

FREE SPIRIT

January 2026



FEATURES

**Resolutions, Career Decisions,
Breaking Karmic Patterns**

PLUS

**January Horoscopes
& Reader Profiles**

Kate Hudson

**Steeped in Heart, Harmony and a
Touch of Magic this New Year**

discover your future, release your past

Editor's letter

Happy New Year to all of our wonderful clients and readers! Thank you for beginning 2026 with us. Here's to a year of growth, insight, and spiritual connection. As we step into a brand-new year, we're embracing possibility, renewal, and a deeper connection to the energies that guide us.

Our cover star, Kate Hudson, embodies this beautifully with her uplifting blend of intuition, creativity, and joyful living—an inspiring beginning to the year ahead.

We explore some extraordinary astrological movements taking place this month, including rare cosmic alignments that offer opportunities for clarity and transformation. You'll also find insightful guidance on navigating career decisions with psychic support, perfect for anyone feeling the pull toward change or new beginnings.

Our features on breaking karmic patterns and soul-aligned resolutions invite you to release what no longer serves you and set intentions that truly resonate with your spiritual path.

Don't miss our reader profiles on Pauline and Sandra, whose wisdom shines through their work, as well as our in-depth January horoscopes to help you move through the month with confidence.

Whether you're seeking inspiration, encouragement, or deeper understanding, we hope Free Spirit magazine supports your journey.

Charlotte

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Reader Profile



Pauline
PIN: 3798

*Compassionate
Guidance from an
Experienced Reader*

Are you feeling confused, uncertain about the future, or simply in need of *gentle guidance*? Pauline is here to support you. With over **two decades of professional experience**, she offers **compassionate and insightful readings** that inspire clarity and hope.

A Psychic Gift That Runs in the Family

Pauline's psychic abilities run in the family. With gifted relatives on both sides, including a great aunt who was also a medium, her path into spiritual work felt natural. From a young age, Pauline experienced **déjà vu** and **synchronicities**, often sensing the thoughts and emotions of others. Over time, her skills developed through study and practice, encouraged by her grandmother and strengthened through a shared passion for Tarot with a like-minded friend.

How Pauline Connects with Spirit

Today, Pauline is a **natural clairvoyant** who works closely with her **Spirit Guides**. She draws on **Tarot and Angel cards** to explore the bigger picture, often giving clients an idea of timings. For direct answers, she may turn to the **Pendulum**, offering simple yes or no clarity when it is needed most. While she does not describe herself as a medium, there are times when *messages from the other side* come through unexpectedly, offering comfort to those seeking reassurance.

Qualifications That Support Her Practice

In addition to her psychic gifts, Pauline is a **qualified Reiki Master** and has studied Counselling with the British School of Yoga. This combination allows her to bring both spiritual and emotional support to her readings, always with a **non-judgemental and empathetic approach**. Her clients often find that her **relationship readings** are particularly insightful, though she is equally at home offering general guidance.

A Life Shaped by Spiritual Experiences

Pauline's work is not only a profession but a calling. She recalls **powerful moments of spiritual protection** in her own life, such as the mysterious monk who once appeared to warn her of danger on a country road — a presence she still feels in her work today. Experiences like these have deepened her faith in the unseen world and strengthened her connection with her Guides.

The Woman Behind the Readings

Away from her readings, Pauline is married, with a grown-up family, including two grandchildren. As a Scorpio and a water sign, her **intuitive nature** runs deep. She is also an animal lover, with a cat and rabbit at home, and she sponsors a donkey at a sanctuary in Devon.

With warmth, wisdom, and sincere care, Pauline looks forward to guiding you. When you are ready, why not give her a call and discover the clarity she can bring?

Rare Astrological Events this January 2026

There can be an anti-climatic feeling to January, the twinkly lights have been placed in attic storage once more, and the sequinned outfits are no longer feeling like the first choice. But January 2026 actually has a number of both rare and powerful celestial events taking place. So, if intention setting is on your mind, or you are in need of some spiritual rejuvenation, then it is worth you knowing what is happening and when.

