FRESPIR December 2019 CHRISTMAS OFFER & GIVEAWAY DETAILS INSIDE! **FEATURES** The Art of Ribbon Magic 12 Fun Facts for Christmas Taylor Swift **PLUS** Bringing a whole new December Horoscopes Reader Profiles meaning to 'Cat Lady'

discover your future, release your past

Editor's letter

an you believe it's December already? Well, we are embracing the season and have plenty of winter/Christmas hemed articles this month.

Starting with our 12 Day's of Christmas Fun Facts – how many will you know?

If you have time off work, then look no further than our cinema suggestions for something to do on a rainy day...

If you've still got presents to buy, then check out our book tree for inspiration for all your family and friends!

Whilst you are decorating for Christmas, you might want to incorporate some Feng Shui principles. Our article on seasonal aromas might inspire you too...

If you have ribbons lying around from present wrapping, then they might just come in handy for a bit of Ribbon Magic!

Of course, we also feature two readers. Aelissa and Dave this month and December horoscopes from Carol.

Lastly, but most importantly I must draw your attention to page 3. Where we are featuring information on a **December** offer! We've gone in a slightly new direction this year, giving you the option of a discounted 10-minute credit card reading. Alongside is a fun giveaway, the more times you call, the more times you

Wishing you a very Merry Christmas xx

Charlotte

Marketing

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FREE SPIRIT Magazine December 2019











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Christmas Offer

By way of a thank you for your loyalty, we have a special credit card offer for December 2019.

£15 for a 10-minute **Credit Card Reading.**

Freephone: 0800 915 2347 & quote: 'MISTLETOE'.

Terms: Any follow-on minutes will be charged at the normal rate of £1.50 per minute.

You can use the discount code as many times as you like during the offer period (1st-31st December 2019).

You can access the offer between the hours of 9am-midnight. At all other times the cost will revert to normal: £32.95 for the first 20 minutes, and £1.50 per minute thereafter.



Christmas Giveaway

To add a sprinkling of cheer to the festive season, we are running a **Christmas Giveaway!**

3 Prizes are up for grabs!

Each prize is a Psychic Light **Gift Voucher for 44 Minutes!**

(Individually worth £60.00)

How to Enter:

Every client that uses the above Christmas Offer, quoting 'MISTLETOE' between 1st-21st December 2019 will automatically be entered into the Christmas Giveaway.

Terms:

The winners will be picked at random, and will be notified on Thursday 2nd January 2020. (Make sure the contact information we have for you is up to date). Every call you have boosts vour chances of winning!



12 DAYS OF CHRISTMAS - FUN FACTS

Why not wow your friends, with your weird and wonderful Christmas knowledge? Or if you are making homemade gifts, crackers or table settings, then you could include some fun information on the yule tide season...

an you guess some of the most popular toys from past decades? Well here you go... Hot Wheels, Kerplunk, Mastermind, Úno, Othello. Hungry Hippos, Rubik's Cube, Care Bears, Teddy Ruxpin, Sylvanian Families, Game Boy, Barbie, Power Rangers, Tamagotchi and

Furby to name a few.

How many did you

remember/have?



Lapland, Finland every year. They have received mail from nearly 200 countries. Apparently, France, Canada and the US are most likely to send Santa letters...

you think Christmas films, you might imagine that 'It's a Wonderful Life' tops the popularity list. But when it was released

we now describe as a 'box office flop'. But

in 1947 - it was what it is a much more recent film (2018), The Grinch, featuring Benedict Cumberbatch, that is actually the highest money-making Christmas movie to date.

If you have a real tree for Christmas, you might be surprised to know it could have taken anywhere from 4-15 years

to grow, with the average 6-foot tree taking 6-7 years to mature for cutting!



