

FREE SPIRIT

July 2024

FEATURES

Chakras, Spirit Animals,
and Zodiac Travelling Traits

PLUS

July Horoscopes
& Reader Profiles

Christina Ricci

Stars in her very own
deck of Tarot Cards

discover your future, release your past

Editor's letter

Many people will be jetting off on holiday, or at least getting ready during July. For some fun, why not explore our article on zodiac signs' travelling traits? Let us know if this resonates with you!

Continuing our Tarot series, this month we delve into the Minor Arcana - Swords, covering cards 8 through to King. If Tarot intrigues you, don't miss our celebrity focus this month - flip to page 7 to discover all about the Tarot card set developed by Christina Ricci called "Cat Full of Spiders"!

We catch up with long-standing readers Bryony and Mary while Vanessa shares insights on Chakras. Stay tuned for part two in this mini-series next month.

If you have a spirit animal, you'll enjoy our article on mammals in our Signs & Symbols series where we explore everything from Bats to Wolves.

Of course, you know you can find this month's horoscopes on pages 14 & 15. Do the stars hold something good for you?

Wishing you a fantastic start to your summer and hoping the sun shines wherever you are!

Charlotte

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Adele
PIN: 3622

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.



Fran
PIN: 1133

Fran is a psychic medium with 17 years of experience; she hears and feels Spirit; and has done so from a young age. She meditates before readings, allowing her guides to draw close; to inspire her with messages and words of wisdom for those that seek answers.



Jancey
PIN: 3032

Jancey is a hereditary psychic clairvoyant with Romany bloodlines who has been reading Tarot for over sixty years. Jancey learned the art of reading tea leaves and palm reading from her grandmother. Jancey offers upbeat psychic readings with straightforward answers.



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.



Raymond
PIN: 3113

Raymond uses and shares his knowledge to empower others; and to prove to them that obstacles; can be overcome. He believes spirituality is very much about the Mind, Body and Spirit and that what affects one; will affect the other.



Sandra
PIN: 2662

Sandra has over 29 years of experience in spiritual work; her gift has taken her all over the world. She gets messages from Spirit through thoughts, feelings and visions; she works on your voice vibration, which assists with the connection and answers.

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.

An Introduction to Chakras

Written by Vanessa, PIN: 3900



Welcome to the first in a two-part series that delves into the mystical world of Chakras. We find many people tend to be familiar with the term "chakra," but aren't sure precisely what they are, and what functions they serve.

In this initial article, we will be exploring the seven major energy centres, offering a comprehensive introduction to their roles in shaping our physical, emotional, and spiritual landscapes. In our next instalment, we will venture further into the realm of spiritual insights as we explore how psychic readings can be a valuable tool in supporting you on your journey to balance and align your chakras.

This series serves as a gateway to understanding the profound influence of chakras on our lives. As we unravel the intricacies of each energy centre, we lay the foundation for a more balanced and harmonious existence.

A Brief History of Chakras

For around 3000 years, sages, mystics and philosophers have sought to describe the subtle energies in our environment and within our physical bodies in various ways. They noticed that wherever dynamic energies meet in nature they form a spinning circular pattern, or vortex. Vedic seers in India perceived similar energy patterns in the human body and gave them the name CHAKRA, which means "wheel". Where energy flows came together on the midline of the body to the front of the spinal column, these seers noticed seven major chakras that seemed to mirror the health and spiritual well-being of the person. These seven chakras were gateways that when cleansed and activated allowed the individual to experience optimum levels of awareness and physical well-being.

The use of sound, visualisation, meditation, and exercise to activate and balance the chakras became an important part of spiritual practice, particularly in the Himalayan regions of India, Nepal and Tibet.

Chakras Today

We now refer to chakras mostly in terms of healing and balancing ourselves to optimise the human experience. Although chakras are completely non-physical, each major chakra is located near to an important structure in the physical body. These physical structures may be assisted in functioning to their best level by optimising the flow of energy through them. This is where cleansing, balancing, and activating the chakras through psychic readings and other spiritual practices can let you feel the difference in your physical well-being and clarity of thought. The release of energetic debris, or "spent fuel", allows your body to work in harmony and at its best.

A Brief Guide to the 7 Major Chakras

Everyone possesses seven primary chakras. These energy centres exist in a straight line down your body starting at your head down to the base of the trunk.



Crown Chakra
Spirituality

Crown Chakra

At the crown of the head, coloured violet or pure white, the crown chakra allows us to be fully connected to our spirituality. Allowing a connection to higher consciousness it brings light into the whole chakra system.



Third Eye
Awareness

Brow, or Third-Eye Chakra

The brow (third eye) chakra is located in the forehead, between the eyes, and is often seen as royal blue or dark purple in colour. It is within this energy centre that we connect to our intuition and receive and process information and spiritual vision from the crown chakra.



