
- Pasta - 3 flour & 2 eggs.
- Muffins - 2 flour, 2 liquid, 1 fat & 1 egg.
- Yorkshire Pudding - 2 liquid, 1 flour & 1 egg.

Once you have mastered these basics, you can tweak the recipes as you want. Cakes might become lemon flavoured or even chocolate. You might make a cream-cheese frosting. Pastry might become savoury with some added herbs/cheese, and bread might go wholemeal...The ways are endless!



Gemini:

21st May – 20th June

Gemini asserts its independence and personal-power in June. It's important to think wisely about how to push ahead with this influence, done correctly - much will be achieved! You have been on a pleasure-high this year and this will continue this month. Your thoughts will turn to some self-pampering and mind, soul and body is a focus. Spirituality interests you just now, and you may explore this further - meditation is a great start. The romantic life will not all be plain-sailing as the Lunar Eclipse on the 5th occurs in your love sky. You may have to do some thinking, and ask questions, when you get clarity, relationships will find their own rhythm. The second Solar Eclipse (21st), falls in your money sky. Now is the time to address finance concerns - you can't put it off any longer! On the career front you may have been feeling side-lined. There is potential for growth in your role, so don't be pedantic, instead showcase your many hidden talents. It's important to play by the rules just now, corner-cutting will not serve you well! You may well be dreaming of far-flung places, but staying closer to home is more likely - this will turn out to be a good thing as your family shows its support and you all grow closer.

Cancer:

21st June – 20th July

The sector of self both eastern and western is very strong. So, now is possibly one of the best times for you to be content. Make any changes now that are needed for your very best life! Put yourself first for once - literally your happiness is at stake! The cosmos is supporting you this month, you will feel assertive, strong, independent and determined. Your ambitions, both in your personal life and in your work-life will come to the fore, they will feel like more of a priority for you. The Eclipses of the 5th & 21st will both have an impact on you. Taking care of yourself on and around these dates, especially on the health front and from a work/life balance perspective would be wise. June is the beginning of some changes that pan out over several months on the work front and also in health/well-being. Maybe you are considering a career change or a new job, a different diet or exercise regime? Unfortunately, you won't end the month without encountering some family drama, and possibly some upheaval at home in the form of repairs. Good advice is to keep your thoughts to yourself, don't partake in gossip, and you'll come through unscathed. Ensure you take time for nurturing your inner-self and wellbeing; a relaxed you is much more able to reflect on what is really important.





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