

FREE SPIRIT



January 2020

FEATURES

Niksen, Chinese New Year
Character in Numbers

PLUS

January Horoscopes
Reader Profiles

Laura Whitmore

Love Island is back!
Are you ready for love?

discover your future, release your past

Editor's letter

First and foremost - Happy New Year! I do hope that 2020 brings you a peaceful, prosperous and happy period in your life.

The eagle-eyed amongst you might notice that the front cover of the print version of Free Spirit Jan 20, and this digital edition are different, with a small amount of changes inside too. The magazine is prepared in advance, and on this occasion, this has run to our disadvantage. Our celebrity story this month is about Love Island. As you will no doubt have seen in the press. Caroline Flack (the normal presenter and our original cover star), has stepped back from the show following some turmoil in her personal life. So, we have refreshed the digital edition with Laura Whitmore, who has been announced as the replacement presenter.

In the rest of this edition, we explore 7 steps to making decisions easier and faster. A great help if you are often torn between choices, or are a known procrastinator! We also embrace Niksen - literally the art of doing nothing!

If you fancy understanding your personality tendencies a bit more, then look no further than the day you were born. We explore 9 numerology types.

Chinese New Year comes in January 2020, bringing with it the Year of the Rat. If New Year's Resolutions are on your mind, then we take a look at approaching diet and getting in touch with your spiritual side.

Charlotte

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Angel

PIN: 1441

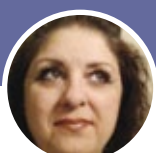
Angel has a strong psychic gift, she thinks of herself as a sister of the 'Soul Light', guiding people to connect to their correct spiritual path. Angel will provide inspiration and insights; she believes there are no wrong choices - just lessons to be learned.



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.



Julie

PIN: 3123

Love and relationships is Julie's speciality, but she is able to give guidance on most issues affecting people's lives or connect with their loved ones. Julie is an honest, caring premier platform medium and she's assisted by her three spirit guides.



Karen

PIN: 5791

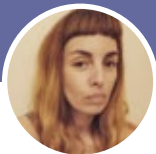
Karen is a medium and clairvoyant, she finds the work both unusual and rewarding; she brings comfort to many as she has a very calming approach. Karen works with a spirit guide to offer special and unique readings to clients guiding them through difficult decisions.



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.



Stella

PIN: 3422

Stella is a highly intuitive spiritual person, with inherited gifts. She offers empathetic and supportive readings, giving guidance to set you on the right path. Stella is a psychic medium with 12+ years of experience who also uses Tarot and astrology.

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.

It's hard to write a January publication, without a nod to New Year's Resolutions... But what if this year, your resolution was to Day Dream more?

Niksen, is a word from the Netherlands, which translates as the art of doing nothing! If you cast your mind back, Denmark gave us Hygge a concept of cosiness. Lagom came from Sweden - all about approaching life in an everything in moderation kind of a way. And, so to Niksen - a Dutch way of reducing stress.

How do you practise Niksen?

- Slow life down to a more manageable pace. Don't feel the need to say yes to every request, or every invitation.
- Carve out time just for yourself, to do nothing in particular.
- Reduce distractions. You don't always have to take a book when having a bath, or check your emails in bed.
- Take technology breaks.
- Take breaks at work, and don't fill the time up with errands and chores.