The Song 'Jingle Bells', was originally going to be called 'One Horse Open Sleigh', and wasn't in

fact written for Christmas, but for Thanksaiving. As a bonus fact - this was the first song to be broadcast from space!



taying with music, do you know Sthe best-selling single of all time? Well, it's 'White Christmas', sung by Bing Crosby, selling over 50 million copies globally!



Many of us will pull crackers this year, and they are not too different from when they started. They were invented by Tom Smith, who was a sweet shop owner. He got the idea from French bon bon sweets that were wrapped in paper with twisted

ends. He started selling sweets wrapped like this with 'love mottos' placed inside. He later started adding trinkets, and the bang. Such was their popularity, that by 1900 he was selling 13 million a year!

hat are the chances of getting a snowy Christmas? Well in reality we are more likely to get snow in February or March in the UK. As I write this William Hill, puts the odds as 12-1 if you live in Penzance, 8-1 for Norwich.

5-1 in Leeds and 3-1 in

Aberdeenl



Vou might imagine that Robin's Y turn up on Christmas cards so often, as they are a festive colour and a common bird seen in winter. When in reality it was started by Victorians. When postmen wore bright red uniforms, that saw them nicknamed

'Robin's', eventually

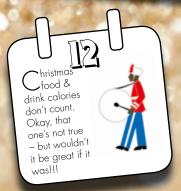
Christmas.

it became an icon of





 $\sqrt{\,}$ law was passed by Oliver Cromwell in Athe 17th century regarding gluttony and specifically banning the consumption of Christmas pudding and mince pies on Christmas Day. This law has never been rescinded! This rather flies in the face of other folk lore that suggests if you consume a mince pie daily from Christmas Day until the 12th night, you will have good fortune in





Aelissa's life path and ancestry is Celtic, many of her ancestors and family are psychic. In fact her name is derived from ancient Celtic tree language, each letter is representative of a tree and each tree has an inner meaning - the AE = the sea, L = rowan, I = yew, SS = blackthorn and A = silver fir.

Aelissa is psychic, clairvoyant, clairaudient, clairsentient and a far seer and she is also experienced with crystals, crystal balls, scrying mirrors, perdulism, psychometry and various card types.

To Aelissa Tarot is the most versatile reader tool. She feels that the reasons and causes behind issues can be clearly seen; timescales are more accessible and probable outcomes clearer. When time is of the essence cards can get a quick connection and individual questions can be highlighted easily.

Over the years Aelissa has done various classes on psychic development, through her readings she assists people to see more clearly, and to work through the options and choices which otherwise may have remained hidden.

Aelissa is kind hearted and has great empathy with strong visualisation abilities. She loves her gift, especially the opportunity to guide people in their life choices, once they know all of the options open to them.

Testimonials:

I just spoke to Aelissa she is spot on with everything. I got cut off but I would love to speak to her again. She is such a lovely person and gave me great advice. Thanks a lot.

Aelissa and I go back off and on for ten years! Whenever I need someone to talk to, she is there. I can't emphasise enough how insightful she is! Even if you only want a five-minute chat with one question, she is always happy to guide. Thanks so much for all of your support over the years Aelissa! Heather

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'.

Harmonise Your Home

t this time of year, many of us will be having a shift-around at home. Perhaps expanding dining tables, bringing in extra chairs. As well as making way for a Christmas tree, decorations and cards. In preparation for the festive season.

- Feng Shui -

This year, as you start Christmas preparations why not brush up on the philosophy of Feng Shui. What better goal for the season and the coming year, than to harmonise and balance your home?

- Connected Energy -

To make your home more 'Zen', it is a question of balancing the 'Flow' and 'Chi' (life-force). When you realise that our home, the layout, the furniture, possessions and more all add to the connected energy - both positive and negative. It is easier to understand how changing just a few things can bring about a more harmonised environment.

