

# FREE SPIRIT

July 2019

## FEATURES

Zodiac Travel Partners  
Healing Summer Foods

## PLUS

July Horoscopes  
Reader Profiles

**Margot Robbie**

Playing Sharon Tate in  
Tarantino's latest cult movie

discover your future, release your past

## Editor's letter

**A**s I write this letter, it is like the UK has forgotten its summer! It's cold, grey and wet – I'm hoping by the time this newsletter finds you that the weather has turned around. But even if it hasn't, hopefully you will still feel in the summer mood from the theme of the articles.

So, we take a look at foods that are fresh, seasonal and in abundance during July. Why not pick out some things from the list that you might not ordinarily eat and enjoy the health benefits along the way.

We take an in-depth look into the sunshine crystal – Citrine, it is fantastic for summer day-dreaming.

If you are going on holiday, then taking a look at our zodiac travel partners might give you some insight as to why your partner likes the type of holiday they do...

Our cover star this issue is Margot Robbie, she plays alongside Brad Pitt and Leonardo DiCaprio in Quentin Tarantino's latest film – Once Upon a Time in Hollywood, which received a standing ovation at the Cannes film festival in May – no easy feat these days.

On the spiritual front, we take a look at Psychometry – a great beginners place to start in developing psychic skills. We touch base with new reader Adele. Long-standing reader Hope gives us a fascinating insight into her spirit guide and some ways that he has recently assisted her in family matters.

Whether you are home or away this July – enjoy!  
*Charlotte*

## Marketing

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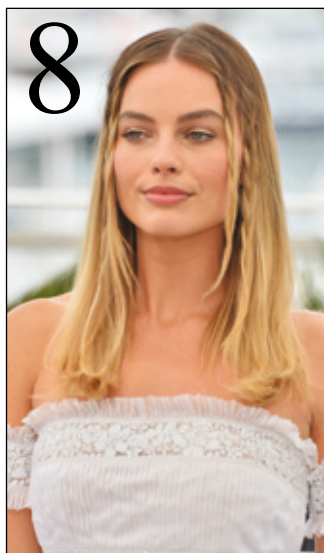
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# INSIDE FREE SPIRIT Magazine July 2019



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## Choose a reader to begin your journey

Pick from our many talented psychics, all with different techniques



**Aelissa**  
PIN: 4444

Aelissa is psychic, clairvoyant, clairaudient, clairsentient and a far seer. Aelissa feels that the reasons and causes behind issues can be clearly seen; timescales are more accessible and probable outcomes clearer when using Tarot as a reader tool.



**Angel**  
PIN: 1441

Angel has a strong psychic gift, she thinks of herself as a sister of the 'Soul Light', guiding people to connect to their correct spiritual path. Angel will provide inspiration and insights; she believes there are no wrong choices – just lessons to be learned.



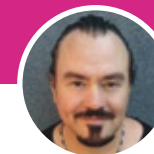
**Norma**  
PIN: 1414

Norma believes that her gift was meant to be, and was intended to be used for the benefit of those in need of support at difficult times in their lives. She specialises in in-depth analysis of relationships whether family or romantic and also career matters.



**Paula**  
PIN: 5454

Paula is a very experienced and dedicated medium, who has worked in this field for many years. She is able to offer you a reading with or without the use of spiritual tools including the use of Tarot cards, crystals, ribbons and rune stones.



**Robbie**  
PIN: 3443

Robbie is a very positive and powerful trance medium, healer and intuit. A natural psychic since childhood, he works with his Samurai guide Yashubi and Archangel Metatron to connect with your guides for whatever particular worry or concern you may have.



**Seph**  
PIN: 1369

Seph is a no-nonsense reader with a comforting rapport with her clients, she will do her best to listen and tell you what she thinks. As a devotee of karma Seph is also a firm believer in 'Let the Seeker find the Light', in her own words meaning 'Say it like it is!'

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: 0121 737 5574.



# HEALING SUMMER FOODS

These days it is easy to forget that foods have a season, as so many items are available in the supermarket's month in and month out. Many of the foods available to us have exceptional healing abilities, and even more so when they are eaten fresh and in keeping with their peak season of growing.

*So, today we explore some of the best healing foods to choose from this July:*

**AUBERGINES** – Choose firm glossy skinned examples. Leave the skin on, and eat quickly after purchasing. Dark purple foods are rich in polyphenol – an antioxidant. They also contain beta-carotene, fibre, they boost gut flora and balance blood sugars.