Throat Chakra
Communication

Throat Chakra

Sky blue in colour, the throat chakra literally gives a voice to the heart chakra and allows us to express ourselves openly and honestly. It is responsible for allowing us to speak our reality.



Heart Chakra
Love, Healing

Heart Chakra

The heart chakra is located just above the physical heart and acts as a bridge between the lower chakras that are associated with material issues, and the upper chakras which are associated with spirituality. It controls love and joy and the ability to show deep compassion to ourselves and others. It has the colour green associated with it.



Solar Plexus
Personal Power

Solar Plexus Chakra

Just above the belly button, this chakra has the colour yellow and when in balance you feel confident and have a sense of purpose in life. If you feel "butterflies" in your tummy, that's the solar plexus at work!



Sacral Chakra
Sensuality, Creativity

Sacral Chakra

Between your belly button and the base of the spine, the sacral chakra is seen as the colour orange, and it is the focus of our experience of pleasure. Sexuality and creativity, and emotional independence are governed by this chakra.



Root Chakra
Basic Instinct

Base (or Root) Chakra

The first chakra is located at the base of the spine and is the foundation upon which the whole chakra system relies. It has the colour red, and provides a down-to-earth energy, the basic survival instinct, and the ability to manifest the dreams and ideas that come from the higher chakras.

Chakra Psychic Readings at Psychic Light

In the next instalment of our focus on chakras, we will delve deeper into the realm of intuitive insights and the way psychic practices can support the balancing of our chakras.

If you are eager to find out more about chakras and the impact they have on us, it may be useful to speak to one of our talented psychics for their spiritual input:

Jancey, PIN: 3032

Her grandmother, and grandmother's great aunt inspired Jancey's interest in all things spiritual, leading her to study tea leaf reading, palm reading and also become a Reiki Master. Jancey believes that Reiki is an excellent way of directing your energy into a more positive state, balancing your Chakra's as you meditate. She now uses all of these gifts to assist her clients to the very best of her ability.



Raymond, PIN: 3113

Before Raymond conducts any mediumship or psychic readings, he prays, burns incense, opens his chakras and meditates. For Raymond, this methodology not only relaxes him but also opens his mind to Spirit and allows communications to take place. He looks forward to working with you; to guide you on your journey.



Reader Profile

Bryony
PIN: 2727



Bryony is an incredibly insightful reader, who has been intuitive all of her life. She has never been trained or taught her skills; they are a natural intellectual gift. Bryony has a real connection to her spirit guides. She has invaluable years of experience as a professional medium focussing on many of life's key areas.

Favourite topics for Bryony are emotional journey's, major life decisions and in supporting folks to find a path through relationship difficulties. She tunes in to your earth energy and with her guides can bring balance to your life, along with real peace and joy.

A very spiritual reader, Bryony works with her guide to tune into your energies and auras to assist you in your journey. She will look at your relationship and see why you are not connecting. Bryony can look at someone you want to be close to and see if there is a reason they are not coming forward. If you feel as if your career has stalled, she will show you what blocks are in your path. Or maybe you just feel like you are not moving forward in life but can't see why; Bryony will show you likely outcomes for changes you make from her vision and wisdom.

For over 30+ years, Bryony was a trouble-shooter in business and the corporate world, so she is well placed to give spiritual counsel in this area. If she sees your life pathway is blocked, she will tune into the environment of what is going on around you and show you the way forward.

As a psychic medium, Bryony is always honest about what she sees; she is a very creative and caring person who has a great empathy towards people and animals. She believes in everything natural and holistic and can't resist beagle dogs with their cute pendant ears and cheeky personalities. Bryony's philosophy is that love is all around - you just have to embrace it!

Testimonial:

Just had a reading with Bryony concerning a personal issue and she was fantastic. She tuned in quickly and gave so much detail that let me see I have made the right decision. I cannot wait to speak with her again - I will now be a regular customer. Thank you.
Ally, UK



Christina's Cat Cards

You would be forgiven for thinking that 'Cat Full of Spiders' is perhaps the title of an upcoming film. However, it is, in fact, the name of a custom tarot deck designed by TV and film star Christina Ricci.

This has been a passion project for Ricci, and she has worked alongside her husband, Mark Hampton, and Felipe Flores, a Long Beach-based cartoonist. Ricci said the deck 'came straight from the subconscious and a lifetime of fantasy.' She also had the help of Minerva Siegel, in the form of co-author for the 128-page guidebook that accompanies the set, explaining each cards meaning. Siegel is described as a 'writer, sensitivity reader, tarot consultant, and long-time practitioner of witchcraft.'