Getting started

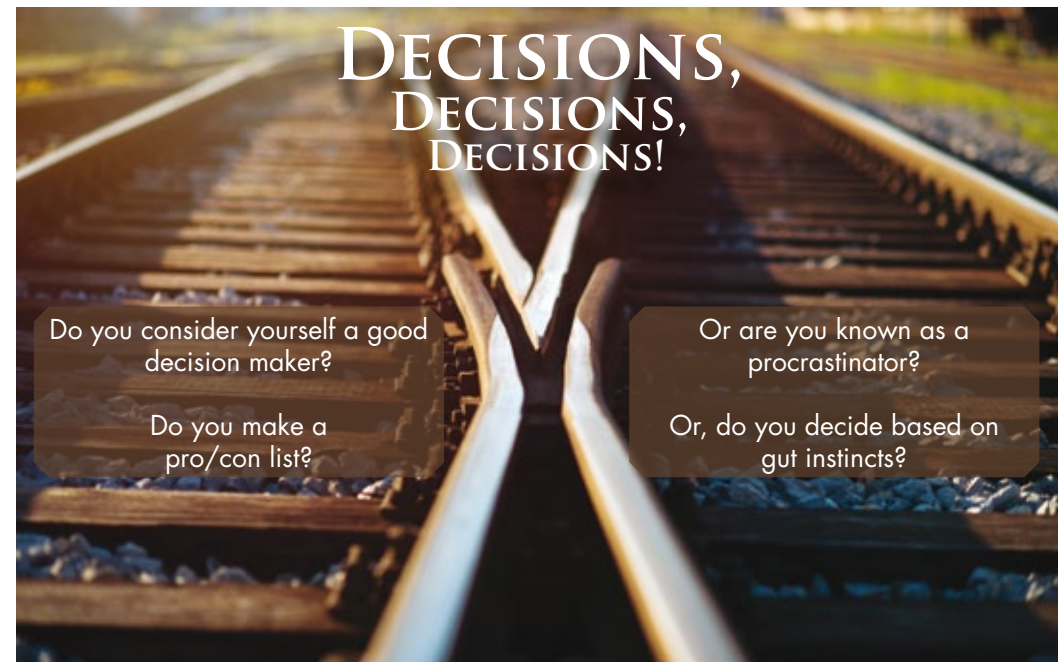
For many of us, doing nothing and carving time out to day dream won't come easily and naturally. So, start off small, and work your way up.

- Niksen is not a mindful activity, you don't need to be present in the moment or to direct your thoughts.
- Some activities might make the process easier, such as during a gentle stroll. Or even when doing a craft like knitting...
- Great Niksen opportunities can be found in bed, before you go to sleep or as you wake up. Indulge in quiet moments, where you don't need to do anything.

Boredom/Guilt

We live in a very busy world, with constant demands. So, it is not unusual to experience feelings of guilt if we are not filling our time constructively. Equally, we can grow bored quite easily, when we are used to filling our every moment with an activity.

However, it is worth persevering, as periods of 'switching off', day dreaming, or just doing nothing, do wonders for our mental health, stress levels and overall wellbeing.



DECISIONS, DECISIONS, DECISIONS!

Do you consider yourself a good decision maker?

Do you make a pro/con list?

Or are you known as a procrastinator?

Or, do you decide based on gut instincts?

Many of us find making decisions an impossible task. Maybe we get bogged down in the complexity of a situation, or the emotions attached to the outcome. Either way, it can become a paralysing situation.

So, how can you learn to make decisions more easily?

- It is good to accept that some decisions are big and potentially life changing, and so they need careful thought and consideration.
- We need to learn when to trust our intuition, and when to realise that our first gut reaction may not be our best choice.
- Understanding that our choices can be mixed with emotions of how others are viewing us, leading us to a decision that is not necessarily right.

7 Steps to Easier Faster Decision Making...

1. Carve out time to think about the problem/question in hand. Clear your mind of other thoughts and clutter.
2. Thinking about the decision - what external factors come to mind. Are you getting pressure from certain people, do you feel anxious etc.
3. Now, remove the external factors from the decision. (This takes practise).
4. This step is all about weighing the decision. What are the pros and cons for your choice?
5. Is your heart and mind in synergy with the outcome you are leaning towards. Or do you feel your rational mind is saying one thing, and your intuition saying another?
6. Take a final look in your mind about the decision, and the choices you could make.
7. Make a decision. Be firm about your choice. Do not go over the outcome in your head. Do not feel regret or look back over the process or your conclusion. (Again, this takes some practise).

Making decisions in a more thoughtful logical way, can over time really reduce your stress. When you remove some of the external factors and your own inner-chatter, you will find you make much more clear-headed choices. Often enabling you to break patterns of behaviour. Making decisions that are good for you, and less driven by emotions.

CHARACTER IN NUMBERS

Many things determine our personality; but it all starts with the day we were born. Numerology is a mathematical way of calculating our likely characteristics using the numbers connected to our birth day. If you were born on the 1st - 9th of the month, no calculating is needed. Otherwise add the numbers together, until you get a single digit.

For example, a birthday on the 27th add $2 + 7 = 9$ or if on the 29th add $2 + 9 = 11$, then $1 + 1 = 2$.

Here's a quick rundown of the character types:

TYPE 1

You are a positive person, and are great in a crisis. You have perseverance in abundance. You are a helper, wanting to guide others, especially if family and friends are going through difficult times. You can be stubborn, and often have an unusual viewpoint - make sure your opinion is welcomed before interjecting!

