

FREE SPIRIT

August 2020



FEATURES

Weighty Matters
Worrying about Worrying

PLUS

August Horoscopes
Reader Profiles

Kelly Clarkson

Has lockdown taken
a toll on your relationship?

discover your future, release your past

Editor's letter

August is of course the month that many of us usually jet off on summer holidays, but times are anything if usual at the moment... So, to be prepared check out our safe & happy travels guide on page 6.

If your birthday falls in August, you might know that your birthstone is Peridot! To find out the gemstone for each month - turn to page 11.

This month we check in with returning Reader Marcus, and long-standing reader Seph. Both of whom have read for Psychic Light since the very beginning... You'll be in safe hands with these faithful psychics!

If your relationship is on your mind, then we have an article for you. Celebrities might be throwing in the towel, but there is no reason you should head for splitsville! Then when you are ready to heat things up in the romance department, take inspiration from Chinese Valentine's Day, that happens to fall in August...

In this edition we also explore weight & diets, astrology: cardinal, fixed & mutable signs and what to do when you've even started to worry about worrying!

Charlotte

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Hilary
PIN: 3897

Tarot is a prominent presence in Hilary's life. It has changed her outlook and is a major factor in how she approaches situations. She believes the cards do not control your future but are a wonderful healing tool that brings insight to puzzling situations.



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. Love and relationship readings are Hope's speciality.



Jasmine
PIN: 5115

Jasmine is a clairsentient, clairvoyant medium; she has been working with her guides for 35+ years. She is a natural healer and has a special affinity with animals. Jasmine is able to transfigure spirit and loves the crystal ball, healing runes and numerology.



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.



Mary
PIN: 5055

Mary is naturally sensitive and an intuitive psychic, medium and clairvoyant. Energy readings are one of her specialities; she can pick up on emotional, physical and psychological blocks without hesitation. All of her readings are straight to the point.



Monique
PIN: 2321

Monique is a third-generation clairvoyant who can offer you a reading focusing on many aspects of your life. Using images and natural intuition to provide a thorough reading. Monique wants to give guidance and enlightenment to everyone she reads for.

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.

Cardinal, Fixed or Mutable?



Cardinal zodiac signs are proactive and innovative; they are natural leaders and as such don't take instruction easily from others!

They have a motivation to succeed, are strong-willed and can be powerful and commanding.

Aries is a fantastic example of 'cardinal behaviour' - they have great personal drive. They always seem annoyingly ahead of everyone else. You'd have to get up early to catch them out! They are dynamic, adventurous and resourceful.

Cancer seeks out its control in a different way, ruling the roost at home - keeping family and domestic matters just as they like. They are tenacious and will move to keep emotions in check!

Libras drive isn't seen at work, but dominates in relationships and also in their social circles. They are not pushy, but they do seek control in matters of the heart particularly.

Capricorn definitely shouldn't be underestimated, its Earth basis would normally derail personal drive, but this cardinal sign is in fact the most ambitious sign in the zodiac.

Fixed astrology signs prefer routine, they can be rigid in their thinking and they often resist any sort of change. They feel they will be happy if things just stay as they are!

They don't give up, even perhaps when they should (which is often interpreted as stubbornness). They are truly loyal - making them great friends. They also demonstrate profound thinking.

Taurus like stability, and tries to achieve it no matter the personal cost. They are reliable, but can be overly cautious - to the point of limiting their life experiences.

Leo is perhaps the least flexible of the fire signs, they embody the difficulty with change that is a 'fixed' sign. Unlike the unpredictability of fire - Leo are not impetuous.

Scorpio is intense and sometimes difficult. Their obstinate behaviour makes them sometimes immovable, leading them into emotional ruts.

Aquarius is not an obvious 'fixed sign', as usually they are flexible. But at times that fixed inflexibility rises up and when it does the sign gets stuck in a negative behaviour merry-go-round.

Mutable signs are great at teamwork, but having said that they struggle with rules - if they can't see the sense in them. Three mutable signs are what are known as dual signs, like Gemini that regularly go back and forth with two viewpoints. But Virgo is the exception in this 'mutable' sub-set, seeing things only from one perspective.

Regardless, all four can show signs of unreliability and of getting easily bored. They are great multi-taskers, and keeping them interested and inspired is the key to happiness.

Gemini's mutable quality lets this sign try changing ideas and its response can move and go with the flow.