**BEETROOT** – Eat fresh in salads, juice it, or even roast it. Try to use the leaves as well, that are nutrient dense. Beetroot has a unique antioxidant called betacyanin. It aids digestion, purifies blood, supports circulation and the liver.

**BLACKBERRIES** – Are best eaten fresh at room temperature. The berries are detoxifying, they fight free radical damage. They are great for skin health, for the gut from their fibre, and are even thought to help lower blood pressure.

**BLACKCURRANTS** – Can be a little sour, so sugar is often added. An alternative is to make a tea from the leaves or even use as a seed oil. They contain good amounts of vitamin C and potassium. They protect against neuro-degeneration and promote good vision.

**CARROTS** – The body makes vitamin A from the beta-carotene found in vegetables like carrots. They are great for sight, cholesterol, skin and weight control. Eat some raw, and some cooked. Even the green tops can be used in salads. Don't forget to try purple carrots!

**CHERRIES** – Montmorency with a vibrant red colour have the most antioxidants of the cherry varieties. They are an anti-inflammatory food, and so are useful for gout and arthritis. They also encourage good sleep! Eaten fresh is best, but they can be frozen for use in baking/smoothies etc. later in the year.

**CHICORY** – This leaf is not liked by everybody as it has a bitter flavour, similar to radicchio lettuce. But it is a great detoxifier and a natural sedative. It holds up well in a salad, and can be used as wrap for those on a low carb plan.

**COURGETTES** – As I'm sure you know courgettes are closely related to squash, melons, marrows and cucumbers. They are very low calorie due to their high-water content, and are a good cleansing food. You can try them raw in salads, cooked or even stuffed.

**GREEN BEANS** – Including runner beans & broad beans. These beans contain vitamin C, folate, calcium and protein. They boost energy, provide silicon for healthy skin, hair and nails, have vitamin K for bone health and give cellular energy. Use them fresh or their dried counterparts as baked beans or kidney beans for chilli con carne.

**PEAS** – Whether it is mangetout, sugar snaps or petis pois, all peas boost energy, help immunity, fight infection, promote a healthy digestive tract and combat fatigue. Eat them frozen, fresh, tinned or dried – it all counts.

**POTATOES** (main crop) – Keeping the skins on potatoes helps to get extra nutrients, as does cooking for the least amount of time. Steaming is a great idea so minerals are not lost in cooking water. They balance acidity, help with inflammation, ulcers and blood circulation. They also contain 'tryptophan' a natural mild sedative.

**RADISHES** – There are different types of radishes, from French to black, to daikon (often used in Chinese medicine), so experiment where possible. They support a healthy liver and fight hypertension. They contain B vitamins, and the leaves have 6 times the vitamin C that the root does! You can even try them braised or roasted.

**RASPBERRIES** – Are a metabolic aid, helping to minimise the absorption of fat, at the same time as regulating metabolism. They are rich in tannins, and so make a good tea, and they are also packed with cancer fighting phytonutrients. Best eaten raw and when at the peak of ripeness.

**STRAWBERRIES** – Have heart healthy properties and also benefit the digestion system. The seeds on their outside actually contain small amounts of omega-3 fatty acids. They are best eaten seasonally, and at room temperature. If you can 'Pick Your Own' – all the better.

**SWISS CHARD** – Is a good source of antioxidant carotenoids, as well as phytonutrients that protect blood sugar levels and the pancreas. It is fibre rich and high in vitamin K. It is a great alternative to kale or spinach if you fancy a change. It can be a little bitter and so lends itself to cooking with slightly sweeter veg like sweet potato.

**TOMATOES** – Such an everyday food, but one that packs a health punch. They contain high levels of lycopene, which is actually heightened once the tomatoes are cooked. They can be used in so many ways: juiced, as a drink, raw, cooked and tinned products are great. Why not try heirloom varieties, and green, purple and yellow tomatoes. Or even grow some of your own.

**WATERCRESS** – Is actually part of the 'cruciferous family' – think broccoli and cabbage... It boosts immunity, is a natural antibiotic and balances the body's water level. Eat as fresh as possible, as with time it loses nutrients. Fresh or juiced works well.





# My Realm of Healing

by  
**Hope**  
PIN 3203



I want to share an update on some of the work I do in the realm of healing.

### MY SPIRIT GUIDE

The guide I work with is the very famous Harry Edwards. His Healing Sanctuary in Burrows Lea is still open to the public to this day, even though he has been in spirit for many years.