TYPE 2

Providing emotional support to those around you, is what you do best. You are highly spiritual, and a fantastic listener. Providing sage advice and comfort to many. Your biggest struggle is recognising that it is okay to need help yourself. You will never ask for guidance, and yet your many admirers would be glad to return the favour.

TYPE 3

As a people pleaser, you spend a lot of time being busy trying to satisfy everyone. You are gregarious and passionate, and enormous fun to be around - life is never boring! But friendships and relationships often need more nurturing, and so slowing the pace a bit and carving out quality time for those that mean the most could be truly enriching.

TYPE 4

You don't always find it easy to trust, it can take you a while before you let someone see the 'real you'. You are totally loyal as a friend/partner, but your desire to be sure they are worthy, and match your values, means some opportunities will pass you by. Loosen up a bit, don't be so self-critical and anything can happen!

TYPE 5

You're highly social, and have many friends. There is a certain magnetism to you. Very likely as you have an innate ability to make people feel special. You listen, you engage and draw people out - it makes everyone feel unique and seen. For deep, meaningful and lasting relationships it's important that you let others see you too...

TYPE 6

You've got very strong maternal instincts; you are a protector. This is the same whether it concerns family, friends or a lover. You are a rock to many, but don't forget to show yourself kindness and compassion. It is easy to get too tangled in others affairs. People have to be able to make their own decisions and their own mistakes.

TYPE 7

Intuition and psychic abilities are strong for you. This means you often intuitively know what is going on in the lives of those closest to you, without them having to tell you - both a blessing and curse! In your own humble and quiet way, you are always ready with words of wisdom. Know that you are trusted and loved.

TYPE 8

You are a philosopher at heart - always wanting to ask the big questions! You are insightful, and others seek guidance from you. But a word of warning - they may not always act on your advice, something you find frustrating... You are also a strong believer in karma, so trust all will come good in the end.

TYPE 9

Laid-back is your style, you go with the flow and are happy to adapt to others desires. Be careful that you do not lose yourself, whilst trying to maintain a status quo. Trust that those closest to you love you for you, and it's okay to be yourself. Don't be afraid to spend a little time alone, give yourself the opportunity to grow, even if it feels scary.

Reader Profile

Joanna

PIN: 4567



Joanna is a qualified Tarot reader with experience within the UK and abroad. She has devoted her life to spiritual study and growth. She is a natural clairvoyant who receives telepathic messages from her spirit guides.

From a young age Joanna felt the presence of Spirit, love overflowed from her family and this has enabled her to focus on the positive sides of life. She has a strong affinity with nature and animals and feels very connected to Spirit on a high level. She has featured in books and magazines and has over twenty years of experience guiding clients.

Nothing can shock or fluster Joanna as she has encountered so many different and unusual situations. She has studied esoteric energy, telekinesis and paranormal activities. She has even had personal experience of apparitions and is not fazed by them.

Joanna is always able to offer sage advice based on her unique perceptions and is able to offer clarity when someone is confused. She feels her highly attuned clairvoyance enables her to be very precise in discerning how things are and how they may progress.

When it comes to relationships, family and work-related issues, Joanna is very individual and unquestionably someone who can be relied upon for insightful direction. She has profound healing energies and is compassionate in her work. She will read your aura and get to the heart of the matter, letting you see things through her eyes. Joanna will guide you so you can counteract negative influences around you, letting Spirit shine through.

Testimonial:

I had a reading yesterday with Joanna. She validated what was happening and her predictions were good for the outcome of a very long legal battle which has affected my health and mental attitude to life. She is kind and comforting, talks common sense and is reassuring. She said you will sleep tonight and by golly I did! Don't hesitate, give this reader a call, you won't be disappointed. Thank you, Joanna, for your clear insight and the guidance you gave me xx.

Pauline

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'.



GOOD HEALTH & GOOD LIFE
NEW YEAR - NEW APPROACH TO DIET

Many of us will include losing weight as a New Year goal, for some it will just be getting rid of a little 'Holiday Weight' as Ross once said in 'Friends'. For others it will be a desire to get rid of a little bit more weight that has crept on over time.

But the reality is that many resolutions, dieting included go by the wayside quite quickly.

So, how can you have a new approach to food and healthy eating in 2020?

Like many things that you want to achieve in life, you need a game-plan. Many of us will naturally start focusing on food, carbs, fats, calories etc when embarking on a diet. But perhaps it would be better to focus on a strategy for health and wellbeing first.