Virgo shows its mutability through adapting its need to the environment it finds itself in. Also, through helping others, it is lightened from its usual earthiness.

Sagittarius channels the quality through exploring all that life has to offer, which in turn pacifies their restless natural state.

Pisces uses the mutability to help where it would otherwise struggle to adapt to changes both in their inner life and the outside world.

Weighty Matters!

Many of us have turned to food by way of comfort during recent months. But now thoughts are turning, perhaps to a pre-planned holiday, returning to work and meeting up once more with friends and family.

If casting off your elastic waisted trousers (that you have cunningly convinced yourself is athleisure wear), but in reality, is more pyjama/sloth hybrid wear! Then, now might be the time to turn your attention to getting back on track diet wise.

Diets to Choose

There are of course many types of dietary advice to choose from: Low carb, low fat, low calorie, to name a few.

In reality, most dietary approaches work. But the reason we perceive them as failing, is because we often can't stay on them in the long-term. The food is either too bland and boring and the restrictions are too hard to fit around real life.

So, it may be more helpful to create a framework of healthy eating/living that can be adopted in the long-term. Rather than going on a restrictive way of eating, that naturally causes an eating plan - where you are 'on a diet'. Followed by the inevitable - very much 'off the diet'!

Reframed Thinking

• Savour Meal-Times

Creating proper space for meals is important. It helps us to get back in touch with food, for both fuel and pleasure. Try laying the table, eating with family, and eating your meals without the distraction of mobile devices and television.

• Hunger

Many of us are fearful of being hungry. Carrying around snacks for all eventualities. Eating in-between meals etc. This often means, that we have forgotten what it really means to feel hungry, and we have gotten out of the habit of ignoring that hunger, instead immediately heading it off with readily-available food.

Hunger can be ignored, and will fade back, especially when you distract yourself. Take some time to re-learn what it really means to be hungry, and only eat when you genuinely need food. It's also helpful to not satiate your hunger until you are absolutely full to brimming.

• Fasting & TRE

Before you even think about food, you can adopt techniques that help you to lose weight. One such example is intermittent fasting, and another is time restricted eating (TRE). Both can limit the window of time per day that you can actually consume food. It can help to reduce in-between meal snacking, or late-evening TV snacking for example.

If weight issues have been a long-term problem for you, then you might be interested in Woman's Hour - Jenni Murray's book, titled: **Fat Cow, Fat Chance: The Science and Psychology of Size.**

In an interview for the August 2020 edition of Good Housekeeping UK magazine www.goodhousekeeping.com/uk/ Jenni discusses 6 pieces of advice in terms of making peace with food:

- Losing weight in a slow & steady manner.
- Focusing on portion control.
- Re-phrasing the language around food.
- Totting up alcohol calories.
- Casting aside old habits, like always clearing a plate.
- Recognising what hunger really feels like.



- HOLIDAYS -

Safe &
Happy Travels...

As I write this article the government is finalising plans to get the holiday industry back up and running both here and abroad.

Many holiday operators have seen a sudden surge in interest, with lots of people desperate to book a last-minute escape. Of course, many will have booked long in advance and if that was for late July or August it's quite likely it will be going ahead as planned.

If you are in the latter position, you may well have a mix of excitement, but also trepidation about venturing on holiday, particularly abroad.

So, what sensible steps can you take:

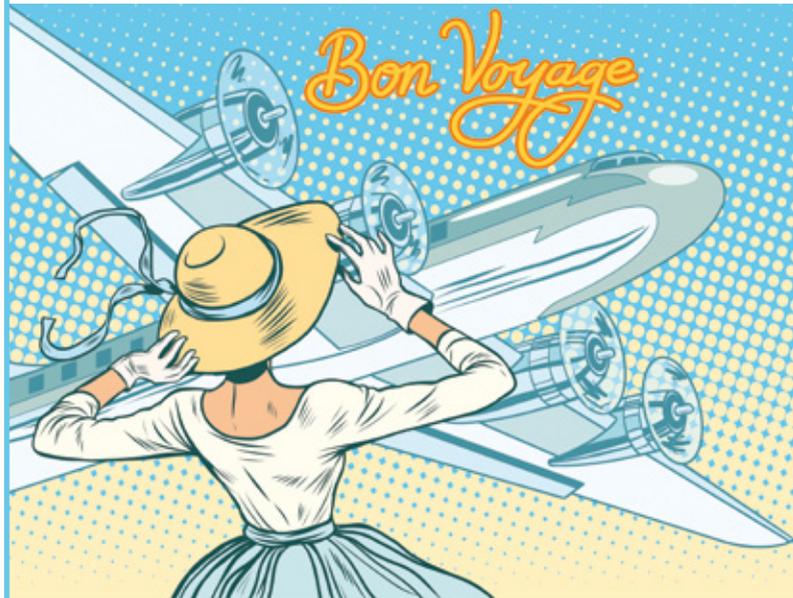
- Make sure you have travel insurance in place. Pandemic cover will likely have been altered, but check it covers you for medical related expenses. It is unlikely it will cover cancellation. If travelling in Europe, don't just rely on an EHIC card.
- If you have pre-existing conditions, ensure you take copies of your prescriptions with you. Take extra medications with you in case you end up in a place longer than you imagined.

