

FREE SPIRIT

The Magazine of Psychic Light

November 2018



FEATURES

Time to Yoga

Health & Wellbeing Special

PLUS

November Horoscopes

Reader Profiles

Keira Knightley

Writing Claudine, changing
history as Colette!

discover your future, release your past

Editor's letter

In this November edition, there is a theme of wellbeing running throughout. With nights drawing in, we look at ways to boost your energy this autumn. If you find being in the kitchen more of a chore than fun, then we have some quick and easy ways to infuse your dishes with new flavours.

For a bit of 'me time' why not try out one of our three recommended books, and for a bit of retail therapy or to put on your Christmas list, why not try a new beauty product enhanced with botanicals?

If you've thought about taking up Yoga, but were unsure what to expect, then we explore the spiritual practise in more detail – for more information you can contact some of our team.

Talking of our readers, this month we catch up with Vivienne who makes living a healthy lifestyle a top priority and Jancey who is well versed in the benefits of meditation and balancing ones Chakras.

Of course, we couldn't let the newsletter go without a nod to Bonfire night, where we explore firework names and shapes and we discuss Keira Knightley's latest movie Colette – where she demonstrates incredible female strength at a time when women were more seen than heard!

Lastly, turn to pages 14 & 15 to see what the zodiac has in store for you during November...

Charlotte

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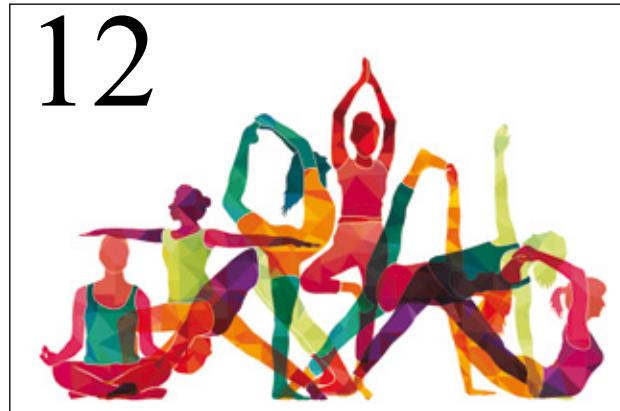
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Keira Knightley image - Twocoms / Shutterstock.com

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Choose a reader to begin your journey

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Bryony
PIN: 2727

Bryony is an incredibly insightful reader specialising in emotional journeys involving relationships and major life decisions. Bryony is also well placed to offer spiritual counsel in the area of business having been a corporate trouble shooter for many years.



Ellie
PIN: 1180

Ellie is a clairaudient, clairsentient and spiritual medium from a Turkish gypsy background. She has the ability to tune into the soul of a person and see the questions that need answering without that person having to say a word.



Joanna
PIN: 4567

Nothing shocks Joanna as she has encountered many unusual situations. She has studied esoteric energy, telekinesis and paranormal activities. Joanna offers sage advice based on her unique perceptions, offering clarity when someone is confused.



Mariah
PIN: 1881

Mariah is a medium, clairvoyant and healer, her style is honest and compassionate. Through Spirit she will support, empower and illuminate, just as her guides have done for her. Mariah specialises in bringing clarity to situations which are causing you pain and stress.



Fran
PIN: 1133

Fran is a psychic medium with 17 years' experience, she hears and feels Spirit and has done so from a young age. She meditates before readings, allowing her guides to draw close, to inspire her with messages and words of wisdom for those that seek answers.



Ruth
PIN: 2022

Ruth has devoted her life to spiritual development, she feels that continuing change and the ability to adapt is really important in our life journey. Ruth works closely with her angel guides with dedication and sincerity to affect change in the lives of her callers.

Readings under UK law are deemed to be for entertainment only. Helpline: 0121 737 5574.

If your firework repertoire is more Catherine Wheel and Sparklers, than Spider and Fish, then read on to see the names of some of the explosions in the sky you are likely to see at Bonfire Night and New Year celebrations as 2018 draws to a close!

Chrysanthemum

This fire cracker looks like the Chrysanthemum flower in the sky, it is compiled from spheres of stars followed by a trail of sparks. If you are lucky, you will see multiple blooms with double and triple versions.



Fish

The fish propels itself from a fuse through the air, as it bursts and lands it looks like hundreds of tiny fish are swimming away from the main core.



Crossette

This firework makes sense of its name, for a start off the noise is very loud (sounding very cross!) and the effect in the sky is a crisscross pattern, the stars usually break into four or five smaller stars as it falls through the air.



