

FREE SPIRIT

January 2025

FEATURES

A Rainbow of Angels
Are you Psychic? Breathwork.

PLUS

January Horoscopes
& Reader Profiles

Florence Pugh

In a relationship,
every minute counts.

discover your future, release your past

Editor's letter

The team at Psychic Light extends our warmest wishes for a Happy New Year, brimming with success, joy, and prosperity.

We express our gratitude for your valued custom. Your trust in our services and readers is deeply appreciated. We eagerly anticipate the opportunity to continue serving you throughout the upcoming year of 2025.

Wishing you a year full of health and happiness!

In this issue, Vanessa commences a year-long series, kicking off with Breathwork - just what we all need to restore calm following the hustle and bustle of Christmas and the New Year season. Sarah also writes, this time on the Legend of the Kelpie.

We start a new series on Angels and their Rainbow of Colours, and we explore the question "Are you Psychic". On the celebrity front, it is a UK film called 'We Live In Time'; Florence Pugh (our cover star) has a main role.

We also check back in with reader Aelissa and round things out with January horoscopes - enjoy!

HAPPY NEW YEAR

Charlotte

Marketing

Psychic Light Ltd. PO Box 435, Sittingbourne, Kent ME9 0WB.

We want to reassure you that we take the processing and handling of your data very seriously. We do not and never will sell your data to a third-party or allow any third-party access to your data for marketing purposes.

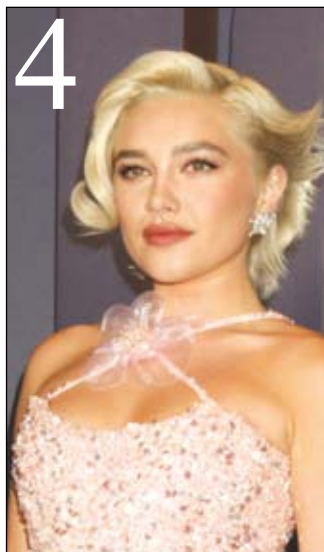
If you have opted-in to receive marketing materials from us, we will continue to send to you until such time as you change your preferences or unsubscribe, or we deem a suitable amount of time has passed since you last used our service and consider that you are no longer interested.

We want to ensure that it is as straightforward for you as possible to change your marketing preferences and unsubscribe should you wish to, the quickest way to do that is to email us providing the relevant information to:

unsubscribe@bureautelecoms.com

www.psychiclight.com/privacy-notice/
www.psychiclight.com/terms-and-conditions/

INSIDE FREE SPIRIT Magazine January 2025



Florence Pugh image: Kathy Hutchins / Shutterstock.com

PAY BY PHONE BILL

0906 111 0901

PAY BY CARD

0800 915 2347

£1.50 per minute plus your phone company's access charge. £32.95 for the first 20 minutes, £1.50 per minute thereafter.

Choose a reader to begin your journey

Pick from our many talented psychics, all with different techniques



PIN: 3622

Adele

Adele is an awakened empath and spiritual healer. She can guide clients by passing on messages and information to suggest powerful solutions for their future. Adele is open to all sorts of possibilities and is highly receptive to angelic guidance.



PIN: 1180

Ellie

Hi Ellie,
 thank you for your support and bringing forth light into a dark situation. You are the Mother Earth power house.
 Keep going.
 All the best Earth Angel x.
 Belinda, Essex



PIN: 4567

Joanna

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.



PIN: 5055

Mary

I have been having readings with Mary for some years now, and it is both astonishing and a tonic to me how she quickly connects, offering rich insights and higher wisdom to problem areas...
 Sonia, London



PIN: 3232

Michaela

Michaela's life experience and abilities with Tarot and Angel cards make her particularly good at readings involving all types of relationships. When her partner ended their relationship suddenly, she turned to Spirit and successfully rebuilt her life.



PIN: 3798

Pauline

Pauline had read for me several times now and has been great with predictions and timings. I've struggled to find people who are good with timings, she has been a god send for me and she's usually spot on too...
 Hannah, England

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: 0800 156 0580.



EVERY MINUTE COUNTS

Almut (played by Florence Pugh) and Tobias (portrayed by Andrew Garfield) unexpectedly cross paths, altering the course of their lives. Their journey unfolds through glimpses of shared experiences - from falling in love to creating a home and starting a family. However, a profound revelation shakes the very core of their relationship. As they navigate a road fraught with temporal constraints, they come to appreciate every moment along the unique trajectory of their love story in John Crowley's poignant romance spanning over a decade.

The Films Essence

When discussing what attracted her to the movie, Pugh mentioned in an interview with Vanity Fair that she was reminded of classic romantic movies like "Four Weddings and a Funeral," "Notting Hill," and "Love Actually" when she initially reviewed the film's script. "Especially as Brits, we grow up with the quirkiest and most beautiful love stories. And I think it's been a long time since we've had one of those." She added, "When I read it, I just fell in love with the idea of being in one of those movies that will matter to many people and will endure for a long time."