• Goal - Why do you want to lose weight?

People with an incentive, often do better at achieving a goal. So, have a good long think about how your life would be better if you were to tackle your diet. Perhaps you would have more energy, you might be more able to run around after your children. To reduce a medication, and get an illness under control. Or to simply feel more confident in swim wear...

• What's Stopping You?

This might sound negative, but it can be helpful to look at what has sabotaged you in the past. Then you can eliminate those obstacles, increasing your chances of success. Do you need to cook for others - perhaps they will join you in the diet? Does going to the supermarket provide too many temptations. Do you have a snack cupboard at home with too many treats inside?

• Be Realistic

Most of us underestimate how much we eat and drink. So, start with a journal of everything you eat and drink in a week. Be brutally honest (you'll only be cheating yourself). Include everything from taking a quick chip off your partner's plate, to polishing off the kid's leftovers as you clear the dishes...

• Set small goals

Often when we embark on a new way of eating, there is just too much change, too fast. It can be overwhelming, and lead us to fall off the wagon soon after. So initially make some small goals, that you can build on over time. You'll know what areas you need to work on, but here are some examples:

- Limit milky coffees.
- Start taking a packed lunch to work.
- Switch to diet drinks.
- Limit alcohol to certain nights of the week.
- Reduce takeaways.
- Increase your vegetable/fruit intake.
- Reduce portion sizes.

• Be Positive

Focusing on all of the lovely foods you can have, as opposed to worrying about what you can't have will stand you in good stead. Keep reminding yourself of your resolution. And regularly ask yourself 'will consuming this item - take you closer to, or farther away from your goal?'



CHINESE NEW YEAR

When

Chinese New Years commences on 25th January 2020, and runs until 11th February 2021.

Animal

This New Year brings in the Year of the Rat.

Rat Years

1912, 1924, 1936, 1948, 1960, 1972, 1984, 1996, 2008, 2020, 2032.

Wood Rat 1924, 1984
Proud, independent and traditional.

Fire Rat 1936, 1996
Lacks discipline, but are shrewd and clever.

Earth Rat 1948, 2008
Highly flexible, content, more serious than usual for a Rat.

Metal Rat 1960, 2020
Subtle, complex, persuasive and self-aware.

Water Rat 1912, 1972
Conservative, high intelligence with a lofty intellect.

Rat Characteristics

Great spirit, witty, flexible, vital, tantalising and attentive.

Rat Personalities

Those born in Rat years, are highly social and popular with everyone. They are very adaptable, and can be comfortable among many different people - making them great assets in the workplace.

People born in Rat years have great instincts, and they will rely upon them. They have inquisitive natures. They are always alert, and are quick to change direction if needed.

Strengths: Positive, cheerful, smart, easy-going, watchful and genial.

Weaknesses: Stubbornness, fussy, lacking in tenacity, can be critical.

Love Matches

Marriage Material:
Ox - there will be passion. Dragon - loyalty and faithfulness. Monkey - harmonious ideals.

Should Just Be Friends:
Snake - great listeners.

Matches to Avoid:
Horse - both want what they want, no compromising middle ground. Rooster - too quick to state each other's faults. Sheep - too different in life, with opposing upbringings.



Love Island image courtesy of ITV2

I must confess that I have never watched Love Island. However, it would seem that I am in the minority in this fact. It is somewhat of a phenomenon, that such a simple dating show has turned into a TV programme loved by many (albeit with some not admitting to the guilty pleasure). Raking in millions in advertising revenues for ITV. As well as being one of the most talked about and mentioned shows on social media...

You could be forgiven for thinking that only a certain demographic is watching this type of show, but it would appear that it is popular with many outside of the female/millennial description.

So, just why is Love Island so captivating?

It is easy to follow...

It plays on people's emotions, with heart-warming and hilarious moments.

It is escapist. Allowing us a breather from our own lives.

It is both dramatic and cringe-worthy in equal measure - an irresistible combination!

So, what do we know about the upcoming show?

Such is the success of the programme, that in 2020 there will be two series.

ITV have announced that the winter edition of the show will commence on 12th January 2020.

The setting is a villa in South Africa, which is a departure from the normal summer location of Mallorca.

Instagrammers, models et al will enter the villa to partner up romantically and compete for a £50,000 cash prize. Expect dates, and challenges to be thrown at the participants, as they vie for the public's affections.

The show usually runs for 8 weeks, but this winter edition will only go for six. Airing 6 days a week.