- Sheng chi -

Sheng chi is achieved when both you and • Bring light into dark areas wherever your guests entering your home can be

welcomed into a clear and clean space. • Fix items that are broken, upcycle or

- Declutter your rooms.
- Keep the spaces clean and tidy.
- Bring nature inside, for example plants and cut flowers.
- Decorate with a mixture of natural products like wood, wool and so forth.
- Accentuate with things that you love, from beautiful pictures, artwork, scented candles, crystals and more...
- Play music, that fills your soul.
- Chi should flow freely from space to space, in a non-rushed way.

- Sha chi -

Sha chi is likely to collect in the forgotten areas of your house. Whether they are dark spaces like under stairs cupboards. The drawer where old carrier bags and leaflets aet shoved into. Projects that have long since been abandoned...

- Sort proper spaces for rubbish, recycling, shopping bags etc.
- Sort out areas where non useful mess accumulates – like the attic, shed and

- throw away.
- Look at anything that creates unwanted noise or aromas - a vacuum for example on its last leas.

- Yin & Yang -

At the route of Feng Shui is finding balance, in an ever-changing world.

When you create rooms in your home, you may want some to be more Yin and some to be more Yang.

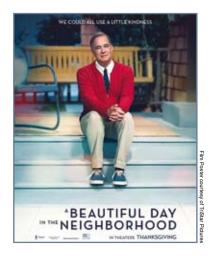
Yin, may be more present in a bedroom for example, with a night-time vibe, a more feminine and nurturing energy. Whereas Yang may be more felt in your family room, which is meant for gathering and fun. It may have a more masculine dynamic, with vibrant colours and plenty of natural light.

Feng Shui is ever evolving, and needn't be overwhelming. Start with the intention of making your home a more healing and nourishing environment. Then take one step, which could be as simple as a vase of flowers and go from





don't know about you, but I always enjoy a trip to the movies during the festive season. In the United States Christmas Day is the busiest day of the year for cinemas. Unfortunately, you are unlikely to find a movie theatre open here! However, we make up for it on Boxing Day, when many flock to the cinema to see the latest blockbusters. Here's a few films you might enjoy in December...



A Beautiful Day in the Neighborhood - 6th Dec

This film is a story based on true events. It centres around Fred Rogers, who is a children's TV personality played by Tom Hanks. Who is being featured by a journalist Lloyd Vogel (Matthew Rhys).

Lloyd comes at the story from a rather jaded perspective. He's an award-winning writer, but world events have left him cynical. So, he takes this feature piece rather reluctantly.

It's not long before Fred has Lloyd reassessing his cynicism, as he is caught up in Fred's infectious motivation for life making people happy! Gradually a friendship grows, and Lloyd finds himself treating people differently, with kindness,

empathy and general decency. Opening up a whole new world and perspective on

life for him.



It's the time of year, when the cats gather, as the Jellicle Ball approaches! The big decision - who will ascend to the Heaviside Layer, coming back to a new life in the process!

This award-winning stage show is being brought back to life in film form, with a star-studded cast. Judy Dench is the wise Old Deuteronomy - the decision maker. Taylor Swift (our cover star) plays Bombalurina, Grizabella is acted by Jennifer Hudson. Then there is Jennyanydots (Rebel Wilson), Macavity (Idris Elba) and Gus the Theatre Cat (lan McKellen) to name a few.

The tribe of cats gather for the annual event, and introduce themselves to the group in a musical, fashionable, dramatic extravaganza.



You are probably familiar with this novel of the same name from 1868. The period drama is set after the American Civil War. The story focuses on the coming of adulthood for four sisters.

The sisters Meg (Emma Watson), Amy (Florence Pugh) and Beth (Eliza Scanlen), attitudes are perhaps ahead of their time. Jo March (Saoirse Ronan) the fourth sister certainly believes there must be more to settling down, finding love and marriage. She wants to write a novel! Jo sets about telling the story of her sibling's lives growing up, as well as the dreams they had for their futures. Making her own way in the world like this is fraught with difficulties, some of them the making of her own aunt (played by Meryl Streep).