- Check that your holiday destination has medical facilities, such as a hospital that you could access. Plan how you would get there, in the event you are not hiring a car.
- Take a phrase book if going abroad and you are not fluent in the language.
- Pack games etc. to entertain you and your family, should you end up in the unfortunate position of being locked-down whilst away. Along with electronic devices and chargers.
- You may need more holiday money than you do normally, as places look for ways to crawl back money lost in the early season. Expect to pay more for shopping, drinks, food, taxis and so on.
- Do research before you leave on the countries social distancing measures. Ensure you take adequate masks/gloves as dictated by the place. Especially to ensure you have access to tourist attractions and public transport. The same applies for your method of travel.
- Check before you book that your holiday destination does not expect you to quarantine on arrival. Equally it looks as if England, Ireland, Wales & Scotland will have different rules for your arrival back.
- Spend some time researching the places you want to visit, whether it is beaches, museums, zoos... Not everywhere has opened as expected and most places will be limiting numbers and adhering to some form of social distancing. Many places will be working on a ticket-only basis. So, book in advance to avoid disappointment.

- You probably always pack a first-aid kit, but you might want one that is a bit more comprehensive this time around, covering the whole family and including PPE & sanitiser.

Whether you are going abroad or trying a UK staycation, with a little bit of forward planning, there is no reason you can't enjoy your holiday just as much as usual.

Wishing you safe & happy travels!



Reader Profile

Marcus

PIN: 9399



Marcus has been a psychic medium since the inception of Psychic Light in the year 2000. He comes from a family of clairvoyants and is one of a long line of psychics. He provides clients with dependable, informative readings and as such many have returned for further guidance time after time. You can see from the website testimonials that Marcus gets lots of positive feedback.

Charlie is the name of Marcus's spirit guide, who works alongside him to give insight into many areas of people's lives, especially in matters of relationships, future situations, home life and business.

Marcus finds being a psychic and guiding others the most rewarding gift of all. He is an honest reader who spiritually comes alongside a person and gives them caring and loving advice and support. Marcus really believes in the work he does and thus is a very popular reader.

Testimonials:

Thank you, Marcus, for a great reading. You picked up on an ongoing issue and gave me clear guidance on how to move things forward and made me realise it's not a lost cause. If you are looking for clarity then you should try Marcus.
Beth, UK

Marcus is absolutely fantastic. He has said things about people that other readers got totally wrong. He is compassionate, spot on and creates a sense of peace not more anxiety which others can do. He is a real delight to talk with.
Sherry, London

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'.

STOPPING a SPLIT in its TRACKS!

Recently I've noticed that every time I read online news, up crops another celebrity break-up/divorce announcement. Sometimes it feels like no one stays together anymore!

If we are being honest, when we read some announcements, we may not be that surprised - perhaps the match seemed a little odd to begin with! But others genuinely are surprising and make us quite sad, especially when it has been a long-term union.

Kelly Clarkson (our cover star), has been married since 2013 to Brandon Blackstock and they have two children together. Complicating things further is the fact he is her career manager too...Who knows why a split like this happens, but rumours of work commitments and the recent lockdown exacerbating problems have been suggested.



Christina Ricci has filed for divorce from her husband (James Heerdegen) of seven years, citing irreconcilable differences. Dr. Dre & Nicole Young, Jaime King & Kyle Newman, Kristin Cavallari & Jay Cuttler and even Jennifer Grey (Dirty Dancing) & Clark Gregg are joining the divorce statistics - all announced in recent months.