Palm Tree

This firework is always a crowd pleaser, it has a thick tail, but then branches erupt and fan out, so that the end result looks like palm trees in the breeze.

Peony

Another flower in the sky, the Peony usually covers a large distance, with a large expanse of coloured stars forming a sphere, that literally burns itself out until there are no sparks left.



Spider

People



often jump at discovering a spider, and this firework is likely to create the same emotion, it bursts into the sky – hard and fast, shooting stars out straight and flat as it goes.

Rings

Usually this firework appears as a circle, it is simple, but effective – creating a halo-like effect.



Willow

Similar to the waterfall this firework droops as it fills the sky, to create the effect of a weeping willow tree, it is large and beautiful and lights up the sky for some time before disappearing for another year.



Waterfall

Sometimes the waterfall is known as the horsetail, it isn't as dramatic as some of the others, but is pretty none the less, but make sure you are watching as it falls quickly.



The shoulder month's in the year can leave us feeling a little lack lustre in the energy department. So, why not arm yourself with strategies for making your days go in a more positive direction?

Things to try this autumn:

- Studies suggest that regular meditation (even if it is for short bursts of time), can have a positive impact on how energised we feel, it tends to improve our attention to detail and makes us more efficient.
- Try to work with your circadian clock, waking with sunlight and going to bed once it's dark – that means limiting artificial light, such as blue light from smart phones and computers, that can mess with the natural rhythms, leading to less restful sleep.
- Equally on the technological front, going through a morning or evening routine that doesn't involve checking work emails or social media updates, can be transforming. Allowing you time and headspace to process the events of the day, making room for meaningful interaction with your family members and giving you time to get in an emotional space before you have to tackle the pressures that jobs etc bring.
- The autumn and winter season can make us more melancholy, if you are a person that normally stewes on a problem, or goes over and over an argument in your mind, then try changing tack – be the first to apologise if needed, learn to let things go, learn from your mistakes, but don't re-hash them time and again, nothing zaps your energy more than a negative mind-set that can't move on.
- Be creative – it is very easy to get stuck in a rut with the humdrum of life, wash, work, cook – rinse, repeat... But doing something that gets your creative juices flowing can be really inspiring, and the positive energy will spill over to other areas of your life. It doesn't have to be something terribly taxing, maybe colouring, knitting, doing a jigsaw, anything that lets you focus on the task in-hand and lets you be in the moment, rather than something that allows your mind to wonder too much and go back to worrying.
- As the weather turns colder and the nights draw in, it can be hard to stay motivated on the exercise front, but there are so many benefits if you do something physical. Feelgood endorphins flood the body which in turn gives you a feeling of high energy – try and find something that you find fun, so you are more likely to continue and mix things up so you don't get bored.
- If all else fails – focus on your breathing, anxiety can make us take shallow breaths without realising. The key to feeling more energetic and more relaxed is to simply breathe more deeply.



PIN: 3032

Jancey is a hereditary psychic clairvoyant, born in Northern Ireland to Irish and Scottish parents with mainly Romany bloodlines who has been reading Tarot for over sixty years. Jancey's spiritual awareness started from a young age. She was given her first deck of Tarot cards when she was just four years old, and was encouraged and later taught the art of reading tea leaves and palm reading by her grandmother and grandmothers great aunt.

Jancey believes that Reiki is an excellent way of directing your energy into a more positive state, balancing your Chakra's as you meditate. She now uses all of these gifts to assist her clients to the very best of her ability.

You will find Jancey to be a warm gentle reader who uses Tarot cards and her clairvoyant abilities to provide a way forward and guide the client with life choices. She spent quite a few years getting to know the cards, and increase her intuitive ability, Jancey began reading in her teens, initially for friends and then developing a client base; through psychic fairs and Mind Body & Spirit events.

At the tender age of twelve, Jancey read in public for clients, and went on to do parties, fairs and demonstrations all over Britain and Eire. She has also been tested by the British Association of Psychics.

Whether giving advice on matters of the heart or any other topic, Jancey feels that the cards can give very specific information and insights in to the right direction to be taking alongside precise timings.

To this day Jancey still studies and is a working Reiki Master. She would be delighted to read for you, with a calm and non-judgemental manner. Her friendly, understanding reading style, will tell you 'how it is', in order that her clients have a greater overall picture of their situation.

Jancey's aim is to give the facts and to emphasise the positive in all of her readings. Believing that it is better to be candid about the information received so that the right life decisions can be taken moving forward.