Double Surge of Light: A Full Moon & Perihelion (3rd January)

The first Full Moon of the year takes place on Saturday the 3rd of January, which coincides with Earth reaching Perihelion. Essentially, this means its annual closest point to the sun. This lunar illumination can create a brightening effect on your emotions and life.

Take advantage of this heightened solar energy:

- Carry out a cleansing ritual in your home.
- Actively release thoughts, feelings, fears and patterns from 2025 that are no longer serving you.
- Set your intentions for 2026 and really mean them!

Sparks of Insight: Quadrantid Meteor Shower (3rd-4th January)

As the Full Moon closes out, the Quadrantid Meteor Shower peaks! Often meteors are difficult to see, moonlight and weather can wash them out. But Quadrantids are known for being bold and beautiful — like fireballs in the sky. Meteors are very symbolic, you might find yourself coming to realisations, you might make a swift change and cosmic messages may seem to be coming at you from all angles.

How to harness the Quadrantid liveliness?

Go outside during the meteor shower, look skyward and make a wish — take a moment to wonder at the cosmos.

Expansion and Vision: Jupiter at Opposition (10th January)

Jupiter reaches opposition and shines the brightest and largest for the year, you might notice that your emotions change from reflection to outward growth. Jupiter reigns over long-term vision, expansion and wisdom.

Ways to utilise Jupiter's vision...

- Now is the time to dream big.
- Its time to take your idea to a planning stage.
- Seek guidance from experts and those that can help you on your journey.
- Lean into your intuition — you will find your gifts are enhanced in this period.

Five Planet Power: Panchgrahi Yoga in Capricorn (13th-18th January)

You have to wait until mid-January for the most significant astrological event. When a 5-planet conjunction in Capricorn takes place. The Panchgrahi Yoga name comes from Vedic Astrology and is linked to discipline, transformation and being grounded.

Step into 2026 with the help of Capricorn's vitality:

- Set goals — but make them realistic.
- Build new habits, that will take you, like stepping-stones towards your goals.
- Work on your emotional boundaries.
- Bring in spiritual practises to your everyday life.
- The mantras of Capricorn to live by are to be practical and yet determined!



Navigating Career Decisions with Psychic Guidance in 2026



January is one of the most popular times for people to rethink their careers. With the fresh energy of a new year—and the motivation that comes from setting resolutions or wanting a clean slate—many begin reassessing their job satisfaction, future goals, and overall direction. It's a time when the desire for change feels stronger, yet the pressure to make the "right" move can be especially intense. Whether you are contemplating a promotion, or considering a complete career shift, this season of renewal often brings big questions to the surface—making it the perfect moment to seek clarity and explore guidance from different perspectives.

Making career decisions—whether it's choosing a new job, pursuing a promotion, or considering a complete career change—can feel overwhelming. The pressure to get it "right" combined with uncertainty about the future often leaves us second-guessing ourselves. While practical research, advice from mentors, and careful planning are all important, sometimes it is useful to look beyond the obvious and gain insight from a different perspective.

Psychic readings can offer that fresh perspective on your career, letting you uncover hidden influences, clarify your priorities, and connect more deeply with your own intuition. By combining this insight with practical reasoning and reflection, you can approach your career with greater confidence, clarity, and a sense of purpose.

How Psychics Can Assist, As You Find Clarity Over Your Career

Navigating career choices can feel complex, particularly when you're juggling different opportunities, responsibilities, and unknowns. Psychics can offer a new insight, letting you see factors that may not be immediately obvious and gain clarity on the best path forward.

A reading can uncover underlying factors—like past experiences, recurring patterns, or personal fears—that might be shaping your decisions. It can also let you evaluate your priorities, recognise your strengths, and identify passions that guide you toward a career path aligned with your long-term goals.