Reception

Most reviewers agree that the two main stars, Pugh and Garfield, have amazing on-screen chemistry. It is crucial since they receive most of the screen time; it can be challenging to carry a film with just two people in most scenes/dialogues.

However, not everyone liked the fact that the film does not unfold in chronological order. Benjamin Lee from The Guardian explains it well: "It's a structure that works for the most part, showing us the pain of figuring out how to spend precious time. Although I'd argue that the main downside is by scattering more emotive third-act scenes throughout the film, we're denied the escalation leading to the cathartic cry expected at the end, which feels somewhat anti-climactic."

Other reviewers felt that many themes had been explored before. However, those for whom this film was intended are unlikely to mind. It's a British film featuring relatable swears Londoners who have a meet-cute, fall in love, and then like many of us must navigate life's challenges. I don't know how it ends nor do I want to spoil too much but focusing on making every moment count will resonate with New Year vibes.

Trailer & Release Date

"We Live In Time" is in UK cinemas from New Year's Day. You can watch the trailer to see if it is something you would like to see at www.weliveintime.co.uk/videos/. The film is distributed by StudioCanal in the UK. At this stage, there is no information on whether it will be available on streaming platforms later in the year. Many are suggesting that it is quite a tear-jerker, and some people may prefer to watch it at home!

4 | FREE SPIRIT

Reader Profile

Aelissa

PIN: 4444



Aelissa is a soft-spoken empathic reader who listens to the issues that are relevant to you. She is clairvoyant, clairsentient, and clairaudient. Aelissa is also proficient in the use of many psychic tools such as Runes, Ogham, Pendulum, Crystal Ball, Scrying Mirrors, Crystals, Soul Cards, Oracle cards, and Tarot.

While Aelissa has many gifts at her disposal, her tool of preference is the Tarot because she feels it gives the most grounded and direct answers. She finds that most forms of divination provide what they feel you need to know but with Tarot, you can focus on relevant questions that require answers.

Another reason Aelissa favours Tarot is its wider structure which encompasses causes and issues allowing clients to be proactive in change. Additionally, she believes a probable outcome with consistent variables remains more accessible in terms of timescales through Tarot readings. Therefore, for Aelissa, Tarot is the most realistic tool for readings.

Despite her fondness for Tarot, Aelissa also possesses extensive knowledge about crystals including their uses and meanings. She can provide crystal-based readings enabling clients to understand areas lacking in their lives. For a deeper understanding around personal issues and self-motivation as needs arise; Aelissa turns to Soul Card readings.

With years of experience as a psychic reader under her belt; Aelissa has honed the ability to tailor readings specific to individual needs while delivering answers with compassion and empathy.

Testimonial

Aelissa is gentle, smart and calm. She is very understanding and patient with me. I'm so comfortable to ask her any questions in my reading. Most importantly when I assess a reader, I need to find one who is intuitive and where I can validate the reading in real life. Many others either read my mind or my fears back to me instead of deeply and correctly linking to the personalities and situations. Aelissa tunes in the minds, fears and feelings of personalities and gives a full view of information and lot of clarity to specific questions. She interpreted what she was getting consistently and with 100% facts. Very good and spot on. Thank you so much!
P, London

Live Psychic
Chat Readings

Chat 24 hours a day / 7 days a week.
www.psychiclight.com/live-chat-readings/



FREE SPIRIT | 5

Are You Psychic?

How to Recognise and Nurture Your Intuitive Gifts

Have you ever had a strong feeling about something before it happened? Do you pick up on emotions or energies in ways others don't? These might be signs of hidden psychic abilities.

Many people possess intuitive gifts, but they often go unnoticed or unexplored. This article will help you identify the signs of psychic abilities within yourself and guide you on how to nurture them.

Understanding Psychic Abilities

Psychic abilities come in many forms, each offering a unique way to connect with the spiritual realm. These include clairvoyance (clear seeing), clairaudience (clear hearing), clairsentience (clear feeling), and claircognizance (clear knowing) as well as more specialised gifts like mediumship, psychometry, and precognition.

Each ability works differently—some allow you to receive visual insights, while others focus on emotions, energies, or even future events. Many psychics experience a blend of these gifts, which can be developed over time with practice and guidance.

For a deeper dive into these abilities, you can explore our collection of articles dedicated to Psychic Abilities on our website: www.psychiclight.com/category/psychic-abilities/

Signs You Might Be Psychic

Psychic abilities often reveal themselves through subtle signs that can be easy to overlook or dismiss as coincidence. However, paying closer attention to these experiences can help you identify intuitive gifts. Here are some expanded signs to consider:

1 Strong Intuition:
You often “just know” things without a logical explanation. Whether it's sensing someone's mood before they speak or predicting the outcome of an event, your gut instincts are consistently accurate.