Jancey's Profile

Psychic Specialities:

Couples, Discover Your Destiny, Divorce, Family, Relationships, Sexuality, Wellbeing

Vivienne's Profile

Psychic Specialities:

Wellbeing, Sexuality, Relationships, Family, Divorce, Discover Your Destiny, Couples, Business, Bereavement



PIN: 3555

I was born with gifts and abilities of clairvoyance, clairsentience, clairaudience and psychic premonitions, passed down from parents and ancestors who also had the same gifts as myself. I grew up in a household in which we studied astrology, the Egyptians, different religions and spirituality so it was always a norm for me, I never knew any different. I have a very strong close bond with God and his Angels whom I ask to aid me in connecting both worlds together.

Young as age six is when I first started having my spiritual experiences, I would dream things and see things before they happened, I have never studied palmistry but aged eleven I read a palm of a beautician where my mother would go to, and I got everything correct, the whole shop was amazed at my ability, but I never really took it seriously – at that age it was normal to me by then. My mother also studied Reiki when I was around age eight she taught me healing work. I thought I would use my healing Reiki skills on a friend who fell off her bike, she thought I was just having fun however, she couldn't believe it when she wasn't limping and her pain had gone; again, I never took this too seriously as it was just normal for me.

Then later in life as a young adult, I had gone through some extreme trauma which I now believe forced me, gave me no choice really, but to use my gifts to guide others. If it wasn't for those negative shaping experiences I don't believe I would be here today working for Psychic Light supporting others through my healing and clairvoyant abilities. As I turned to God and his Angels and saw with my own eyes the miracles he performs, I really believe everything I have, all my gifts are given to me by him to make a positive impact in this world.

In my spare time I love being around nature, talking to God, his Angels, the nature fairies. Sending healing to my callers whom I see as my very own family members. I have a deep passion for music and the arts and I enjoy growing my own fruits and vegetables and above all else living a healthy lifestyle. I regularly go into deep states of meditation, through this I find peace and recharge my batteries, I also love yoga, keeping fit and active.

Travelling is also a huge part of me learning about different cultures, different religions always fascinate me. I believe all religions are beautiful and lead to the same pathway of light; all the Gurus, Prophets, Saints to me have the same purpose – they are all healers of this world bringing in light in darkness... Seeking information and knowledge in this area I have a deep everlasting passion for, as there is so much to learn from history and the past.

You can view the profiles of all our readers by clicking '**OUR PSYCHICS**' conveniently located at the top and bottom of each of our website pages.

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**'.



Colette

Our cover star Keira Knightley acts in a British biographical film called *Colette*, based on the French writer Sidonie-Gabrielle Colette. The drama is directed by Wash Westmoreland, and Keira plays opposite Dominic West, who plays the character 'Willy'.

Henry Gauthier-Villars (Willy), introduces Colette to Paris, at a time when it is at its most bohemian, a far cry from the rural childhood home of France she was used to. She marries Willy, who is a successful Parisian writer, with all the intellectual entrapments and artistic splendour that involved.

It's not long before Willy discovers Colette has a talent for writing, and he persuades her to ghost-write for him. She agrees, and turns in a semiautobiographical book that is both funny and brazen in equal measure. The book is named *Claudine*, and becomes both a literacy sensation and bestseller, with women unusually turning out in their droves to purchase the book.

Willy and Colette become quite the celebrity couple of their time, and more *Claudine* novels are written, but it's not long before the fact that Colette cannot get credit for her success eats away at her.

The film is out in the UK in January 2019, and it is very timely with the #metoo movement, and more of a push for society to treat each gender equally especially in the workplace and especially regarding pay. This story whilst portrayed as a period drama, has very definite parallels with current times. Colette was the ultimate feminist, and the story depicts her transgression and empowerment. Ultimately to attain credit and financial gain for her own work.

Unfortunately, their relationship does become more of a business arrangement, with both of them having romantic trysts with others. In fact, Colette was not afraid even during that time to explore her gender and sexuality. The film depicts the real life of writer Colette, and she was revolutionary, in terms of literature, fashion, sexual expression and overcoming societal constraints.

Keira's performance has been widely commended, maybe an Oscar could be in her future for this role? Whilst at times you want to hate the character of Willy, he does show heart and humour, making it much harder to easily dislike and disregard him.

If you like British costume dramas; but are more than ready to see something that stacks against the current times – then this is the film for you!