I first met Harry when he visited me in my crystal ball many years ago, he was a smart gentleman with white hair and he was wearing a white coat like a doctor would wear; I had never seen him before. I was looking into my crystal ball and he literally appeared! He was talking to me and yet I couldn't hear him. I asked him to talk louder as I couldn't hear him, it was like Skype with no sound!

All of a sudden, my two Shiatzu dogs ran to the front door and started barking, it was 10 o'clock at night. We had a glazed piece of glass in the door and the best I could do was look through it, I was not opening the door that was for sure. I couldn't see anyone so I didn't open it – fear or superstition got the better of me.

The next morning my door was banging and this time I could see the postman so I opened the door. He had a lovely smiling face and he said "Good morning, I could have let myself in but I thought I'd better knock." He was holding up my keys... I'd left them in the door all night!

I knew immediately that the man in my crystal ball was trying

to look out for me and if only I would have opened the door, I would have seen them. Luckily nothing happened, but I knew he was a good man trying to assist me.

### HARRY EDWARDS

My father had left me lots of spiritual books when he died, and the next day, I was reading one of them, it was a Doris Stokes book. As I read on, she started to describe this man in a white coat with white hair and she said his name was Harry Edwards. I couldn't believe the coincidence it certainly was designed by fate because she told me his name.

### CONFIRMATION

It was verified when that very week I went to the Spiritualist Association of Great Britain (SAGB) in Belgravia, London, it has moved to Battersea now, but as I walked through the door, I was greeted with a massive bust of the man I saw in the crystal ball. The one and only Harry Edwards was in the entrance of the SAGB a marvellous spiritualist church and healing sanctuary.

I knew this was no coincidence. Harry was England's finest healer and he was famous for it. I discovered that he filled

the Royal Albert Hall with healers demonstrating healing. I am truly privileged to have him as a guide for me.

### HEALING

Sam Buxton Sunflower Healing Trust as we speak is successfully raising money to put healers in NHS hospitals with a normal salary. She has placed them in the cancer patient wards. They feel healers do a lot of good in this area.

I have had experience in this area; I was healing a man who had cancer; I'm so delighted to say, that he is now in remission. An effective combination of doctor/healing seems to work really well.

### ANIMALS & HUMANS

The story I'm going to relay to you tells us healers can be effective in all departments and with all ailments, whether a person or animal is suffering. We need more healers in hospitals/vet centres working together with doctors and nursing staff to create a more holistic treatment path, and to facilitate a complete recovery.

### A TRUE STORY

I had been to the LGI hospital before with Harry as my guide, a friend's little boy had a terrible drowning accident and although he survived, he had brain damage and they said he wouldn't be able to swallow.

I went to see him and as I laid my hands around his head, I was not touching him directly, but more scanning the area as he slept. Children benefit more when asleep especially with this type of healing. As I started to go around his throat chakra area, I noticed that the energy counterpart to his throat had shut down. It was at this point that through me Harry started to fix things.

I believe the electrical counterpart had short circuited and would not operate the throat properly. As I continued to hold my hands in place all of a sudden, he started to choke. I looked around at the nurse and his uncle but within a split second he stopped choking and I removed my hands from the area. All the while I wasn't touching him, I just had my hands near the area.

I am happy to say that within two weeks of this event he was eating and swallowing!

### NEEDING HARRY'S SUPPORT AGAIN

In May of this year, I found myself needing Harry's guidance once more. This time I was called to the hospital as my eleven-year-old nephew was terribly ill.

When I got there, I knew Harry was with me. I went straight to my nephew and placed my hands on his head and saw the relief in his face.

He was being treated for meningitis, but the doctors really didn't know what was wrong with him. They had given him a brain scan and a lumbar puncture and were about to do more tests on him. At this stage he was facing many more weeks in the hospital or worse, and still no clue what was wrong with him.

### RECEIVING ANSWERS

I finished doing some healing on my nephew, and turned to his mum, who understandably was distressed. As I provided

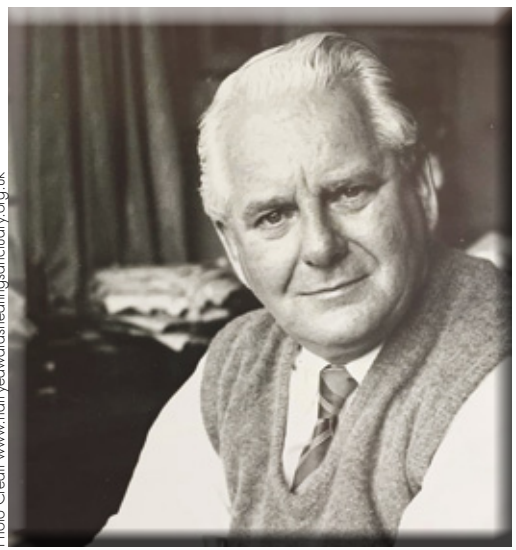


Photo Credit: www.harryedwardshealingssanctuary.org.uk

healing to her; all of a sudden, in my mind's eye through Harry, I could see the whole room filled with soil – literally every inch of it!