Sadly, married couples are not the only casualties Ryan Seacrest & Shayna Taylor on-again off-again relationship is in trouble once more and Scott Disick & Sofia Richie have split - only time will tell if its for good or not.

In the UK, Fern Britton and Phil Vickery announced that they are divorcing after they "just fell apart" following a twenty-year marriage.

So, we could all be forgiven for thinking what will become of our own relationships if with all the trappings of success celebrities can't make their relationships work?

Well, the Covid-19 crisis has been an extraordinary set of circumstances, and as such it has brought about unique difficulties, putting many relationships under strain. But, try not to judge your partnership with the current perspective and look at how you can prevent a split before it happens...

**So, if recent events have left your relationship on the brink...
What can you do now?**

Step 1 - Ask yourself a set of hard questions:

- At times of difficulty do you turn to your partner or someone else?
- Do you still have plenty to talk about, or is it all functional chat or worse yet - silence?
- Do you feel like you are still connecting, are you both interested and fully engaged with each other's conversation, and hopes/dreams?
- Are you still tactile, and finding ways to communicate your feelings on a physical & emotional level?

Step 2 - Identify the Root Cause:

This might be easier than it sounds, but getting to the root cause of frustrations is a great place to start. Are you arguing/worrying about money? Is one person taking on the bulk of child-care and housework? Or are you simply growing apart, with more friends and interests outside of the partnership than in?

Step 3 - Take Action:

- Try to reverse any negative behaviours. For example - sulking, snapping at the smallest thing, treating your partner like one of your children etc. It won't be easy at first, especially if you feel angry towards your other half. However, try starting with a small period of time, then build up to a day, a week and so on. It is so much easier to connect when you let go of the passive aggressive responses, and you may be surprised at how your partner then starts to respond in return.

- Alongside the above, try to let go of some of the things that you might usually pick at. This could not be loading the dishwasher how you like, not replacing the loo roll etc. Try to only express frustrations on important matters. This will allow both of you some breathing space, for more significant issues to come to the surface and not get confused with every-day grind frustrations.

- Scheduling time to talk can be helpful. At first it can feel forced, but picking a time when you are both able to relax and discuss anything that has been bothering you is better than just exploding at random times. This space, also gives you time to consider what is worth raising and what is not important after the moment has passed. Don't be afraid to talk about the emotions driving the problem. For example, "I'm really concerned about money right now, so when you purchased all branded items at the supermarket, it made me feel even more anxious and wasteful. Maybe, we can find ways to buy some quality supermarket brands that don't compromise on taste, but save us money each week."

Fleshing out a response like this allows your partner to understand the problem, and why it was so emotive to you. The underlying issue was about money concerns - not about cereal brands! But in the height of an argument these messages can become confused.

Step 4 - Reconnect:

When you are not so angry with each other, and day-to-day niggles have been put aside. It can be easier to reconnect with your partner.

- You cannot underestimate the power of listening. Give your other half the space they need to express themselves. Whether they are worried about their health, have work concerns etc. Listen to what they are saying, engage in the conversation and try not to be too opinionated or suggestive of what they should do. It's just about creating a safe space, where the person wants to talk through things with you once more.

- On a physical level, try to rebuild intimacy. Holding hands, making really good eye contact, sitting together for meals or watching TV. Just being together with no agenda, will all help in the long-run.

Spending large quantities of time together, can dull the senses and send us into taking people for granted. So, really try and notice them. Complement them. Remember the things that brought you together in the first place.

Step 5 - Feeling Loved:

There is no better time than now to appreciate that how each of us feel loved, is not the same for everyone. Perhaps you love a gift for no reason. Your favourite flowers being bought every once in a while. To others, there is nothing like someone who tidies the kitchen at the end of the evening, or makes a packed-lunch every day.

Discovering what makes your partner feel loved, might surprise you. Trying to please each other and talking the same 'love language', can be both life-enhancing and relationship building.



Kelly Clarkson image: DFree / Shutterstock.com

Worrying about Worrying



Feelings of anxiety have been a feature of many of our lives in recent months, we have all struggled with the impact of lockdown. The problem is, that even though the world is coming out of its restrictions. Many of us are still feeling anxious, this time about how to re-enter this new state of normal.

Living in a state of anxiety, limits our ability to be happy and eventually takes a toll on our body and mind and total well-being. Some people do seem to have more of a genetic tendency to having anxious feelings. Past traumas and being under stress for long periods can also make anxiety more likely.