2 Vivid or Lucid Dreams:
Your dreams feel significant, providing clear messages, symbols, or even glimpses of the future. You may wake up with a strong sense of clarity or direction.

3 Heightened Empathy:
You feel deeply connected to others' emotions, often sensing their pain, joy, or stress without being told. This emotional sensitivity can sometimes feel overwhelming in crowded or high-energy environments.



- 4 Frequent Synchronicities:**
Meaningful coincidences happen to you regularly, such as repeatedly seeing the same numbers (e.g., 11:11) or encountering people or events that feel destined. These synchronicities often leave you with a sense that the universe is guiding you.
- 5 Unexplained Physical Sensations:**
You experience physical sensations like tingling, warmth, or chills when you encounter certain people or places. This could indicate an awareness of energy shifts or spiritual presence.
- 6 Clair Abilities Manifesting:**
You might notice flashes of clairvoyance (seeing visions or symbols), clairaudience (hearing messages or sounds), or clairsentience (feeling energies). These occurrences can feel sudden and random but are often meaningful.
- 7 Precognition or Premonitions:**
You sometimes have a strong feeling or vision about events before they occur, such as knowing a phone will ring or sensing a significant event is about to happen.
- 8 Enhanced Connection to Nature:**
You feel deeply attuned to the natural world, noticing subtle changes in the environment or sensing spiritual energy in animals, plants, or the elements.
- 9 Feeling Energetically Drained or Uplifted:**
Certain interactions or environments leave you feeling exhausted or energised. This sensitivity to energy may indicate an intuitive connection to the vibrations around you.
- 10 A Sense of Being “Different”:**
From a young age, you may have felt like you perceive the world differently than others, with a heightened awareness of things that others seem to miss.

These signs are often the first clues that you might have psychic abilities. If several of these resonate with you, it's worth exploring your gifts further through meditation, journaling, or seeking guidance from experienced psychics.

How to Nurture Your Psychic Abilities

If you feel you might have psychic gifts, taking steps to develop and refine them can help you unlock their full potential. Start with daily meditation to quiet your mind and strengthen your connection to your intuition. Experiment with tools such as Tarot cards, pendulums, or crystals to enhance your focus and gain deeper insights. Seeking guidance from experienced psychics, classes, or spiritual mentors can also accelerate your growth, offering valuable techniques and feedback. Most importantly, trust in yourself and your instincts—confidence in your abilities is a cornerstone of psychic development.



Begin Your Psychic Journey Today

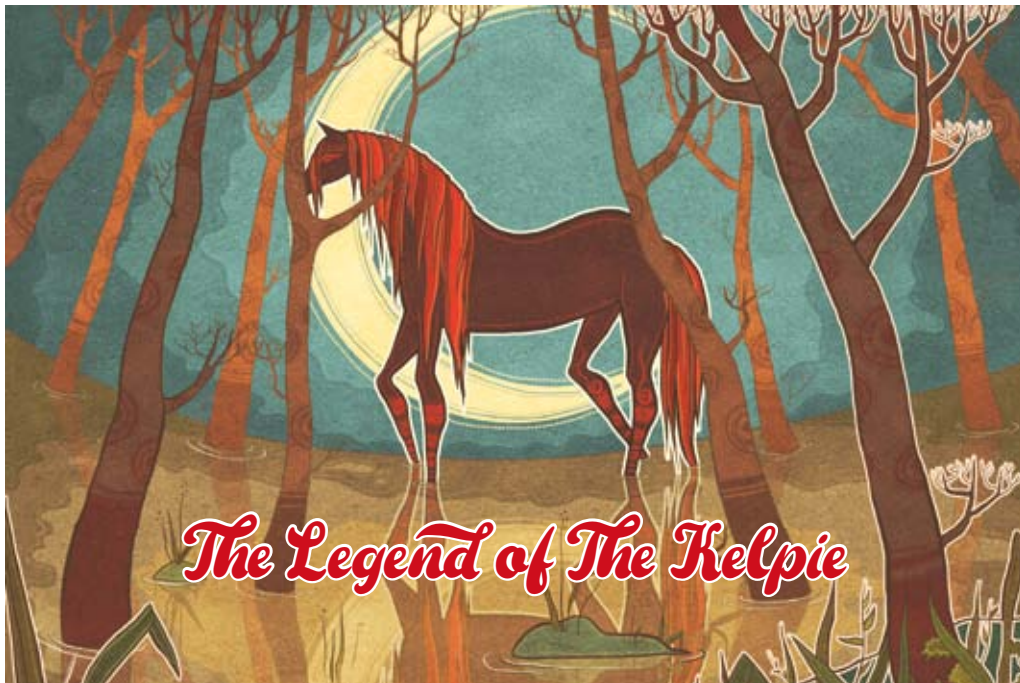
Recognising your psychic abilities is just the beginning of a fascinating spiritual journey. By nurturing these gifts, you can gain deeper insights into yourself and the world around you.