I asked his mum if he had been playing in soil and she said they had dug the foundations of their house to build a small building for her business two weeks prior. Also, he had played rugby the day before on a muddy field.

My brother was there so I told him to tell the doctor, but at first, he was a little hesitant, as he was not sure what the doctor would think of him relaying a psychic message!

With a little assistance from Google I was able to discover there was an illness called 'Weil's disease', contracted from contaminated SOIL. My nephew had all of the symptoms.

### A FANTASTIC ENDING

I went back to work at Psychic Light and my brother waited for the doctor and told him what I had said. He went away with a questioning face and came back just thirty minutes later and said "The psychic has solved the case!" He even wrote my name in the official case notes as diagnosing him correctly! I'm happy to report he was eating and playing happily the next day at home.

### THE POWER OF SPIRIT DOCTORS, HEALERS AND GUIDES

Now that is the power of Harry Edwards and the spirit doctors who tirelessly work on trying to heal all of us!

Jesus was the greatest healer and the laying on of hands was his method. It was Harry's method and it is my method. My mediumship allows me to commune with God and the angels that work with him including the very fabulous Harry Edwards.

As the great healer Betty Shine once said:

*"Having opened the door of Hope untold wonders can be revealed."*

# ONCE UPON A TIME IN... HOLLYWOOD

If you saw press coverage from the Cannes film festival in May 19, then you may have already heard of *Once Upon a Time in Hollywood*. It is the latest offering from controversial director Quentin Tarantino.

As you would expect the cast is star studded, with Margot Robbie (our cover star), Brad Pitt and Leonardo DiCaprio having major roles.

The film actually received a 7-minute standing ovation in Cannes, something that has become rarer, as audiences and critics alike become jaded by the latest cinematic offerings.

The film is set in the year of 1969, as you can see from the film poster, the 60s clothes are making a splash and are all part of rendering the hippy Hollywood theme, that was at its peak during the movies period.

## Release Date

The film is actually out in the US on the 26th July, but the UK has to wait until 14th August. It's a surprising move, as Tarantino really wanted to protect the content of the film being released and discussed online before people had a chance to watch it. So much so, that he wrote an open letter, published on Twitter asking film goers to avoid giving spoilers away. He said that "It's the journey of discovering a story for the first time."

## Characters

Leonardo plays fictional character Rick Dalton, and Brad Pitt plays Cliff Booth. Dalton had been a star in a Western TV series, and Booth is his long-standing stunt double. Both are at the stage of struggling to make-it in Hollywood, and Dalton in particular is concerned about being seen as a 'has-been'. Whilst these characters are fictional, it has been said they are loosely based on the actor Burt Reynolds and his stuntman Hal Needham.

I point out that these two characters are fictional, as there are some depictions in the film of real people. Margot Robbie plays Sharon Tate. The film is set against a backdrop of when Sharon and her unborn son were killed, whilst she was married to director Roman Polanski, at the hands of cult family Charles Manson in August 69.

Margo's part got some criticism, as she really doesn't say very much in the film. But others have praised her ability to capture the whimsy of the era and of Sharon Tate.

## Critics

For the most part the film is actually a story of fiction, and as you might expect, in particular for a Tarantino film, known for their violence. Critics are divided as to whether it is a 5-star outing or not! Some reviewers have used the following words to describe it: shocking, gripping, dazzlingly shot, entirely outrageous, disorientating, irresponsible, brilliant. Others have mentioned that the audience may be divided by the provocative ending.

I guess as Tarantino intended, the only thing to do – is to watch the film and make up your own mind!



Movie poster courtesy - Columbia Pictures

# CITRINE

## A SUMMER GEM

Citrine is the perfect crystal to work with this summer, it's an affordable stone that has fantastic sunny energy, bringing luck and good fortune to those who wear and work with it.