Images courtesy of Bleecker Street Media

Flavour Infusions

Not everyone is blessed with being a good cook, and many of us are time poor and looking for fast ways to feed the family. But as we move towards the end of autumn, and spend more time in our homes, and we start thinking about Christmas, entertaining and so on, it can be nice to have a few handy tricks up your sleeve in the kitchen that are quick and easy, but pack a punch of flavour.

Why not give these three flavour infusions a go?

Honey

Choose your favourite herb – you might try lemon thyme – just pulling off the small leaves from the stem, or rosemary – you could chop up or leave whole, or even mint keeping baby leaves in tact and chopping up larger leaves – there is no right or wrong here – do what takes your fancy. Place the herbs in a clean jar and top up with your favoured honey. Leave to infuse for around 5 days, to fully appreciate the flavour. If you don't like honey, you could try similar with maple syrup. Don't feel like you have to do large quantities, just vary the amount of honey and herbs until you get a flavour combination you really like. Then use on toast, on porridge, on pancakes – the taste combinations are endless!

Oil

Firstly, get a clean jar, place oil in the container – you are looking for an oil that does not have an over-powering flavour, so avoid products like sesame oil. If you want to use the oil for salad dressing then a good quality extra virgin olive oil would be nice, for cooking you might choose a vegetable-based oil with a higher smoke point. Then add your flavours – garlic (whole or minced), herbs, citrus peel, peppers, chillies, peppercorns and so on. Leave the oil to infuse for a few days and then taste, if you have a strong flavour like garlic you can remove at any point so it doesn't get stronger. Then use to add extra flavour to stir fry's, salads, steak and more...

Vinegar

As with the others select a clean jar, and fill with your choice of vinegar – you might try a red wine vinegar, a balsamic vinegar or apple cider. Then complement the choice with your selection of dried or fresh herbs, citrus peels and so on. As a word of caution the darker or more syrupy vinegars may take on less flavour. Vinegars may lend themselves to using a blend of herbs, for example oregano and basil together – think of the combination from classic recipes and pair up. Vinegars will not need as long as oils and honey to infuse, so you could try as quickly as 24 hours later, and remove/leave any items infusing for a deeper rounder flavour. Then use in salad dressing for an extra punch of taste, in coleslaw or as part of a marinade for meat/fish and so on.

Your infusions can be made in pretty jam jars, and sauce jars that you might otherwise have recycled – why not display them in your kitchen as part of your autumn décor!



Three Good Reads

We've got three good books to explore, a thriller, an inspiring year-long journey and possibly the last self-help book you'll ever need!

Nine Perfect Strangers Liane Moriarty

You probably recognise Liane Moriarty's name, as she is the best-selling author behind the hit HBO TV series – Big Little Lies.

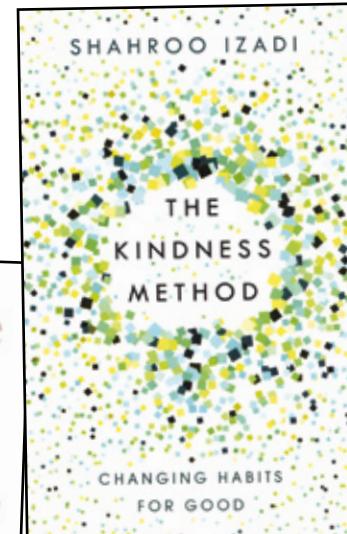
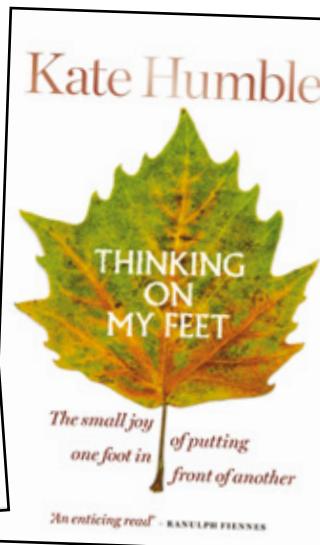
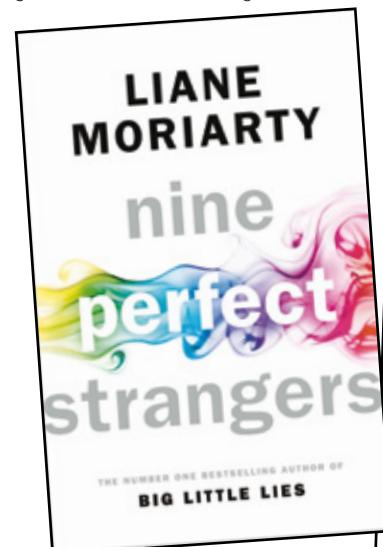
Her latest book is set at Tranquillum House, a health & wellness retreat that sells itself on the basis of total transformation.