Iain Stirling is set to return as the witty narrator, and his girlfriend - Laura Whitmore has just been announced as the replacement presenter for Caroline Flack. It is believed that ITV are leaving the door open for Caroline, and in the meantime wanted to keep things in the family...

The Participants:

By now the participants have already been selected for the winter edition. People can apply via ITV to appear on future programmes. If you believe the press stories, it would seem that some applicants have been head-hunted to fit a certain personality type the programme producers were looking for. As opposed to going through the normal applicant channels.



Featureflash Photo Agency / Shutterstock.com

Laura Whitmore

The Promo:

<https://tinyurl.com/freespiritlove>

New Year Sparkle

There is no doubt that the New Year can feel like a bit of an anti-climax.

The excitement of Christmas, shopping, presents,
meeting up with family and friends has passed for another year.

The winter weather is well and truly upon us. It can all feel a little bit hum-drum and gloomy.

So, how can you make sure your New Year is sparkly and spiritually charged?



Meditate

Take time at the beginning of your day to meditate. Choose a crystal that will be empowering and invigorating. Breathe deeply and let the crystals energy move all around you.

Spirit Guides

Why not open the communication channels to your very own Spirit Guide? As a beginner's exercise, when you are preparing for sleep, ask your Spirit Guides to bring a message in your dreams. You could even place a crystal like a purple amethyst near you to enhance the experience. Upon waking, see if you can remember anything. It could be a name, a place, an icon - it may not mean anything at the time, but it's relevance will come to the fore eventually. Alternatively, you could seek a reading with one of our team, who will be glad to try and connect you to your guides.

Visualise

This is a time of new beginnings, but not everyone is able to see in their minds eye what goals they want to achieve. Why not create a physical vision board. Go totally with your intuition, creating a board that really speaks to your inner-soul. Return to the board whenever you feel in need of inspiration, or you feel your resolve is slipping.

Fake it until you make it...

Making fresh starts, whether they are in the New Year or otherwise, can be a daunting task. It can be really helpful to feel that you have something special working on your side. Try creating a good luck box of totems. Take a box - perhaps something that a present was gifted in. Then collect up some charms that mean something to you. It could be a crystal, a candle, a picture, a teddy bear, a greetings card. Anything that evokes feelings of warmth, trust, confidence and happiness in you. Anytime you feel like you need a spiritual pick-me-up, you can look through the box and let the joy fill your heart once more.

Reader Profile

Hope

PIN: 3203



Hope has a natural inherited gift from her father who was a medium and spiritualist. Hope is also an exponent of psychometry, palmistry and the I Ching as well as being a gifted healer, medium and clairvoyant.

The sheer volume of readings that Hope has done has allowed her to gather the assistance of many guides. One such guide is St.Germain who is particularly useful with palmistry and who has access to the Akashic records. Harry Edwards is another guide and is more likely to assist Hope when she wishes to connect to the other side.

Much of Hope's spare time is also spent on 'divination', she finds Confucius and the I Ching fascinating and a great tool for self-development, she feels the wisdom is limitless. Hope also finds time for meditation, dream interpretation, crystal ball and Tarot. She has had a love of Tarot from the age of sixteen when she was given a deck of Golden Dawn cards. Hope has appeared on LBC radio, MTV and The Osbournes.

Love and relationship readings are Hope's speciality, although she will happily answer questions on any topic. She feels that Spirit is very practical and will give assistance on many levels that allow us to heal, move forward and receive messages that will carry us through this lifetime and into the next.

Testimonials:

I spoke to Hope a few days ago. I speak to Hope when I need someone to talk too, because she tells me how it is! She is always spot on. Her sense of humour always brings a smile to my face. Thank you.
S

I have had readings with Hope for a few years. Hope is a really good reader; she doesn't judge you and tells you how it is and does not sugar-coat. Her readings are open and honest and she has given me strength through difficult times. Try Hope, you will not be disappointed! Thanks, Hope xx.
Sofia

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Astrology

with our expert

Carol Day

Welcome to Free Spirit's in-depth horoscopes for January 2020



Aries

Aries can look forward to an amazing January as you're in the midst of a successful yearly career peak, which is ultra-powerful. With half the planets either in the horoscope or moving through there. There's also a Lunar Eclipse on the 10th which affects the home/family figures in your life. Why not include some rest/relaxation around this time, perhaps try aromatherapy? There is no task you can't handle; emotional well-being comes with outer success.