It is very much a crystal for the happy care free days of summer and holidays, when it is all about living in the moment, rather than worrying about every day life. It is a stone that can be used to manifest your dreams, so go wild with your thoughts for the future!

## LOCATION

Citrine crystals are often heat-treated amethysts or smoke coloured quartz, it's one of the reasons they are cheaper to purchase. A lot of yellow and golden quartz are mined in Brazil, but natural Citrine can be found in the UK in Scotland. It is also sourced from Uruguay, Madagascar and Russia.



## SPECIAL PROPERTIES

Inner calm is very much achievable when working with Citrine, it lets you mull over a topic, and it allows for wisdom on how you should proceed to come forward.

It is useful in every day life, for example within your career it can help you to analyse complex data or situations, it increases concentration and helps you to put a positive spin on new directions.

This crystal lets your self-expression come out, you will feel truer to yourself, and feel able to follow your passion in life. It helps you to have a positive attitude, you will feel less knocked back by others criticism, and you will be enthusiastic about new opportunities and the unchosen path.

## HEALTH

This stone really helps in the Solar Plexus chakra area, dealing with stomach aches, IBS, feelings of nausea, digestive conditions, the appendix and even balancing of weight.

Citrine also has a warming impact on the body, and fortifies nerves.

## WEAR IT

Why not embrace the Citrine gem in a piece of jewellery? Let the crystal send away negativity and bring in joy, happiness and positive friends into your life...

# Zodiac Travel Partners

Are you going on holiday over the summer? Have you ever wondered if the star sign that your significant other was born under, will influence the type of holiday you go on? Do your different star signs, make you excellent travel partners, or do you have different ideas about what makes the ideal getaway?

Read on for travelling with the different star signs:

## Aries

Aries are high energy, and this doesn't change when they go on holiday. They will expect you to be fighting fit and raring to go... They are healthy by nature, and will not see a holiday as a reason to ditch their attitudes, so think hiking, cycling, swimming etc, rather than lying on the beach eating ice-cream! They don't like to have their style cramped when on holiday – but if you are happy to go along for the ride an Aries vacation can be very exciting indeed.



## Taurus

The Taurus star sign make good travellers, but they are equally happy with a staycation. Budget airlines and accommodation are not going to cut it. They like to holiday in style.

They are not going to want to know about luggage limitations. Extra bags for the way home should also be a consideration – as they do love to shop! Taurus are generous with their companions – so join in and 'shop until you drop'.

## Gemini

Gemini are the exact opposite of Taurus in that they want to travel light and quick. When packing your cases, think about what you can handle, as Gemini are unlikely to help you with your bags. Or be prepared to hear a lot of 'I said you didn't need that'...

Gemini will entertain you all holiday long, flitting from one place to another and from subject to subject – but be warned, risk their wrath if you show boredom or tiredness.



## Cancer

Short breaks with the Cancer star sign are the way to go, as sooner rather than later they become home-sick. They are homebodies, and love the security that their home nest provides. When they go away, a home away from home environment will be best. This zodiac sign is great in a crisis, and they will take journey delays and complications in their stride when others are stressed out. But travelling and day trips are best broken up allowing Cancer time to recuperate in between.

## Leo

Travelling with a Leo must not be done on the cheap, camping is not going to please them! They want to look the part and expect you to do the same, wardrobe choices are important, this is not a time to slop around in denim cut offs! Captain Table dinners on a cruise liner, with plenty of opportunity to preen and be seen would be more the order of the day.

## Virgo

Virgos are the ultimate organiser, so weeks in advance every detail of the travel arrangements, the trips itinerary and documentation will have been taken care of. The dreaming of the trip, the planning and looking forward to the holiday are all part of the excitement for a Virgo. But when it comes to the actual travelling, they can be a bit grumpy and anxious. Soothe the way with interesting conversation, puzzles and games.