But when you have reached the stage - that you are even worrying about worrying - then its time to take action!

Feelings of fear, are closely related to anxiety. Very often a person feeling anxious will do a number of things:

- **Pushing down the concerns**

It takes a lot of effort to constantly push away your worries. Eventually they have a habit of bubbling over, possibly when you least expect it, and when it is most inconvenient.

- **Distraction Behaviour**

Instead of dealing with the source of anxiety, you may partake in distracting activities. Many of which can be destructive, such as drinking alcohol to excess, or comfort eating, burning the candle at both needs etc...

- **Reasoning**

It can be really difficult to recognise that anxiety isn't necessarily logical. So, trying to counteract its effects with reasoning is often unsuccessful.

- **Positivity**

Maybe you are trying to put a positive spin on things, but time and again the anxiety wins through - leading you to feel inadequate and like a failure. Thereby setting up the cycle again!

So, what is the solution?

- Accept that you can have anxious moments, but they do not need to define you as a person. You don't have to be classified as an 'anxious person'. You are just a person, experiencing an emotion.

Try to reframe the way you see the anxiety, not - 'I'm anxious', but 'I'm full of anxious thoughts'...

- Rather than running away from the thoughts that are distressing you - try to face them. Only when we see them for what they are, can we understand that many of them have no basis, they are often unreliable beliefs.

- Come to accept that life cannot be lived without a certain level of the unknown. It is impossible and exhausting to try and play out every outcome to a possible problem. If you find yourself often doing this, then at least put a time limit on things. Say, 30-minutes to analyse the problem and then you must move on with your day.

To help you gain perspective, you might find it helpful to stop spiralling anxiety with an exercise called '**Circles of Control**'.

Draw 2 circles side by side. Above the circles summarise the source of anxiety.

In one of the circles write down all of the things under your control in relation to the problem. In the other circle write all of the things that you cannot influence.

The above exercise demonstrates just how much time we can spend on worrying about things that we actually can't impact. It also stops paralysis of thinking, clearly outlining what if anything we can actually do.



Birthstones

If you are not familiar with them, a birthstone (or birthday stone) is a gemstone that represents each month of the calendar. Birthstones are usually worn as jewellery and their power is thought to be heightened by wearing it during its assigned month.

The origin of the birthstone is thought to date back to the Bible. At the time, Aaron, known as Aaron the Priest, wore a breast plate of 12 jewels, representing the twelve tribes of Israel. As centuries passed, there was thought to be a connection with the jewels on Aaron's breast plate and the twelve months of the year. Each stone had qualities associated with it, making it unique from all the others.

The following guide provides you with a quick and simple explanation of each birthstone:

January – Garnet

The garnet promotes romantic love and intimacy, and has been labelled the gem of faith, constancy and truth.

February – Amethyst

Amethyst has the ability to quicken intelligence, control evil thoughts as well as aid physical conditions such as arthritis and circulatory problems.

March – Aquamarine

Named from the Greek – Aqua (water) Marina (the sea), Aquamarine is the gem of the sea and the sailor's token of luck. Aquamarine is worn to ensure good health, aiding the liver, throat, stomach, jaw, teeth, eyes, and ears.

April – Diamond

Some would say it is always good luck to wear Diamonds! However, in April the Diamond provides its wearer with courage and victory over their enemies. It is also a symbol of innocence.

May – Emerald

Dedicated to Venus the Goddess of Love, the Emerald was valued by the Ancients for its ability to aid quick thinking, eloquence and the power to see into the future.

June – Pearl

During the time of the Roman Empire the Pearl was the favoured jewel of the rich. Women wore pearls in bed to be reminded of their wealth as soon as they woke.

There are numerous myths surrounding the influences of birthstones, if you would like more detailed information on each month & gem - then please visit our blog:

www.psychiclight.com/category/birthstones/

July – Ruby

The red ruby is thought to be a symbol of freedom, charity, dignity and divine power.

August – Peridot

The wearer of Peridot will enjoy happiness in marriage, as it heals stress in relationships, and lessens anger and jealousy.

September – Sapphire

The sapphire helps the wearer to alleviate pain and maintain inner peace. The gem is also regarded as a symbol of truth, sincerity and constancy.

October – Opal

Shakespeare in 'Twelfth Night' referred to Opal as 'The Queen of Gems' The Romans considered opal a symbol of hope.