If you're ready to take the next step, connect with one of our experienced readers at Psychic Light to explore your unique abilities and receive personalised guidance on your spiritual path:

www.psychiclight.com/psychics/

Our psychics are also here to support you with other areas of your life, whether it's love, career, relationships, or finding clarity during uncertain times.

Why not have a reading today and take the first step toward a more intuitive and empowered future.



The Legend of The Kelpie

Kelpies are mythological creatures which have always fascinated me. These ancient dark Fae creatures are extremely rare and feared, yet beautiful and addictive to most mortals (as many of the Fae are).

Shape-Shifting Creatures

The Kelpie (or in Scottish Gaelic: Each-Uisge) is a shape shifting creature of the Faerie world. Originating in Scotland and around the Scottish and Irish lochs. Almost every large body of water in and around Scotland has its own unique Kelpie story, however they are also known to reside near streams and in fact any body of natural running water. The form they usually take is that of a large horse, brutal and nightmarish in appearance and often bearing water elements such as seaweed or kelp itself. It can also adopt a human form, however as with all Fae creatures when this happens it usually seems almost too perfect in appearance or still retains a supernatural ambiance. Sometimes they give their true nature away by allowing water reeds to remain in their hair.

Beautiful & Enchanting

Kelpies may appear beautiful and enchanting. However, they live to entrap and tempt humans to their death. They seek out humans, usually those who are in need of something or are willing to make a bargain. Goading people into making deals with them that most often than not lead to their death. They often appear to lone people and offer whatever this person wants the most, in exchange for something. Sometimes this exchange may involve something material for the Kelpie

or even another human's life. Often the Kelpie will offer the human a ride on its back, and being enthralled by the beauty of the creature the human cannot resist. Once they climb onto the horse, however, they are doomed and the Kelpie will take great pleasure in drowning them in the nearby water.

Capturing a Kelpie

Capturing and holding a Kelpie is extremely hard (and perilous as no Fae creature fares well in a cage). Legend says that if you use a halter stamped with the sign of a cross you may control the creature for a while. This never fares well as Kelpies are renowned for their talent of seeking revenge.

Calling a Kelpie to you can be done at any running body of water where one resides. Simply calling them out and offering something they may want as part of a bargain is a sure way to get their attention. Another way would be to learn the Kelpies true individual name, as knowing a Fae creature's true name gives you complete power over them! However, finding this name would be almost impossible as this is always a creature's most guarded secret.

Kelpies have always been one of my favourites of the Fae creatures. Brutal and fierce yet also beautiful and powerful. If you would like to read a more modern take on the Kelpie story, a favourite of mine is 'The Scorpio Races' by Maggie Stiefvater.

Best wishes as always,
Sarah (PIN: 9888)

Trending News Topics...

New Year Resolutions

It would be challenging to discuss January without mentioning the tradition of New Year's Resolutions. According to UK government statistics, only 16% of the population plan to make New Year's Resolutions for 2025. The data indicates that women are more inclined than men to make resolutions and that they hold greater appeal for younger age groups. Historical information shows that the success rate in achieving New Year's Resolutions was merely 31%, with many giving up early in the year or partially completing their goals.



Interestingly, on a global scale and from year to year, the types of resolutions people make remain relatively consistent. Increasing exercise/getting fit ranks first, followed by saving money and losing weight. These objectives represent ambitious goals for nearly half of those surveyed. Other items on the list include reducing time spent on social media, taking up a hobby, improving diet, spending more time with family, and pursuing career aspirations, among others.

Crack-down on Junk Food

As I write this article, the subject of obesity is in the news once again. The government is attempting to address this challenging issue. Their crackdown on junk food advertising has sparked controversy as people question why breakfast oats, yogurts, and crumpets are targeted while sausage rolls, pork pies, and pastries are not. The government's goal seems to be in the right direction as they aim to combat childhood obesity and eliminate 7.2 billion calories from UK children's diets.

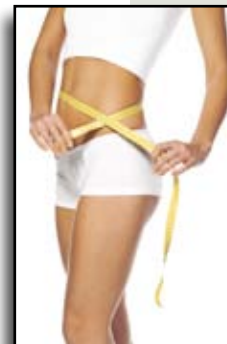
Moreover, the government has garnered attention for its policies regarding weight loss injections. They propose administering these injections to individuals who have been unemployed with the intention of helping them secure jobs and cease reliance on benefits. It has been suggested that up to 250,000 weight loss injections could be administered over the next three years.



Weight-loss Injections

Whether you read or watch the news, or use social media, you will no doubt have been hearing more and more stories about the use of GLP-1 injections, also known as Ozempic, Wegovy, and Mounjaro. It is amazing how these words have entered a lexicon in just a few short months. Once exclusive to diabetics and Hollywood elite, they have now become accessible (in many cases for a price) to the general public.