## Libra

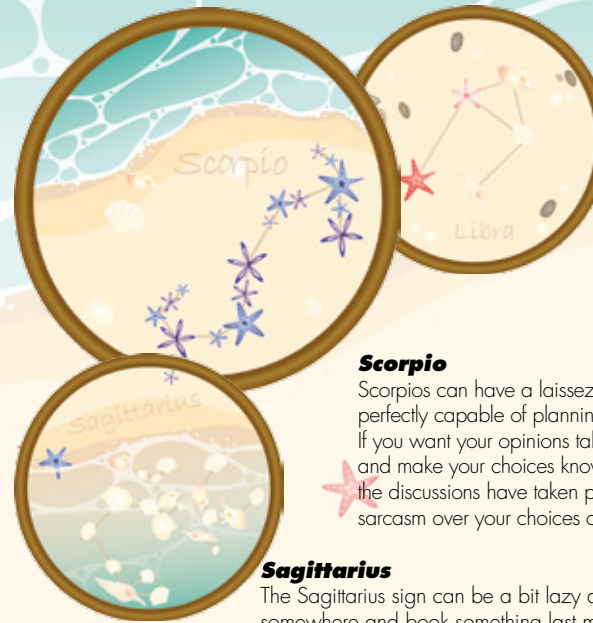
If your idea of heaven is boarding a plane, train, boat and then nodding off until someone advises you are nearing your destination, then Libra is not the right travel companion for you. They like to stay alert throughout the whole journey! Libras social butterfly personality is never more evident than when they are on holiday. So, expect to have people regularly joining you for drinks, for dinner and excursions. They like to show interest in others, and a holiday is a perfect time for that – so romantic alone times may be few and far between!

## Scorpio

Scorpios can have a laissez-faire attitude towards planning a holiday, they are perfectly capable of planning and organising, just sometimes they chose not to. If you want your opinions taken into account, you should get in the game early – and make your choices known. The best holidays with a Scorpio are where all of the discussions have taken place before you leave the ground, let them get their sarcasm over your choices out of their system!

## Sagittarius

The Sagittarius sign can be a bit lazy about holidays, and then suddenly want to go somewhere and book something last minute. If you are happy to just go with it, and see the type of holiday and destination as an adventure – then you will likely have a fantastic time. Sagittarius most often want to holiday with those they are closest too. They will not want to have to socialise/dine with those they don't know. They have a great sense of adventure and fun, and so will want to try some new experiences.



## Capricorn

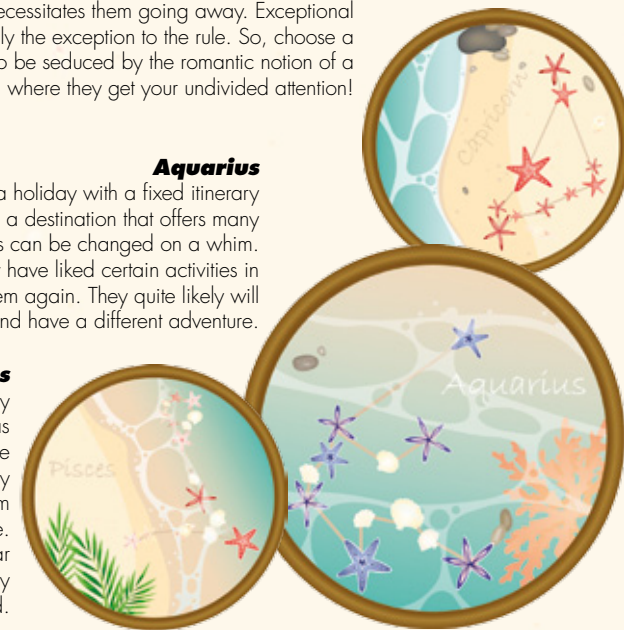
Capricorns really have to be pushed to travel, they would prefer to stay home, unless there is a real reason such as business that necessitates them going away. Exceptional landmarks, natural wonders etc. are probably the exception to the rule. So, choose a destination with significance. They can often also be seduced by the romantic notion of a holiday just for the two of you, where they get your undivided attention!

## Aquarius

The Aquarius personality is ever changing, so a holiday with a fixed itinerary would be a nightmare for them. Going to a destination that offers many activities, without a schedule is perfect, so plans can be changed on a whim. Aquarians like to surprise, so just because they have liked certain activities in the past doesn't mean they will want to do them again. They quite likely will want to try new things, and have a different adventure.

## Pisces

Pisces are really fun to go on holiday with, they are happy with long and short trips, as long as a change of scenery is involved. They can make any tent/boat/hotel room, their home away from home. They love holidays that give them access to new places they haven't visited before. They do bore easily, so the same holiday year in year out will not do. Pisces will be especially delighted if a romantic twist is involved.



# Reader Profile

## Adele

PIN: 3622



Adele is a natural gifted intuitive Empath and Clairsentient. She is also a spiritual Artist and Teacher of Art and Design. Adele has a passion for creating a better world for people and wildlife.

As a reader Adele has over thirty years of experience; in both the healing arts and the art of the Tarot. She started reading the Tarot when she was fifteen and progressed from there learning to tune into energies. As she grew in age and maturity more channels were opened up to her. Her sessions with clients include her psychic abilities as well as spiritual counselling, guidance and wisdom.