For the vegetarian in your life VEG -

Jamie Oliver

This book is not just for vegetarians, but will certainly help them and vegans make interesting meals. But also, for those looking for ways of boosting their 5-a day habit.

For the animal lover

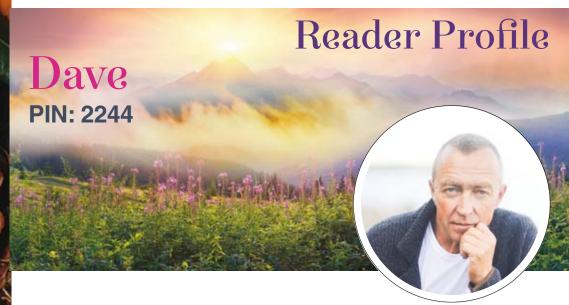
Please Stop Touching Me... And Other Haikus by Cats - Jamie Coleman

This book is the authors hilarious take on what goes on inside the minds of our popular pets. What are their inner-most secrets, how they show disdain for their owners and more. A funny book for animal and poetry enthusiasts.

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Christmas Aromas There is no doubt that the Christmas season, can send our five senses into overload. There is literally so much to see, hear, touch, taste... So, why not let one of the senses - smell, sooth the way for a calmer and more relaxing festive period. You can literally bring the scent of Christmas into your home, through nature, decorations, cooking, baking, drinks, candles, essential oils and more. I'm sure you will have favourite fragrances, that really say Christmas to you. But here are a few suggestions to get you started, along with some of the well-being benefits they can bring. Take from baking: Vanilla - Wonderfully calming. Cinnamon – Energising. Ginger - Aids digestion. Nutmeg - Mood improver. From cookina: Citrus – Lemons, satsumas, mandarins, clementines, oranges – Revitalising, reduces anxiety, makes us Cloves - Provides comfort. Rosemary – Sharpens the mind. Sage - An overall elixir of good health! **Drink inspired:** Peppermint - Clears the mind and helps digestion. Hot Chocolate - Rich in flavonoids, can boost your immune system. **Bringing Outside In:** Fir - Relaxing and grounding. Pines - Good for respiratory health. Cedars - Great for insomnia due to its sedative From Christmas itself: Frankincense - Eases nervous energy. Myrrh – Calms the soul. Other familiar scents might be: Roasting chestnuts, mulled wine brewing, a roaring fire, Christmas cake fruits soaking... What aromas do your Christmas traditions have?

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When Dave was younger, he would sit and listen to stories that his mother would tell him about the things she could see in the future. Although his late mother did not work as a professional medium, she had a very good reputation locally and people would come to her for readings. This gift she had Dave believes was passed down to him and also to his son.

Dave does not work with any divination tools and purely tunes into his guides alone. He is continually conversing with Spirit and in particular Archangel Nathaniel, to get clarity on matters you seek guidance with. Whether that be love, work and career or your spiritual well-being, as well as progress on your life journey.

Nathaniel has a sense of humour as does the universe and Dave believes that laughter is the best form of medicine there is. Although Dave and Nathaniel will try to lighten your situation their guidance is always sincere, thoughtful and sensitive to your feelings and the matter at hand.

As a reader Dave can handle delicate situations with empathy, diplomacy and the up most respect, so you are left feeling empowered to make choices for yourself. His aim is to give you peace of mind, so you know you are on the right path.

On occasion Dave has been invited as a guest and keynote speaker at small events. His topic of choice is Twin Flame and Soul Mate connections and relationships. If you have a desire to know more about the love of your life. For example, whether you have long term bliss in your relationship, then Dave is your go-to guy!

In Dave's spare time he can be found gardening, connecting with nature and Spirit and believes that being outdoors in the fresh air can ground even the most chaotic of minds. When he's not in the garden with his dog 'Poppy' he would generally be meditating and increasing his vibration with both Nathaniel and his creator so he can stay in tune with guidance he brings.