If weight loss or improving diet is such a concern for the public, as New Year's Resolutions statistics demonstrate, then undoubtedly interest in this topic will only grow. What many people do not realise is that many of the ingredients in the drugs and injections have been available to those with uncontrolled diabetes for around 20 years. So, many would argue that their safety is good. However, these drugs have not been tested on the population numbers that are now using them for weight loss purposes. Since they have been around for so long, many patents will soon expire. Therefore, it is no wonder that drug companies worldwide are in a race for the next big thing. Currently, at least 20 weight loss drugs of this style are in trials right now.



There are numerous issues with the injections, stemming from horror stories of side effects, serious illnesses, and even deaths attributed to them. Drug companies aim to address these concerns by reducing gastric symptoms, making drugs easier to administer (e.g., not necessarily through injection), and lowering costs. These factors often deter many patients from continuing their treatment. While medication can be obtained through the NHS, it is only available for a 2-year period. Statistics indicate that many individuals regain weight once they discontinue the medications due to returning hunger.

We will watch this space with interest to see what unfolds in the future...
www.nhs.uk/conditions/obesity/treatment/

A RAINBOW OF ANGELS

In certain texts about sacred angelic knowledge, it is believed that the seven archangels symbolise seven rays of spiritual enlightenment and the seven colours of the rainbow.

The seven rays correspond to the seven master chakras. Light and colour serve as a universal language that communicates directly with the soul, bypassing the logical mind. Each rainbow colour possesses therapeutic properties and can be associated with the seven master chakras based on their resonance.

Over the next few months, we will explore the Angels of Ray's. Today, we will begin with Ruby Ray, who represents the first ray of spiritual light and the initial ray of the visible rainbow spectrum. Then, we will move through the Rays:

Ruby Ray - 1st - Archangel Uriel (see opposite)

Orange Ray - 2nd - Archangel Gabriel

Yellow Ray - 3rd - Archangel Jophiel

Green Ray - 4th - Archangel Raphael

Blue Ray - 5th - Archangel Michael

Indigo Ray - 6th - Archangel Raziel

Violet Ray - 7th - Archangel Zadkiel

The list above concludes the Rainbow Ray Angels.

However, there are several more angels strongly associated with colours that we will cover later in the year:

White Ray - Archangel Metatron

Pink Ray - Archangel Chamuel

Turquoise Ray - Archangel Haniel

Lilac Ray - Archangel Tzaphkiel

CHAKRAS

Prior to starting, let's have a quick refresher on chakras. These energy centres are crucial for your overall well-being - physically, emotionally, and spiritually. Each chakra corresponds to particular organs and endocrine glands. They transform subtle energy into various bodily changes. Every chakra resonates at a unique frequency, colour, musical note, and gender polarity.

The Crown, Throat, Solar Plexus, and Root Chakras are considered male or positive energy centres. On the other hand, the Third Eye, Heart, and Sacral Chakras are associated with female or negative energy. The seven primary chakras align along the central axis of the body. The first five are situated within the spinal column. The Root chakra's energy flows downward while the Crown Chakra's energy rises upward. The remaining five chakras open from the front to the back of the body.

Chromotherapy, also known as colour therapy, and Hydrochromatic Therapy using colour tinctures are ancient methods of healing. The different coloured rays impact our physical bodies, emotions, moods, mental abilities, and spiritual essence. Often, our responses are subconscious. It is through utilising colours in a knowledgeable and enlightened manner that we can tap into the life force to enhance our lives' quality and achieve a sense of harmony, balance, and well-being.

First Ray of Spiritual Light



COLOUR: Ruby-Red **FOCUS:** Dedicating oneself spiritually by serving others selflessly

CHAKRA-ROOT (Muladhara):

Earth element - equilibrium manifested through being grounded, stable, and dependable.

The Ruby Ray impacts the Root Chakra in the physical realm (third dimension) and serves as the transforming ray for the Solar Plexus Chakra (fourth dimension). It is visualised as a deep red colour transitioning to deep purple with hints of gold, resembling high-quality ruby crystals.

Uriel's name signifies 'Fire of God' or 'Light of God'. As one of the mighty archangels, Uriel is known as the 'Angel of the Presence', capable of emanating the divine light that transcends comprehension. He is linked with electricity, lightning, thunder, and swift action. Uriel is commonly portrayed either holding a scroll (symbolising guidance on one's life journey) or bearing a staff.

Uriel transmits the Light of God to provide us with illumination. This light is crucial for individuals who believe they have strayed from their path. Therefore, it is recommended to utilise the Ruby Ray when feeling lost, deserted, scared, abandoned, rejected, hopeless, or scattered.

Physical, Emotional and Mental Associations:

The colour red, which represents the first ray of the visible rainbow spectrum, has the power to call upon Archangel Uriel for assistance in releasing deep-seated energy blocks.

In a physical sense, Uriel aids in detoxifying the body, eliminating inertia, boosting physical energy levels, and preventing debilitation. Your capacity to tune into your body's wisdom will be enhanced.