November – Topaz

Thought to be one of the most powerful gemstones, it is believed that Topaz can drive away sadness, strengthen the intellect and give courage to the wearer.

December – Turquoise

Turquoise provides a sense of inner-calm, and allows you to express your creative side. It works on the meridians of the body whilst strengthening the immune system.



Reader Profile

Seph

PIN: 1369



Sepherenia, or Seph as she is more commonly known, has been with Psychic Light from the start. She has been doing this work all of her life, she was born with HSP - Higher Sensory Perception, most likely passed down through the generations in her family, which can be traced back to her direct descendant The Brahan Seer.

Carrying on the traditions taught to them by their ancestors Seph and her family run a school opened by her grandfather, to allow people who think they have 'the gift' to pursue their development or just to see where the learning takes them.

Seph is a High Priestess of the Selonya Society of Scotland, Ireland, Spain, Italy and America. A member of The Wiccan Church of The Benandanti in America and B.A.P.S. to name a few. She is also a very keen student of theology, astrology, meditation and all forms of divination as well as being a competent teacher of psychic development.

From the tender age of seven when her grandfather asked what she could see, to a crowded room, she discovered platform readings. Seph has been a platform and medium reader ever since! She is also a highly competent clairvoyant, and counts runes, ribbons, crystals, scrying, tasseography, graphology, dowsing and remote viewing among her many skills. In addition, Seph is an experienced cartomancy reader, using Tarot as well as normal cards.

Above all 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 with no mumbo jumbo, just plain talk. 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'!

Testimonials:

Thank you Seph for the lovely reading. I will take things slow as you have said and I am looking forward to your predictions. It's been a number of years since I last spoke with you and I am so glad to have connected again. Thank you again lovely Seph!

Heather, Scotland

I was very lucky to come across Seph. She really is the most amazing reader I have ever spoken to and yet I have been using this service for 15 years. She has guided me immensely with an urgent situation. She is a star that shines brightly with strength, honesty, compassion, knowledge and a personal touch. I love this woman!!

Debbie, Herefordshire

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'.

Qixi: Chinese Valentine's Day

浪漫之约

七夕

七月初七

Could your love-life do with an injection of romance?

Then 6 months after our own Valentine's Day, why not embrace the Chinese equivalent called Qixi?

QIXI FESTIVAL

Qixi is otherwise known as The Double Seventh Festival, based around a romantic legend story. So named, for falling on the 7th day of the 7th month (Chinese Lunar), in 2020 that falls on Tuesday 25th August.

The Legend

www.chinahighlights.com describes the legend as following:

"An oxherd Niulang with the help of his ox (the demoted cattle god) married a fairy, Zhinü, who became a weaver girl. Zhinü's mother, a goddess, returned Zhinü to heaven. Niulang pursued using the ox's hide. The goddess separated them by a river of stars (the Milky Way), but magpies were allowed to form a bridge for them to meet once a year (Qixi)."

The Origins

The festival can be traced back to the Han Dynasty; whilst the celebration was added to the National Intangible Cultural Heritage list in 2015, it isn't a public holiday.

Traditionally, certain activities took place on the day by way of celebration, for example:

- Demonstrating dexterity or (showing skills), like threading sewing needles in moonlight. Or carving sculptures from fruit.
- Creating an offering to the weaver fairy. Laying up a table with tea, fruits and nuts, whilst displaying their crafts. The young women might play games and read poetry until midnight, whilst worshipping the star Vega and praying for a husband and happy life.
- Oxen were also honoured, often by children picking wild flowers and adorning the oxen horns!
- Skill Fruit would also be eaten - a type of shaped thin pastry.

Celebrate Today

Many young people have adopted Western practises of giving flowers, chocolates and small tokens of their appreciation for their loved one. Whilst the traditional customs may have died off apart from in rural areas, it is nice to know the legend is passed on from generation to generation and that the sentiment remains.

Astrology

with our expert

Carol Day

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



Aries

Lucky Aries are still enjoying a personal pleasure peak until the 22nd. So, make hay while the sun shines, your ruler Mars is in his own sign and is revitalising your mind, body and spirit. From the 20th there is a rare Grand Trine in the earth signs, which is good for prosperity and the children in your life. Venus your love/money planet changes signs on the 7th, so it's a great month for both love and finances, and to enjoy a family get-together.