By exploring your career options through a psychic reading, you can:

- Uncover hidden opportunities: Identify paths or options you may not have considered.
- Clarify priorities: Understand what really matters to you in your work, from growth and fulfilment to balance and stability.
- Build confidence in your choices: Reduce uncertainty and gain reassurance when facing a big decision.
- Align with your purpose: Connect your career decisions with your broader life goals and personal values.

When combined with practical planning and reflection, psychic guidance can transform overwhelming choices into clear, actionable steps, making it easier to move forward with confidence and purpose.

Common Career Decisions People Seek Guidance On

Many people turn to psychic insight when navigating pivotal moments in their careers, especially during times of uncertainty or when facing major choices that could shape their professional future. A reading can provide perspective, letting you explore options, weigh potential outcomes, and understand the factors influencing your decisions. Some of the most common career-related topics people seek guidance on include:

- Considering a job change or promotion: Weighing the pros and cons of leaving your current role or stepping up to new responsibilities.
- Exploring a career shift or new venture: Determining if it's the right time to pursue a different field, start a business, or take on a freelance path.
- Furthering education or professional development: Deciding whether additional training, certifications, or courses align with your long-term goals.
- Clarifying your purpose and long-term direction: Understanding which roles, opportunities, or projects best match your strengths, values, and passions.



Practical Steps Following Your Psychic Reading

A psychic reading can provide valuable insight, but its real benefit comes from putting that guidance into action. After a session, take time to reflect on the insights you received and consider which points resonate most with your current career situation. Align these observations with your personal values, strengths, and long-term goals to ensure your choices feel meaningful as well as practical.

From there, plan actionable steps, whether updating your CV, exploring new opportunities, or building new skills, and have faith in your intuition to guide your final decisions. Remember that career paths can change, so

revisit your plans, adapt when needed, and continue reflecting on new insights or opportunities as they arise.

Have Faith In Your Own Intuition When Making Decisions

While external guidance can offer valuable insights, your own intuition remains a crucial compass when making decisions that really resonate. Psychic readings can let you tune into this inner wisdom, giving you a clearer sense of which paths feel right for your professional journey.

Intuition often picks up subtle cues about opportunities, challenges, and personal strengths that might not be immediately obvious. A psychic can support you, as you recognise and interpret these signals, guiding choices that align with your values, talents, and long-term goals.

By combining external guidance with self-reflection, you create a more balanced and holistic approach to decision-making—one that empowers you to move forward with confidence and clarity.

Using Psychic Insight to Navigate Career Challenges

Career paths are rarely straightforward. Unexpected obstacles, tough decisions, challenging workplace dynamics—including situations and competing priorities can make even confident professionals feel uncertain. Psychic insight can aid you in navigating these challenges by offering a fresh perspective and highlighting options you might not have considered.

Insight alone isn't enough to create change—it's what you do with that understanding that really shapes your career path. Psychic readings provide clarity and perspective, but the power ultimately lies in combining this insight with reflection, planning, and decisive action.

Explore Psychic Guidance with Psychic Light

Psychic readings can be a powerful way to gain clarity, connect with your intuition, and move forward with confidence. Whether you're seeking answers about love, career, family, or personal growth, Psychic Light offers a wide range of reading styles and gifted readers to illuminate your path.



Kate Hudson Returns in *Song Sung Blue* A Film Steeped in Heart, Harmony and a Touch of Magic.

Kate Hudson is no stranger to roles that blend emotion, music and a hint of mystique, but her latest project, *Song Sung Blue*, feels like the culmination of everything she does best. Set for UK release on the 1st January 26, the film is already generating quiet but genuine excitement—not for shock value or blockbuster spectacle, but for its soulful storytelling and warm, human energy.