Spirituality has always been very natural to Adele and has been present since childhood. Being a Spiritual and Psychic Artist is an intrinsic part of her life. She feels that art is a drive, a very complex desire, need, urgency and pleasure. For her art is the feeling and emotions of the artist, seen through their eyes, felt through them. When in the process of creating art, Adele feels as if she is tuning into something beyond the five senses. Adele has always been sensitive to undercurrents and since she was young felt highly attuned to the beauty of nature, serenity and the power of Spirit.

As a devoted wife, mother and grandmother of a large growing family she has extensive experience in family matters, relationships and the challenges of life and love. Adele understands these complex relationships give your life meaning – the joy of each other, the joy of challenge. Let her support you in the joy of growth, in living in the joy of the moment and dancing the cosmic dance, to harmonise and balance your mind, body and soul.

As a reader Adele offers vast experience and a wide range of disciplines including colour therapy, spiritual art, healing art, Tarot, palmistry, dream interpretation, astrology and creative visualisation. She works with the energy of crystals and nature's natural support systems. Adele also has the line of intuition on both of her hands – the line of intuition indicates a powerful intuition with strong psychic and healing abilities. She has the ability to channel and pick up energies, vibrations and auras.

Adele strives to be a professional who is able to offer extremely meaningful and insightful information for client's wellbeing and their highest good. She is committed in reinforcing positive feelings, for a better and balanced life. Her aim is that her caller's will feel energised and empowered.

You can view the profiles of all our readers by clicking 'OUR PSYCHICS'.

We would love to receive your feedback following a reading, you can do this via our website, scroll to the footer and click 'REVIEW A PSYCHIC' under 'CONTACT'.

# PSYCHOMETRY

## Introduction

In simple terms psychometry is an ability to sense information about a person – either past or present, about a place or even an event. It is done by holding an object that is closely bonded to the person. It might be a crystal, a piece of jewellery, even a teddy bear – but something that means a lot to them, and where their energy is likely to have soaked into the artefact.

Psychometry is sometimes described as the 'soul's eye' or the 'etheric eye', but the word itself actually derives from two Greek words: Psyche – meaning soul and Metron – meaning measure.

## History

It is thought that psychometry was actually identified and coined as a phrase and practise by an American Scientist – J. Rhodes Buchanan in 1842. His theory was that events, people's thoughts, feelings and even actions could be felt in the ethereal spirit and impressed onto objects.

That being the case, it stood to reason that a person with psychic abilities could touch such an article and divine past and future events.

There have been times throughout history where psychometry experiments have taken place, and the facts have been verified as true many years later through more scientific means.

## Practise

Of all of the psychic practises, it is thought that psychometry is one of the areas where layman – not just those with intuitive abilities, can have some success.



Why not ask a close friend to practise with you?

Ask them to bring an object that is close to them. Place it in the palm of your hand – you may also place your other hand on top, if the object's size will

allow. Close your eyes, and take a few quiet moments to absorb the objects energy.

In your mind's eye, you may get all manner of things crop up – maybe you will see a colour, an image, you may hear music, or sense a smell. You may even feel certain emotions.

Try to write down all that you sensed, and relay the information back to your friend. See if any of it seems relevant to your friend's relationship with the object – how they got it, what it means to them etc.

## Other Forms of Psychometry

Often a medium or clairvoyant will ask for an object, as part of a face-to face reading. It can sometimes help them to connect to the person and their spirit guides.

But there are also other forms of psychometry, for example 'cryptoscopy', which is divining the contents of sealed envelopes. Or flower psychometry, where a questioner selects a flower that has significance.

## Reading

If you are interested in psychometry, then you may wish to discuss it during your next reading, these readers are all schooled in the divining artform:

Aelissa (PIN: 4444), Hope (PIN: 3203) and Julie (PIN: 3123).

# Astrology

with our expert

# Carol Day

Welcome to Free Spirit's in-depth horoscopes for July 2019.



The good news is that from the 21st onwards, you begin a yearly personal pleasure high point and can wave goodbye to the eclipse hassle of previous weeks. A Solar Eclipse on the 2nd in the home/family sky highlights family money dramas. The Lunar Eclipse on the 16th, brings focus to career changes, however, it's nothing you can't handle. Lessen your schedule and relax; handle your challenges and laugh more often. Laughter is a powerful healing energy.