Testimonials

I saw Dave at The Guild Hall Stockpot, Mind Body and Soul event. Such a gift, and not just in psychic mediumship but in people skills. I've never been to a group reading and it did not matter that I didn't receive my own message. I enjoyed watching all get messages and David's interaction with the people and spirits! Adele

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ou might think to yourself 'I've never heard of 'Ribbon Magic'
But it's quite possible, you've even done a little bit of ribbon reading, without realising it!

I bet there have been times in your life, when you have absentmindedly twisted and played with a length of fabric. It might have been an elastic band, a dressing gown belt, a piece of string... and you tied it in a knot. Folk have even been known to do this with their hair! Oftentimes when we carry out this distracted type of activity, it is because we are puzzling over an

Well in essence the above is a description of a basic form of Ribbon Magic.

- Take a piece of ribbon.
- Think about a problem in your life, that you would like to work on, or get answers for.
- As you think of the issue tie a knot in the ribbon.
- You untie the not when the difficulty has been resolved.

This is a very simple 'spell', with the tying of the knot representing your ability to solve the issue, and the undoing of the knot symbolising the problem being dealt with.

Another way to use Ribbon Magic, is not regarding a problem – but of an intention.

- Take either one ribbon, or a selection of colours that could enhance your intention (see list opposite).
- Think about your 'intention'. This could be, for example, doing well at a job interview, overcoming nerves for a first date, starting a new hobby...
- Whilst thinking about your intention, knot or even plait the ribbons together.
- Untile the ribbon(s), on the relevant day, as your success comes about.

Choosing Ribbons

With Christmas around the corner, it is likely you will have ribbon of all sorts of colours at home for present wrapping. But really you can use anything that speaks to you, from garden twine to wool. Knots don't need to be overly complicated, and remember you need to be able to undo it!

Choosing Colours

Black: For removing spells and curses.

Blue: Wellbeing, perception and knowledge.

Brown: To feel at home and at peace in your own skin.

Green: Prosperity – both in terms of fertility and financially.

Gold: When you need to invoke a male energy (Sun God).

Pink: Romance, affection and love.

Red: Desire, lust and passion.

Silver: When you need to invoke a female energy (Moon Goddess).

White: Vigour, vitality and harmony.

Yellow: For creative energy and stimulating ideas.

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Choose a reader to begin your journey

Pick from our many talented psychics, all with different techniques



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.



Luchia

Spiritualists are in Luchia's bloodline, she had vivid dreams and psychic abilities transpire from a young age. She has many clairvoyant skills like palmistry, Tarot, numerology to offer. Ask your questions and she will strengthen your spirit.



Norma

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 indepth analysis of relationships whether family or romantic and also career matters.



Riya

Riya is clairaudient and clairsentient and along with Angel & Animal Cards provides intuitive wisdom to those going through troubled times. Riya feels that being able to emotionally empower and heal clients who have love & relationship worries is a great privilege.

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



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.



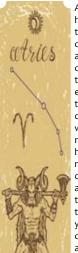
Seph PIN: 1369

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'!

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

Astrology

Carol Day



Aries front-page headline this month is the career. Powerful cosmic geniuses are supporting your career rise, and the festive season enfolds you with the Golden Fleece of success. You've worked hard and now the payoff happens. Jupiter moves into your career sky on the 3rd and suddenly you're the hottest ticket in town! On the 22nd you begin a yearly career high. Enjoy an amazing Christmas - full of hope, happiness and love.



Taurus folk will be pleasantly surprised this Christmas as destiny guides you through a winter wonderland, With your religious, philosophy and education sky still strong, you'll find a spiritual discussion more alluring than a night out on the town. Jupiter boosts career progress and Venus crosses your Mid-heaven on the 20th, this supports your emotional wellbeing. Mars (love) shows you need someone spiritual in vour life.