A Story About Finding Your Voice – In Every Sense

Song Sung Blue follows Iris Malone (Kate Hudson – our cover star), a former touring singer who stepped away from the spotlight years earlier after personal heartbreak. Now living a quieter life by the sea, she spends her days teaching music therapy and avoiding the stage she once adored. Everything changes when she meets Leo, a young songwriter struggling with creative block and a growing fear that he's "lost his spark" for good. Their unlikely connection becomes the spark that draws Iris back to her own forgotten dreams.

The film weaves themes of intuition, self-healing and rediscovering purpose. Without ever turning overtly "magical," the story hints at the way certain people cross our paths at exactly the right moment. For those who enjoy films that feel like gentle, meaningful signs, this one fits the bill.

A Cast That Feels Like a Real Ensemble

Alongside Hudson is rising British talent Rowan Kelly as Leo, whose quiet sincerity balances her luminous presence beautifully. Veteran actor David Morrissey appears as Iris's former manager—a man who knows more about her past than she'd care to admit—and brings a grounded, emotionally nuanced performance. The chemistry between the cast gives the film a lived-in authenticity, as though these characters have been wandering the world long before the camera found them.

Hudson herself has described (in promotional interviews) the experience of returning to a musically driven role as "coming home," noting how much she values projects that let her combine acting with emotional storytelling. Her performance here is warm, understated and deeply human.

Behind the Scenes: Music That Moves the Story

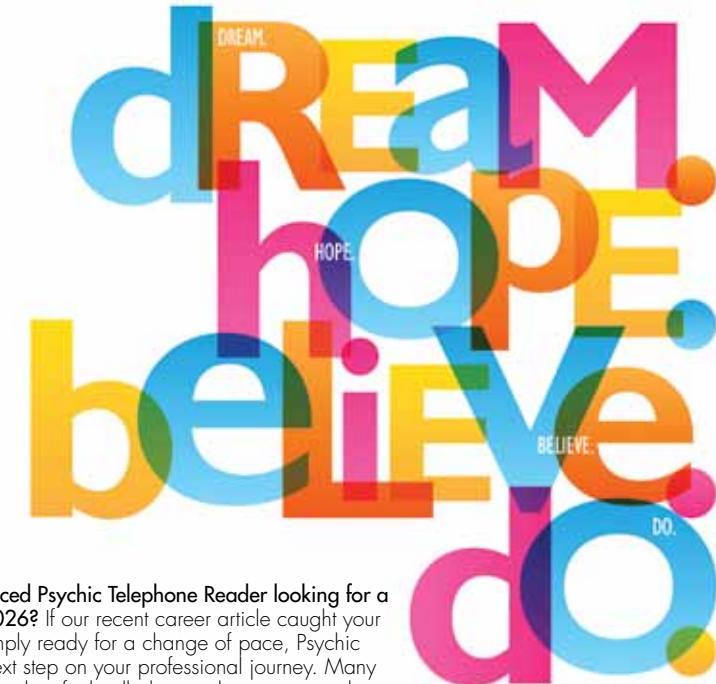
One of the production's most talked-about elements is its original soundtrack. Rather than leaning on existing chart hits, the filmmakers collaborated with independent musicians to build a soundscape that feels handcrafted and heartfelt. Several of the songs were recorded live on set to capture raw, imperfect emotion—a choice that adds texture and honesty to key moments.

Should You See It?

If you prefer films that nourish rather than overwhelm, stories with soul rather than spectacle, *Song Sung Blue* is worth marking on the calendar. It's a warm, uplifting reminder that creativity, connection and second chances can find us at any age—and sometimes, when we least expect it. www.focusfeatures.com/song-sung-blue



Movie image courtesy of: Universal Pictures



Are you an experienced Psychic Telephone Reader looking for a new direction in 2026? If our recent career article caught your eye, or if you're simply ready for a change of pace, Psychic Light may be the next step on your professional journey. Many readers join us when they feel called towards a company that values quality, compassion and authenticity — a place where your natural abilities can really flourish.