So, nine city folk that want to escape for a while from their stressful lives, dropping their mental and physical baggage as they go, via meditation, massage and more, go to the house. They are without cars, phones and all the entrapments of a modern existence that would allow them access to the outside world.

It should be a time of just getting to know each other, and getting more in touch with themselves.

The retreat is watched over by the Resort's director, a woman who can be described as 'on a mission', but perhaps her mission is at odds with what the guests are imagining or expecting...

Maybe, just maybe behind the glamorous facade – a dark agenda lies!



Cover images:

Nine Perfect Strangers - Michael Joseph books
Thinking on My Feet - Aster books
The Kindness Method - Bluebird books

Available from all good book shops.

BOTANICALS FOR THE SKIN

If you have been shopping lately for skin products, you may well have noticed the uplift in items containing restorative botanicals. You might be more familiar with botanicals like Rosehip and Lavender than you think, as they have recently been popular for use in soft drinks like tonic and alcoholic drinks like gin, but in fact, these botanicals are also very useful for the skin, and have been used for generations, and their use in cosmetics is now being highlighted.

So, what does each botanical do?



ARGAN

Argan is commonly found as a hair oil, and this is for good reason, in Morocco where it originates, it is used to protect from dry desert conditions. It is a natural form of vitamin E, and as such it is a great botanical to consider in autumn and winter when we are suffering with cooler weather and central heated homes. It is great for sensitive skin, and those that are prone to redness. You will find it in products aimed at your hair, cuticles and skin.



CALENDULA

This flower is bright yellow in colour (extracted from Marigolds), and as such has a high carotenoid content and is a strong antioxidant. All of which helps to fight the impact of pollutants on your skin. It's thought that the oil may have anti-bacterial properties, making it helpful in wound healing, for soothing skin conditions like eczema or being used as an antiseptic for minor afflictions. If you can't find a product that suits you with Calendula in, then you may want to add the oil to your favourite moisturiser.



ROSEHIP

Whilst it might not sound attractive, Rosehip's fatty acid content is great for skin, particularly aging skin, as the lipids help with the regeneration of skin cells, that inevitably slow down as we get older. It also contains vitamin A – in the beauty world called 'retinoic acid' which is revered for its properties in dealing with fine lines, age spots and scars. If you are thinking of using a product with Rosehip, look out for something that hasn't been degraded by heat – by seeking out 'cold pressed' options.



LAVENDER

Lavender has long-been used for its soothing abilities and as an aid to restful sleep, so it is no wonder then that it is added to night-creams and other beauty products, hoping to give a restful appearance to skin, making the dermal layers look plumper and brighter. It does also have anti-inflammatory properties and like Calendula is often used for skin healing, in the cases of acne, psoriasis, insect bites and more. As a result of boosting circulation, you may also find it tones and firms skin. If you don't fancy using lavender within a skincare product then your skin may still inadvertently benefit by getting a good night's rest – if you sprinkle a few drops of oil onto a handkerchief and place under your pillowcase (taking care to avoid eye contact).



TIME TO YOGA

Most of you will be familiar with the term Yoga, and probably think of it as a form of exercise, but in fact, its origins are in healing and spiritual development.

Yoga is the Sanskrit word for union – the relationship between mind, body and spirit. Records suggest that this holistic approach to life was practised over 5000 years ago by Hindu ascetics or ‘Yogis’. Yoga was just one part of the ancient Indian medical system of Ayurveda, and was developed to find a way to balance the harmony of the emotional, mental, physical and spiritual needs of an individual.



There are several branches of yoga, that have different beliefs at their core. For example, the ‘Royal Path’ sometimes referred to as the ‘king of yogas’, is about creating inner happiness and positive change in society at large through mastering self-order and control of mind. Bhakti yoga – love & devotion, Kriya yoga – cleansing, Jnana yoga – intellect, Karma yoga – work & duty.

You may be most familiar with the term Hatha yoga, which is very popular in the West and which translates as ‘balance of body & mind’. It was used as a way to prepare the body for meditation and spiritual practise. It is closely tied to the ‘eight limbs’ spiritual growth path – an eight-stage process, to create balance, strengthen the body and calm the mind:

YAMA: Restraint – behaviour towards others.