Taurus

August is about getting your house in order, so you may as well focus on home, family harmony and your emotional wellness. Finances still look good, with Mercury moving apace you make quick progress and have many ways to top-up earnings. From 5th to months end, you earn happy money in happy ways, and perhaps go along singing Pharrell's song: "Because I'm Happy..." and then maybe a spending spree with the family.



Gemini

Good news for Gemini, you're still in seventh heaven until the 22nd, you absorb information like a sponge and communication skills are even better than usual. Teachers, students, writers, and those in PR & Marketing are having a great month. Venus, who was good for the personal appearance and spiritual life, now moves into your money sky on 7th – a happy financial transit. The universe cares about your wealth, especially on 21st when the Moon is at her perigee.



Libra

The good news is that your ruler Venus enters your career sky on the 7th, so you're on top of the world. You are appreciated and honoured by your reputation as well as your professional achievements, and you inspire others. With Pluto (money) still retrograde, take a cautious attitude to important purchases; money improves after the 22nd. Personal freedom beckons, but others come first. Focus on the sacred from 22nd, spiritual doors are always open.



Scorpio

Busy Scorpio's will most likely be catching up for lost time, travelling between home and career, and trying to be successful at both. Health is better than last month and after the 22nd it will improve hugely. August is prosperous; money planet Jupiter will be part of a fortunate Grand trine in the Earth signs, literally-saved by the bell. As Jupiter is retrograde, before signing contracts, read the small print. After 22nd a lucky star makes hopes and wishes come true.



Sagittarius

It seems, there's a whole lot of loving going on – this month for our gallant Centaur's. Love planet Mercury is moving speedily forward on the 5th into Leo, your travel/spiritual sky, and stays there until the 20th. Locations from overseas beckon and with folk from foreign lands. For singles romance can be found in education establishments or places of worship. Mercury falls in your career sky on 20th, bosses give a united 'okay' and make you an offer you can't refuse!



Cancer

Moon-folk are basking in Venusian rays from the 7th onwards, which reflects in your sense of style and fashion, your personal appearance simply shines. Until the 22nd you're still enjoying a yearly financial peak, and then the Sun (money) takes over on the 22nd and moves into your intellectual sky. This aspect favours sales, PR and marketing and good use of the media. The Sun in Virgo favours earnings through work/service in health areas. You have a natural empathy here.



Leo

The cosmos blesses you with an abundance of energy this month, charisma and star quality, your natural Leo self! This increased energy opens all kinds of doors, those once closed are now open. Money planet Mercury moves into your financial sky on 20th, tailed by the Sun on 22nd and you begin a yearly fiscal peak. Mercury is part of a Grand Trine of Earth signs – your focus on wealth gives you the Midas touch; by spiritual law we get what we focus on. Wow!



Virgo

Lucky Virgo can look forward to a delightful August; Saturn has moved into your fun, creativity and children sky and is now strongest in your horoscope. From the 20th onwards we have a Grand Trine in the Earth signs (your element) personal creativity is flying. The Sun's move in your sign on the 22nd gives you an image of success; and Mercury's move on 20th gives an aura of glamour. On the 7th Venus helps Virgo in wishing on a star!



Capricorn

Capricorns transformation sky is still strong until the 22nd, so use some of this time for decluttering your life. Get rid of what you don't need or use. The same goes for mental and emotional patterns that are not useful; afterwards you'll feel like a new person! Your social grace/charisma, are best from 1st-3rd and from 19th onwards. Romance peaks on the Full Moon of 11th and New Moon 27th. A Grand Trine in Earth signs after 22nd, means prosperity.



Aquarius

Caring water-bearers you're still in the midst of a yearly love and social peak. However, the month ahead is about balance; your needs and interests and the desires of others. Independent Aquarians may need to give other people's problems extra reflection before making decisions. On the 22nd the Sun (love) moves into Virgo, your regeneration sky and love becomes more serious. The social life sparkles and there's more harmony with the beloved. Enjoy!



Pisces

Pisces health and work sky comes under the spotlight this month, perhaps you focus more on a healthy lifestyle and preventative actions. This focus will stand you in good stead for after the 22nd when you have a period of lower energy. Waxing and waning of energy is natural and nothing to be alarmed about. Mercury enters your love sky on 20th and the Sun (health/work) also moves in on the 23rd. It's work hard, play hard month, but you can do both!



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