At Psychic Light, we are always seeking gifted Psychics and Mediums who bring warmth, clarity and integrity to their readings. Our clients come from all walks of life, and they rely on us for guidance during emotional, exciting and sometimes challenging moments. A calm, friendly manner and a natural ability to tune in intuitively are essential, as is the skill to offer clients empathy and kindness.

Experience

To work with us, you will need experience of delivering telephone readings. All of our readers are self-employed and work remotely, allowing for flexibility and independence. Many of our team work from home within the UK, but it's also possible to read with us from overseas. Ideally, you will have a dedicated phone or VOIP line; access to the internet/device is also helpful.

Shift Patterns

We operate a 24-hour shift system, offering hours to suit a variety of lifestyles. Readers are paid on a per-minute basis and take calls on both our Premium Rate lines (up to 30 minutes per reading) and our Credit Card lines (up to 90 minutes).

Contact Us

If you feel drawn to joining the Psychic Light team, we would love to hear from you.

Visit our Contact Us page and select **"Work for Psychic Light"** from the dropdown menu. Please tell us about the types of readings you offer, your experience with telephone work, any companies you have read for previously and the hours you are available. www.psychiclight.com/contact-us/

Marketing

Our readers benefit from strong marketing support across multiple platforms, including our websites, social media channels and printed & electronic client newsletters. To help introduce you to clients, we ask for a photo and written profile/s outlining your style and specialities.

Test Readings

Once we receive your information, Matt or Maureen will be in touch to arrange a test reading. This is your opportunity to shine — and potentially begin a rewarding new chapter with Psychic Light!

BREAKING KARMIC PATTERNS

Spiritually, we often talk about karmic patterns, but more simply these are patterns of behaviour, emotional habits etc that we often repeat, even if they don't get us the outcomes that we want in life.

Karmic patterns come about from many things, how we grew up, things we learned in childhood, inherited traits, coping methods we've adopted, spiritual beliefs as well as ancestry and previous incarnations.

What might Karmic Patterns look like for you?

- Maybe you keep attracting the same type of romantic partner, and they don't treat you the way you deserve to be treated.
- Do you have the same argument over and over with a family member?
- Do you get in the way of your own success – self-sabotaging.
- Perhaps you are drawn to situations that drain you and bring very little reward.
- Do you often find yourself reacting in a big way emotionally, perhaps out of step with what the situation warrants?

Make 2026 Energetically Different

2026 is shaping up to have both a grounding element, but also a forward motion energy with a strong call to realignment. Now is the perfect time to address old patterns, that you have been tiptoeing around. It's really time to get to the root causes.

- Rewrite your 'internal narrative', learn to talk to yourself, more like you would to a friend, with kindness and compassion.
- Audit all of your relationships, and put in place healthy boundaries where necessary.
- When making decisions, don't allow guilt and obligation to be part of the equation.
- Make choices about your life based on your own self-worth and what you deserve, not based on fears.



Small Steps to Breaking Patterns

- Be more mindful, and notice themes that repeat.
- Before you react to a situation or person, try pausing. Even a few seconds – can change the dynamic.
- When you need to interrupt an old pattern of behaviour – just try one new action.
- Seek help – speak to a friend, a psychic reader or healer – often they can offer insights you cannot see for yourself.
- Finally, find outlets to release your emotions, you could try journaling or meditation or anything else that works for you.

Just remember, that breaking patterns is a journey, let this be the start of awareness – we are not looking for perfection. Just a future that you choose rather than repeat into.

Reader Profile



Sandra
PIN: 2662

*A natural Psychic,
Clairvoyant
& Medium*

Sandra is a natural Psychic, Clairvoyant and Medium, gifted from childhood and long aware of her ability to **see Spirit** and sense events before they occurred. From the age of nine, she experienced Spirits appearing in front of her and received **premonitions**, a transition she later understood after a reassuring encounter with a family friend on her deathbed. Since then, Sandra has embraced her abilities wholeheartedly, recognising that "the inner light is already within every one of us."