NIYAMA: Self Discipline – behaviour towards yourself.

ASANA: Posture.

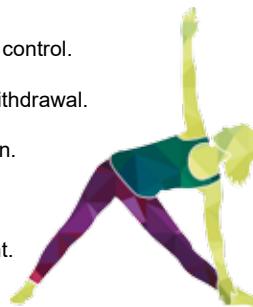
PRANAYAMA: Breathing control.

PRATYAHARA: Sense withdrawal.

DHARANA: Concentration.

DHYANA: Meditation.

SAMADHI: Enlightenment.



ASANAS

Asanas are the physical postures, they vary in difficulty and intensity. With practise the idea is to build firmness, strength and flexibility of both the mind and body, so that you can concentrate (Dharana) and meditate (Dhyana) without distraction for a length of time.

Some of the poses you may be most familiar with are: Triangle Pose, Tree Pose, Downward Dog, Cobra Pose, Lotus Position, Headstand and Shoulder Stand.

PRANAYAMA

The control of breath is an essential component to yoga practise, helping to increase your physical and mental endurance as well as encouraging concentration and improving clarity of thought.

At its core yoga is said to balance the vibrating life force (Prana), minimising blockages that impact health and wellbeing. When yoga anatomy is considered, Prana is believed to flow through Nadi – 72000 channels providing vital energy all over the body that are essential for healthy living. The central Nadi (Sushumna) runs vertically through the mid-line of the body, intersecting the seven energy centres we already familiar with, known as Chakras.

Pranayama practise leads to correct breathing, releasing mental tension as well as restoring and equalising the flow of Prana. You may be familiar with two of the breathing techniques – Humming-Bee Breath known as Bhramari and Alternate Nostril Breathing known as Nadi Shodhana.



READERS

Many of our readers are experienced and well-practised in yoga techniques, if this is an area that interests you, why not contact them for a future reading and incorporate some teaching into your next call:



LUCY PIN: 3565

Lucy says “In my teens I discovered Tarot, I Ching, Yoga and Buddhism, all of which have remained as essential guidelines over the years. My interest in readings submerged under years of a busy practice in acupuncture and homoeopathy, but resurfaced sitting in Spiritualist development circle in my 40s. I hope to support clients making more informed choices for happiness and peace of mind.”



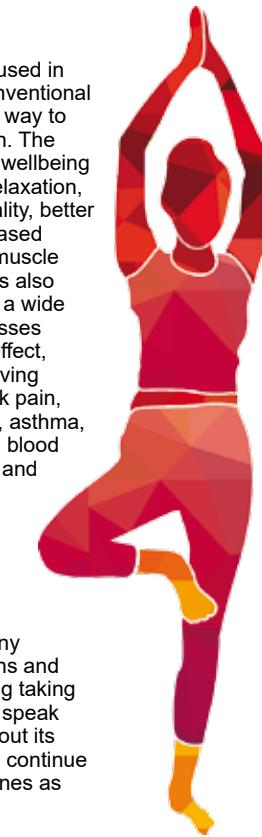
BRYONY PIN: 2727

Bryony describes her skills and personality as: good sense of humour, empathy, leadership energy, creativity, artistic, nurturing, multi-tasking and passionate about animals! An obsessive Yogini (yoga mad!). And a great advocate of ‘Men are from Mars and Women are from Venus!’



ROBBIE PIN: 3443

Robbie is very friendly and sensitive to your problems. A natural Empath, he finds himself feeling your dilemma and finding solutions, guidance and predictions through inspirational epiphany in the moment. He is a channel that Spirit works through and spends much time in meditation, prayer and yoga. A raw vegan with a pure philosophy of love and service he will sincerely guide you in any way he can.



BENEFITS

Yoga is often used in addition to conventional medicine as a way to improve health. The more obvious wellbeing benefits are relaxation, feelings of vitality, better posture, increased strength and muscle tone. But it has also been used for a wide variety of illnesses with positive effect, such as improving digestion, back pain, anxiety/stress, asthma, heart disease, blood pressure, IBS and more.

*If you have any health concerns and are considering taking up yoga, then speak to your GP about its suitability, and continue to take medicines as prescribed.

Astrology

with our expert

Carol Day

Welcome to Free Spirit's in-depth horoscopes for November 2018.





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You want the **best quality readings possible** and our psychics and mediums offer just that!

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