Celebrations all round for Gemini as you're still in the midst of a yearly love/social high. Jupiter enters Capricorn in your regeneration sky on the 3rd which means love is going well, but there's a more practical side emerging. On the 26th there's a Solar Eclipse which shows your partner is prospering, but finances need new inspection. Finances are upbeat from 1st-12th (Full Moon). so you can enjoy the spirit of Christmas.



For many of us the festive season is a party period, but for Libras it seems that family celebrations are more the ticket. It's not that you can't go out; you just want to be home. Finances are still excellent and you feel the pleasure of giving. Affection is now shown in material ways through gifts, and this is how you show love. Don't get caught up between home/work basics, health-wise pace yourself, and enjoy an amazing family Christmas.



Many Scorpios will focus on the home/ family and their emotional well-being this month. This infrastructure upon which a successful career is based is as important as the career - it supports it. You're still in a prosperity period. The Sun in your money sky until the 22nd shows a Christmas windfall and favours from parents and VIPs. Even a 26th Solar eclipse will not dim your riches; everything's coming up roses for you this Christmas.



In the run up to Christmas the Archer is living the good life, enjoying good food, wine and good company. When ruler Jupiter enters into your second money sky on the 3rd you have a double money cash blessing. The Sun enters your money sky on the 22nd and you begin a new prosperity period. From 9th-29th love-struck Mercury enters your sign and makes your heart sing, as you raise a glass of kindliness for the sake of Auld Lang



For Moonfolk the best is yet to come! Benevolent Jupiter enters your love sky on the 3rd, you have more optimism and are in demand socially. Your circle of friends increases quickly and you meet new and important people. Singletons can look forward to romance, perhaps even marriage. Finances are good until the 22nd. You will have a fabulous Christmas. The Sun travels with Jupiter on the eclipse 26th-28th when you enter a wealthy phase.



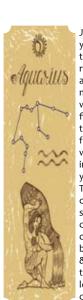
Christmas is a special time for fun-loving Leo's, plus you're still enjoying a cosmic pleasure phase until the 22nd. Lucky Jupiter is in your health/work sky from the 3rd onwards, so you're spoilt for choice on the work front, and for those employed a promotion. Love is joyful with Jupiter's good aspects to a waning Uranus (love) from 13th-17th, the Sun trines Uranus on the 23rd/24th, then Venus enters your love sky on the 20th. Wow, mistletoe kisses!



Virgo's will fall completely under the spell of the real spirit of Christmas this month. You are entering a yearly, and for some a lifetime pleasure peak, and can look forward to a wonderful month ahead. Jupiter moves into your fun, creativity and love sky on the 3rd; Venus will be there on the 20th and the Sun enters on the 22nd. Venus bathes you with gold-dust, the Moon and Neptune with love. Enjoy the best Christmas for many years.



It's a question of 'Lighten up and Fly Right; Cool down papa don't you blow your top', this month, as you've been way too serious over the past year. Jupiter moves into your sign on the 3rd and initiates a multi-year cycle of prosperity, he brings joy and optimism. Don't be a soft-touch money-wise; be prudent, your success was hard-earned. Jupiter's spiritual focus continues this Christmas. Give thanks with a divine prayer of gratitude.



Jovial Jupiter enters your spiritual sky on the 3rd highlighting religious ideas and practices in a more joyful kind of way. Jupiter brings financial increase too, especially from the 13th-17th, which makes a huge improvement to your financial life. The Solar Eclipse of 26th also in your sacred sky indicates changes, but good ones. Christmas is blessed with family & friends, who wish to be close for your love and wise cosmic counsel.



The front-page news for Pisceans this Christmas is the Career, and you're still in a yearly professional peak. However, a Solar Eclipse on the 26th impacts on Jupiter, your career planet, and the Sun (work) shows important changes. With lucky Jupiter's move into your friends and groups sky on the 3rd, career goals can be gainfully pursued by networking. Feel the delights of Christmas with a prayer of thanksgiving and carol singing.

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