A Life Guided by Spirit

Sandra connects with Spirit through **thoughts, feelings and visions**, and during readings she works with a client's **voice vibrations**, which strengthen the link to Spirit and bring clarity to many situations. Having encountered numerous spiritual occurrences throughout her own life, she understands the value of guidance when decisions must be made or when unexpected events disrupt a person's path.

Her reading style is **direct and precise**, relaying messages exactly as they are given. She firmly believes that the more specific the question, the more direct the answer can be. With over **thirty years of experience**, her callers rely on her honest approach and her ability to offer meaningful spiritual counsel when it is needed most.

A Global Career in the Media

Sandra's work has taken her around the world. Her media career has seen her appear on well-known TV shows such as **America's Got Talent**, **The Jonathan Ross Show** and **Loose Lips**, as well as taking part in a memorable **Andrex advertising campaign**. She has also written for newspapers, including *The Sun*, and contributed to numerous magazines on subjects ranging from ghosts to psychic development. In addition, Sandra has hosted her own shows on two radio stations, sharing her experiences and insights with a wide audience. These opportunities have allowed her to meet like-minded individuals across the globe, each encounter adding to her rich and varied journey.

Guidance with Heart and Purpose

Above all, Sandra's passion lies in **offering guidance and passing on messages from Spirit**, especially during times of emotional difficulty. She believes that our loved ones who have passed "are never far away from us" and will always send signs, whether through flickering lights, electrical disturbances or a simple white feather at our feet.

Sandra feels blessed to share her gifts with those who seek clarity, comfort and direction. Her mission is simple: to support others on their path and let them emerge stronger, happier and more aligned with the life meant for them.



Resolutions Designed for your Soul and Spiritual Path

January 1st, always brings with it – talk of New Year Resolutions. We tend to fall in one camp or another – those that just want to ignore the concept altogether, or those that start off with good intentions and quickly fall off the wagon. The problem with many resolutions or goals is that they are so big and insurmountable, like losing weight, giving up smoking, getting fitter, reducing alcohol consumption, working less, taking up a hobby et al. Rarely do we break things down into manageable chunks with realistic steps and more importantly realistic time periods/level of effort it might take to achieve such change.

So, maybe 2026 is a year for a more soul-aligned approach. Instead of trotting out the same old goals, or being influenced by what others are doing, we take off the pressure and ask ourselves, beyond 'surface-level', in order to be happy, healthy have purpose and achieve spiritual growth in 2026 what do we need to do?

Connect to your Intuition

What is your inner-guidance trying to tell you? When you tune into your intuition, ask yourself these questions:

- What sort of people and energy do I want to invite into my life in 2026?
- What habits align with my life path and purpose?

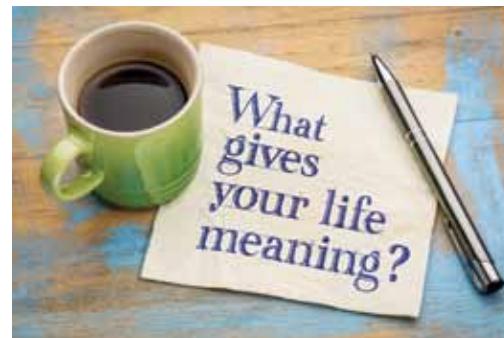
If you feel a little stuck here, it might be worth journalling your thoughts, practising meditation or even a single Tarot card reading could unravel what you need for hope and renewal in the new year.

Less is More

Quite often we dive into a new year, wanting to change so many things about ourselves: our work, our relationships, our hobbies – and it is just too overwhelming. No one can sustain so much change in so many areas.

Try to pick just a couple of resolutions, that will be really meaningful for you and really will make a difference to your overall life.