Emotionally, Uriel ignites desire, passion, and love while also inspiring action, vitality, courage, stamina, and endurance. This angelic presence can help revitalise stagnant systems and reduce feelings of sluggishness.

Spiritually speaking, Uriel imparts knowledge on mastering the material world and facilitates human connection with divine order to promote peace and spirituality in our daily lives.



Ref: The Angel Bible, Hazel Raven

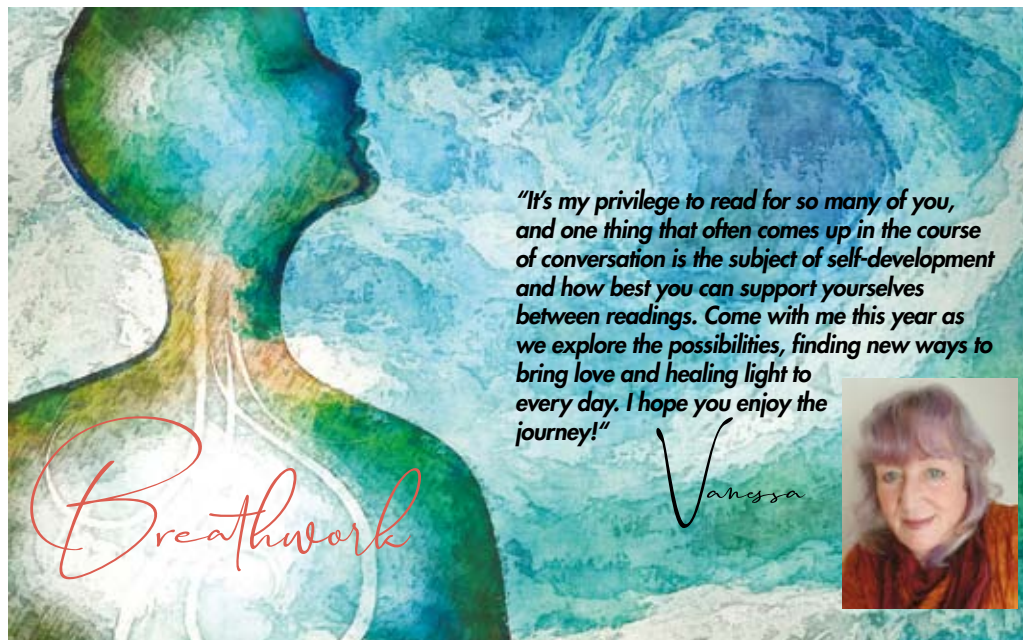
If you seek a reader with close connections to the Angelic realm, why not consider Adele or Josephine? Explore all our reader profiles at www.psychiclight.com/psychics/

Adele, PIN: 3622

Through her gifts Adele can connect with the future and meet the angels in their purest form. She is completely open to all sorts of possibilities and is highly receptive to angelic guidance. Intuitively she perceives the eternal which dwells in love.

Josephine, PIN: 4499

Josephine's readings incorporate the transformative power of colour therapy. She utilises the vibrant energy of colours to promote healing, balance, and harmony within your energy field. By understanding the unique vibrations of different colours, Josephine can create customised treatments that address specific needs and support your overall welfare. Josephine's deep connection to the angelic realm enables her to channel their wisdom and love, providing guidance and support for your spiritual journey. She firmly believes that angels are constantly present, prepared to support you in reaching your fullest potential and lead a life brimming with purpose and joy.



"It's my privilege to read for so many of you, and one thing that often comes up in the course of conversation is the subject of self-development and how best you can support yourselves between readings. Come with me this year as we explore the possibilities, finding new ways to bring love and healing light to every day. I hope you enjoy the journey!"

Vanessa



If you're ready for a New Year refresh, breathwork needs nothing other than a few moments of your time.

Most of us breathe shallowly without realising it, using only a small percentage of our lung capacity to bring in fresh air that our body needs and to exhale spent air from our lungs. Of course, we breathe more quickly and deeply when we exercise hard and our body demands a greater supply of oxygen, but at rest we habitually use shallower breathing. We know that a few nice deep breaths can be just the right pick-me-up, but exactly *why* should this be so? It helps to understand exactly what happens when we begin to work with the breath.

Fight or Flight Response

When stressed, threatened, or overwhelmed, your body responds by activating the *sympathetic nervous system*, more commonly known as the *fight or flight* response, triggering involuntary reactions that enable you to get away from real or perceived threats, and to either escape or overcome danger. Increased anxiety, rapid heart rate and shallow, quick breathing prepare you to either run away or stand and fight. Your body is switching into crisis management mode, re-directing blood flow to your muscles and essential organs, equipping you to react quickly. Now, that's fine if you actually need to escape from a real threat to your life, or your body is performing this function to help you out in an emergency. But this can also happen when we have been through a sustained period of stress and worry, or indeed we have a shock that upsets us emotionally. Modern life often presents us with prolonged and unrelieved periods of stress that don't require a physical response such as running away or fighting but instead take their toll in sleepless nights and worrisome days, making us irritable and affecting our ability to concentrate. Over time, unrelieved stresses may adversely impact our physical health and mental wellness.