Taurus

On the 11th, your career planet Uranus starts to move forward. On the 20th the Sun enters your career sky, so you're in a yearly career peak. The family is fully behind you and this often shows kinsfolk being elevated in status. Moneywise, Mercury travels with Jupiter from 1st-4th bringing success in finance. On the 16th Mercury enters Aquarius, his most powerful money position. Despite a Lunar Eclipse on the 10th, January is still prosperous and successful.



Gemini

Gemini, New Year Resolutions in January could simply involve the art of resurrection and personal transformation! So, this is a month for decluttering and losing non-useful material possessions or mental/emotional patterns. Clear them away and start to bloom; a good month for in-depth psychology. A Lunar Eclipse on 10th in your money sky is powerful financially, but be prudent, call in the experts. The beloved will happily share their excess wealth with you.



Libra

Perhaps you should practice some morning meditation and breathing exercises, followed by stretches and/or aerobics. To be mentally and physically prepared for the month ahead. Your well-being is important just now. A Lunar Eclipse in your career sky on 10th shows shake-ups workwise; read the small print! Home/family dramas run high, but for you 'It's June in January' because you're in love. Even though the trees are bare, you feel the scent of roses in the air.



Scorpio

From the 2nd onwards health planet Mars will be in your money sky, good health for you means good financial health, and profitable earnings through work. Home/family and your emotional well-being are important now, and in order to attain your outer goals you need a good foundation. A Lunar Eclipse on the 10th impacts on Pluto and shows the need for a mind/body/spirit makeover. Raise a glass and celebrate your success with the beloved. Bliss!



Sagittarius

It's a great start to the year for you. Finances are in good shape as you're still in the midst of a yearly money peak. Earnings are good and January is a prosperous month. Mars in your own sky offers a choice of personal independence at any cost, or home/family harmony. With a Lunar Eclipse on 10th in your 8th house, which rules, death and rebirth, more haste less speed is needed. Its effect on Saturn shows financial changes and with Pluto a spiritual epiphany.



Cancer

January, generally speaking is about other peoples' needs, your job is to prosper others, and as you do this your own supply will come quite naturally. Healthwise – watch your diet, take it easy and reduce your schedule, mainly around the Lunar Eclipse of the 10th. There will be family dramas, where you'll be wearing your peace-makers hat; cars/computers will also get tested. After the 20th all will improve; more haste less speed in health matters, get enough rest.



Leo

The planetary momentum is amazingly forward this month. On the 11th, as love planet Uranus moves forward, all the planets will be in forward motion. Perfect timing for when the Sun enters your love sky on the 21st and you begin a yearly love/social peak. Social popularity is wonderful and helps shape your lifestyle. Mercury's powerful position shows a great financial month. A Lunar Eclipse on 10th in your sacred sky lifts a veil on your spiritual attitudes.



Virgo

Life is beautiful and health and energy are superb. It's a very comfy month for you, progress happens quickly after the 11th, as all of the planets are moving forward. Even the Lunar Eclipse on the 10th in your friendship sky, will not dim the goodness of the month. You may find that some changes are actually good; they clear barriers and open doors. Money planet Venus enters powerful Pisces, showing increased earnings and a spiritual approach to wealth. Enjoy!



Capricorn

It's an impressive start to the New Year as you're in a period of maximum personal independence and it's time to focus on your own happiness. It's not selfish it's just the cycle you're in. The Lunar Eclipse on the 10th affects you strongly as it occurs in your love sky and impacts on the Moon your love planet. It's a good time to consider changes to your lifestyle but don't forget your partner's needs. Newsflash: The Sun starts your financial peak on the 20th.



Aquarius

Your spiritual sky is easily the strongest in your horoscope this month with at least half the planets there or moving through there. So, this is a month of spiritual breakthroughs. The invisible world is closer and you may encounter all kinds of supernatural experiences. The Eclipse occurs on 10th and falls in your health/work sky. So, a new health regime looks likely. On the 20th the Sun enters your own sign and you begin a personal pleasure peak. Enjoy!



Pisces

Pisces can look forward to a happy and prosperous January. Career takes off as money planet Mars moves into your career sky on the 3rd at the top of your chart. Your social life is full, it's not just about a good time, useful contacts are made, so don't retreat from random get-togethers. Lovewise romance happens in spiritual venues. Then on the 13th Venus bathes you in starlight, and on the 16th love planet Mercury enters in your spiritual sky and showers you in stardust.



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