- Perhaps in the past, your goal has been "exercise more". Instead of that vague promise, try something more like "I will find ways on a daily basis to move my body, in a way that feels joyful, brings healthful benefits and feels restorative".
- Maybe your goal has been to start dating again, and to fall in love, and you are trying to psyche yourself up to try the 'dating-apps' or 'to put yourself out there'. Instead of the focus being on romance, love and it feeling like a numbers game. Try to think of it more like "I will say yes more to opportunities that come my way, you never know when I might meet like-minded people".



"I will spend time cultivating meaningful connections that feel authentic, without an end-goal in mind".

Spiritual Rituals

In the past, you may well have got excited about a certain goal and gone out and bought lots of 'kit' to get your started. Whether that was non-alcoholic drinks, diet food, exercise equipment etc. Well, this year – instead of 'things', why not invest in spiritual rituals that can support your efforts and practical steps on your journey.

- Social sites like Pinterest can be a great way to collate a sort of 'mood-board' for your vision. It might contain inspiration in the form of images, words, symbols and mantras that reflect your intentions.
- Perhaps you really like astrology, or moon cycles and you may find aligning your processes helps your efforts. Follow along with our horoscopes, that often give tips on whether it is a great or sticky time for you. Enhance the energy of the New Moons – which are great for planting intentions. Utilise the Full Moons as a way of releasing things you have tried and are no longer working or no longer serve you well. We have a whole lunar cycle series on the blog – see New Moon below:

www.psychiclight.com/horoscopes/
www.psychiclight.com/lunar-cycles-new-moon/

- If you are finding that your physical space, is impacting your mindset. You may benefit from some decluttering and cleansing.

Numerology

If you know that resolutions have always been a struggle for you, and you feel like you need something extra to actually get you to achieve them in 2026. Then why not harness the power of Numerology?

2026, reduces to 10 – then to 1. Number one in numerology symbolises new beginnings, but also independence and leadership. It encourages you to take action and to act on your own initiative.

Take time to reflect on your past, have there been patterns that you are guilty of repeating, that really doesn't help you or your situation? If so, it's time to let them go! You really need to choose goals that resonate deeply with you.

Practical Ways to Harness Numerology

- Be clear about your intentions. Only choose things that really align with your heart's desire.
- Write down no more than 2-3 meaningful goals.
- Utilise numerology rituals to provide clarity & focus. See opposite for some examples.
- Set a time-frame to reflect on your progress, this might be weekly or monthly. Track your progress and adjust accordingly. Don't give up, energy shifts take time to happen and more than one approach or attempt might be needed.

Fresh Starts Ritual

Use the power of number **1** (new beginnings).

- On the 1st or 11th January or any subsequent month.
- Write one specific intention.
- Then, re-write your goal 11 times.
- Say your goal one time, out loud.

*It helps, because repetition reinforces your commitment.



Prosperity Ritual

Number **8** is associated with prosperity in numerology.

- For eight days, write down one small action that you can take that will improve your financial situation.
- Then, ensure that you carry out that action – even if it is really small.
- On day 8, review the 8 different actions that you have created and started and build them into a monthly plan.

*Momentum is a fantastic thing, this exercise really shows you how small things can lead to big changes.

Letting Go Ritual

Number **9** is associated with 'completion'.

- Write down 9 things from 2025 and earlier, that you are ready to let go of. These might be habits, fears, or patterns of behaviour.
- Once complete, read the list through to yourself. Then get rid of it – you could burn it (safely) – very symbolic, but shredding it would work too.
- Now write another list, that provide 9 positive replacements (affirmations for what you wrote).

*Bringing closure, psychologically can be incredibly freeing – leaving you more mental head-space to move forward.

www.psychiclight.com/category/numerology/

Celebrate your Journey

Remember that no matter where 2026 takes you, the journey is where the magic happens! Resolutions are not supposed to be self-criticisms. Trust the rhythm of the year and your life, try not to take any set-backs personally, and celebrate all victories no matter how big or small.

Everyone at Psychic Light wishes you a fantastically soul-aligned New year 2026!

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