Take Control

The good news is that you can take control and counteract unwelcome consequences of the body activating your *sympathetic nervous system* where it's not actually helpful or appropriate for you. Mindful breathing activates the *parasympathetic* response, which has the effect of inducing a calmer state of mind and promoting relaxation. It actually helps lower the level of the stress hormone *cortisol*, and by breathing with deep and controlled rhythms we can instead encourage the release of feel-good *endorphins*, or "happy hormones". Offering better digestion, lowered blood pressure, improved focus and mind-body connection, control of pain, better emotional health and even extra support to the immune system, breathwork is simple to do and profound in effect. Changing how you use your breath can literally change your life!

The exercises below are some that you might like to use to begin your own journey into breathwork, and which I hope you will find helpful. There are a great many different techniques that you can explore but these will get you started and establish a framework for you to work from.



Abdominal Breathing

Instantly activating the relaxation mode of the parasympathetic nervous system, this involves concentrating upon making full use of the whole of your respiratory system. It's something you can do anywhere and at any time.

In a comfortable position, lying down or sitting, place one hand on your chest and one on your stomach.

1. Take a deep breath **IN** through your nose, and feel the stomach expand as the air comes into the body and fills the lungs.
2. Slowly breath **OUT** through your nose, feeling how the stomach lowers again as the air leaves the body.

Ten repetitions are a good starting point but be guided by how you feel.

Achieving Balance

"Box" breathing, or 4-4-4-4, is another technique so easy to do and fit in at any moment of your day. It is highly effective in bringing balance. A kind of emergency re-set if you will.

Get yourself comfortable, then follow the steps below as many times as required.

1. Breathe **IN** through your nose for a count of 4 seconds.
2. **Hold** your breath for another count of 4 seconds.
3. Breathe **OUT** through your nose for a count of 4 seconds.
4. **Hold** your breath again for a count of 4 seconds.

Repeat this cycle as many times as you want, noticing the changes in your feelings and your physical state. I suggest 10 repetitions to start with.

Deep Relaxation and Sleep

Breathing using the 4-7-8 technique is a wonderful way to relieve stress or anxiety and can help you to fall asleep if you're struggling to switch off at the end of the day.

Once you're comfortable, just follow the steps below.

1. **Inhale** through your nose for a count of 4 seconds.
2. **Hold** your breath for a count of 7 seconds
3. Purse your lips, and **exhale** through your mouth for a count of 8 seconds. Relax! You won't run out of breath!

Up to ten repetitions is usually sufficient to feel benefit. But listen to your body and adjust as you feel appropriate.

The long exhale really does calm the bodily organs and allow for deep relaxation and sleep to occur.



Increasing Focus and Energising the Mind

4-20 breathing **STIMULATES** the fight or flight response to increase alertness and "rev you up" when you feel sluggish.

1. Breathe **IN** as deeply as you can for a count of 4 seconds.
2. Breathe **OUT** in a series of 20 short, sharp exhalations through either your nose or mouth.

**ONLY repeat the 4-20 breathing pattern for a maximum of 3 cycles before returning to your natural rhythm of breathing. Otherwise, you may find yourself feeling a little light-headed. If you do feel light-headed at any point, returning gently to your natural rhythm of breath will alleviate this.*

I hope very much that this will inspire you to access the power of your own unique "**Breath of Life.**"

Vanessa, PIN: 3900

Astrology

With our expert:

Chrystalyte

Welcome to Free Spirit's in-depth horoscopes for January 2025



Aries

With Mars retrograde as the new year opens, energy may feel on a low ebb. But its move back into the sign of Cancer puts a firm focus on the need to reconnect with family, and/or domestic themes. Delving into ancestry, or being there to support others may take precious time, yet promises to deliver just rewards down the line if not immediately. Celestial oppositions with Pluto and the Sun on the 3rd and 16th, respectively, point to a need to reach for balance, possibly by letting go of unmanageable obligations.



Taurus

There's a shift of gear early in the new year with Venus moving into Pisces, which emphasises your need for space. It may be a reaction to the social side and duty focuses of the festive season, or perhaps you just need to recharge your batteries! There could also be a chance to get closer to someone in a way you don't usually have time for. Venus squaring up with Jupiter urges mid-month adjustments and not asking too much of yourself. Good communication channels should help from around the 19th.



Gemini

Once Mercury leaves Sagittarius on Jan 8th it's likely life takes on a serious, more sober note. This isn't necessarily a bad thing; more likely you're ready to get to work on something, but with perhaps operating from pared down energy or initially shaky foundations. What likely helps is starting with a small step, monitoring results, and letting progress build gradually from there. Mercury's great connections on the 19th & 26th involve Venus, Saturn & Neptune, bringing support, inspiration & steady wins. Don't be put off by any opposition in between!