Venusian people have this wonderful ability to create success, and with career planet Uranus in your sign July is no exception. There are two strong eclipses: Solar Eclipse 2nd, in your home/family sky with likely shake-ups and personal dramas, and a Lunar Eclipse on the 16th in the education/religious sky, with changes for students and reforms in your spiritual home. Focus more on home/family just now, emotional well-being will pay dividends this month.



July is basically a happy and prosperous month for lovely Gemini. However, with two eclipses, a Solar Eclipse 2nd, shows cars/computers need testing, and a Moon Eclipse on the 16th which highlights health regimes may need looking at. Moneywise there's been a tendency to overspend, however, you're still in the midst of a financial high until the 23rd. Venus enters your money sky between the 3rd-28th, showing the value of social links and children to finances.



Career is important this month, there could be shake-ups on the career front in your company or industry, it all starts from the Solar Eclipse 2nd which falls in your career sky. The rules of the game are changing and sometimes the career itself changes. A Lunar Eclipse on the 16th creates a few dramas at home, perhaps repairs are needed? Money planet Pluto is also affected; prospects are good but slower than usual. Health improves after the 23rd, rest and relax more.



Lucky Scorpio's are being carried along by cosmic light-waves as the Solar Eclipse of the 2nd opens career doors, and you enter a yearly work high from the 23rd onwards. The Sun's your career planet and he's preparing the way to success and barriers are blown away. The Lunar Eclipse of the 16th enters your teamwork/intellectual sky so shake-ups on the educational front are apparent. This also motivates a need to define yourself, your image and self-concept.



Generally, people see you as a go-getter, travel-lover and workaholic; however, the cosmos has other plans and you have to ease the pace this month. Since a Solar Eclipse on 2nd is in your transformation sky. This means you'll be faced with money dramas, perhaps related to tax/insurance issues. Health-wise you have excellent energy to handle eclipse challenges. A Lunar Eclipse 16th affects spiritual Pluto, and perhaps dramas in the lives of guru figures.



Moon-folk may find themselves basking in the sunshine and enjoying life in the birthday lane. Health is better, you feel refreshed by the Solar Eclipse on the 2nd, you look and feel great. The eclipse makes you even more prosperous than last month, but in an unusual way. A Lunar Eclipse of the 16th falls in your love sky, maybe more patience is needed with the beloved, and they have their own dramas. You show a new look to the world in the months ahead.



July blesses you with star quality, you are strong and energetic, and have great magnetism; but how do others see you? The Solar Eclipse of the 2nd falls in your health/work sky and urges a personal re-think, a need to redefine yourself and the image you project to others. The Lunar Eclipse of the 16th falls in your spiritual sky, which changes the way you think and your appearance follows suit, according to spiritual law. From the 23rd enjoy one of your yearly pleasure peaks.



Just as two eclipses are shaking up the world, Virgo's seem relatively untouched by them, but it won't hurt to take things a little easier. The cosmic purpose of an eclipse is to clear away glitches to your Divine Plan. A Solar Eclipse on the 2nd falls in your friendship sky, bringing dramas, a Virgo rescue plan is at hand, but safeguard your own high-tech kit. A Moon Eclipse 16th also reflects this. From 23rd much ESP progress is made – you bathe in cosmic light.



Capricorns love and social affairs are in full swing as you scale the heights in these matters. There's no shortage of admirers, new and old relationships get tested, as the Solar Eclipse on 2nd occurs in your love sky. Good sound relationships will survive and even get better; this also applies to friendships as Pluto is affected. The Moon's Eclipse on 16th is in your own sign which offers a chance to redefine yourself; listen to the song in your heart – love conquers all.



Water-bearers have a 'can do' spirit in July, so you'll be getting things done quickly. You have Mars to thank for the extra energy and courage to take on these necessary projects. Both eclipses, the Solar 2nd and Lunar 16th are powerful, but the Lunar Eclipse affects you most as it occurs in your own sign and affects Uranus your ruler, so it's time to relax. The Solar Eclipse falls in your health/work sky, so you can see career progress and explore a new health regime.



Put holiday plans on hold this month and enjoy leisure time nearer to home, as Pluto your travel planet feels the impact of the Solar Eclipse on 2nd. If you must travel avoid the eclipse period and allow more time to get to your destination. Health/work sky is also affected so you'll be smoothing troubled waters at home/work, but the Sun's eclipse is benign for you. A Moon Eclipse in your spiritual sky alludes to shifts in teachers and practice. Say a little Prayer.





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