Libra

Prepare for a different chapter opening as Venus heads into fluid, watery Pisces on January 3rd, offering more opportunities to do your own thing. Libra can be a great leader, so long as there are people who wish to be led – so finding your new flock may be the main challenge! They could well be in a quieter location, or one focussed especially on healing or rehabilitation. Be ready to adapt a plan to sidestep over-extension around the 14th when Jupiter may tempt you or someone else to push boundaries.



Scorpio

With Pluto now taking full flight in the air sign of Aquarius, there is the potential for a greater sense of freedom, with new channels opening up. Some may be unconventional but appeal to you for that very reason. You may eventually have to operate by various rules or terms, but they will likely operate to protect everyone, and require a fairly equal involvement. Mars opposing Pluto on the 3rd suggests a need to actively shift some energy, possibly with a physical clear out or airing of views and feelings.



Sagittarius

With Jupiter still retrograde all month, you have just four more weeks to tie up loose ends and end up set upon a better course because of it. Whatever you are preparing for, or recovering from, things should start to look rosier from quite early February. So be ready to do the leg work this month, or have the rest you need, before flying into fuller action in the coming weeks. A tendency to want to please others may backfire in mid-month. But blessings abide all round on the 30th.



Cancer

Mars tangos tentatively back into Cancer from its livelier position in Leo in January's first week, marking a sea change. You may feel you're being drawn into the distant past, but most likely in good ways. Nostalgia isn't so much about living in the past, or feeling melancholy but more to do with understanding the rich path you have trodden. Much may have changed, but resonances have stayed with you. You may soon be able to build on some of those old foundations, especially where someone else holds common threads.



Leo

As Mars moves out of Leo around January 6th you may experience courage or enthusiasm ebbing away over an issue you were previously fired up about. But there will be good reasons for any soggy fireworks! And it may be important to just let a situation flow in a natural way for a while. The Sun well linked with Saturn and Jupiter on the 4th/30th but less so with Mars on the 16th suggests focussing on long range goals and pictures, rather than acting rashly. Aim to keep your patience!



Virgo

January 8th marks a sea change as Mercury enters earthy Capricorn, with whom Virgo does share that common, elemental base. This puts you more in tune with the changing tides, especially in the sense of beginning to feel more grounded. When swimming for a long time, muscles and bones can ache; whether literally or metaphorically, you may need to find good ways to warm up and thaw out, to rejuvenate and feel fully connected again! You're likely to receive a leg up or other help from around the third week.



Capricorn

Saturn's speed increases with the planet firmly in forward motion around the middle degrees of Pisces, which means you are back in the flow with something – or will be soon. Plans made a while ago can now start to take proper shape, which should be reassuring. Saturn links well with the Sun on January 4th and with Mercury and Venus on the 19th, suggesting that help is at hand through conversations and meetings. It seems your good follow up and steady persistence is paying off. Pat yourself on the back!



Aquarius

Uranus is one of a small handful of planets starting the year in a retrograde path, so they appear to be moving backwards through the zodiac. This symbolises revisiting old territory, quite possibly to put something right. But it could also relate to understanding where you no longer need to place further energy. Uranus linked with the Sun, Mars and Venus from mid to late January could mean a change of direction with family connections, or even a home relocation. Things generally look somewhat easier, including in your social world.



Pisces

Pisces can be a complex sign, needing plenty of personal space alongside a sense of connection with others. You may have the best of both worlds once Neptune passes a rocky passage with changeable Mercury on January 6th and links with action planet Mars in familial Cancer on the 12th. Maybe someone gentle and caring takes you under their wing, helping to lead you along a smoother path. Creative energy is on the up mid-month and communications ease around the 26th. So don't be put off by any early setbacks.



Discover Your Future, Release Your Past

Insightful Readings with Sincere Psychics and Mediums

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

Do you need answers to life's burning questions? Do you need to know where your relationship is going? Do you seek to communicate with a loved one in Spirit?



CARD PAYMENT
0800 915 2347

**£32.95 for
20 minutes**



PRE-PAY MINUTES

**psychiclight.com/
pre-pay-minutes/**

Offers Best Value

20 minutes costs only £30
10% free minutes available
Top up & call 24/7



PAY BY PHONE BILL
0906 111 0901

**£1.50 per
minute**

One to one readings with sensitive, highly gifted mediums and psychics

For Love & Relationships call

0906 111 0902

£1.50 per minute

For Amazing Mediums call

0906 111 0903

£1.50 per minute

Psychic Email Readings

psychiclight.com/email-readings/

Ask 3 specific questions. £39.95
Detailed written answer within 72 hours.

Relationships Business Couples Bereavement Family Sexuality Wellbeing Divorce

www.psychiclight.com