The former child star, now 44 years old, is depicted in all 78 cards. Ricci has revealed that she does have three favourite cards - The Fool, Strength, and Temperance (all pictured - courtesy of Amazon). In the foreword of the guidebook Ricci explains 'what tarot means to her and why it's the perfect format to detail her personal and professional journey.'

With roles ranging from witches to angst-y teens, to runaways and superheroes, Ricci's diverse career is a perfect match for this unique tarot deck. The set showcases original, never-seen-before artwork inspired by her impressive body of work. Housed in an elegant gift box, this captivating tarot deck is ideal for fans of Christina Ricci and enthusiasts of tarot alike, offering a special way to celebrate the actress's illustrious career.

The Cat Full of Spiders tarot deck is now available for pre-order, including in the UK, and it will be officially released on September 3, 2024.



Christina Ricci Image: lev radin / Shutterstock.com

Find out more by visiting tinyurl.com/Ricciscat



Her husband and castmates have been very supportive of this project, but she is not resting on the laurels of this side gig; instead, she is getting back to her day job. Ricci is set to reprise her role as teacher Marilyn Thornhill/Laurel Gates at Nevermore Academy in Tim Burton's Netflix show (season 2). She will also reprise her role in season three of critically acclaimed Yellowjackets, where she plays ruthless nurse, Misty Quigley. Ricci also has a role in sci-fi heist film - The Dresden Sun, where she plays Dr Dresden Corliss, and she will voice 'Kit' in a feature drama called Unplugged.

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signs & symbols

MAMMALS

Humans and animals have had a connection as old as time, in many cultures animals are worshipped as Gods, and in others they are seen as tokens of luck - both good and bad. Many of us identify with certain creatures, as our Spirit Animal, and look to them for power, wisdom and intuition.

Read on, as we explore why certain mammals have been adopted as totems.

- The **BAT** has been linked to vampires and witchcraft, and also to the devil. It is often considered part-bird/part rat. Summed up in one word, its meaning would be 'duplicity'! In some cultures, it is associated with the bringing of rain.

- > The **BEAR** symbolises healing and medicine as well as wisdom to many. Often, they are associated with war divinities, and the sentiments of courage and strength.

- Interestingly in Christian tradition, the **BEAVER** represents chastity. In nature it is known as a 'builder', and that is probably why it is associated with industry and perseverance, but also family and home.

- We are all probably familiar with the expression '**BLACK-SHEEP**', and it does represent not conforming, and maverick behaviour. But, also in the sense of the flock it belongs to, as being meek and needing guidance.

- When we think of **CAMELS**, we often picture the hump and probably think of the desert. And its ability to live in difficult climates, is probably why it is known for humility, stamina, moderation and temperance. It is also associated with royalty and wealth, and prayer (a symbol of its kneeling).

- In Hinduism, the **COW** is considered the most sacred of animals. It is a sign of maternal instincts and of nourishment. Its crescent shaped horns are associated with the Moon, and its milk of the Milky Way star.

- Many will picture the cartoon - the wily **COYOTE**, and they would be spot-on, as this mammal is considered to be a trickster! But there are lessons to be learned here, and it is about the balance of folly and wisdom.

- **DONKEYS** are known for being stubborn, and so it is associated with obstinacy, but also humility and patience.

- For Hindus, they have Ganesha - an **ELEPHANT** headed God. In Africa and Asia, the elephant was revered for sovereign power. To many this animal represents strength and stability, but also patriarchy and wisdom.



- < The **WHITE HORSE** put simply represents resurrection and spiritual enlightenment. To many it is a symbol of happiness.

- When fleeing from predators in the wild, the **GAZELLE** is deemed to be the soul taking flight from earthly passions. They are symbols of speed, grace and peace.

- The **HARE** is linked to fertility and the Moon, and in Europe it was the companion of witches. Whereas in the East it was considered a reincarnation of the Buddha. To some it is a hero, to others a slippery customer!

- We often think of the **HIPPOPOTAMUS** as wallowing in the mud, as it did in the Nile in Ancient Egypt - it was associated with re-birth and rejuvenation. Goddess Tawaret (child-birth and protection) is depicted as a pregnant hippo. However, a red hippo is more often associated with God Seth and disharmony.



- The **JACKAL** was worshipped as 'Anubis' in Ancient Egypt, revered for receiving the dead and facilitating their passage on to the next world. Elsewhere it is considered a scavenger and is aligned with destruction!

- > The **STAG** features in many Heraldic motifs, the antlers represent 'the tree of life' and regeneration, and it is of course associated with fertility and hunting.

- We immediately think of Australia, when we talk about **KANGAROOS** and to them this animal is symbolic of progress (Kangaroos can only move forwards) and also energy and endurance (they can go months without water) and family ties.

- If you have ever seen a mountain **GOAT** climb, you will know why they are associated with determination and agility. The humble goat is linked to three Ancient Greek Gods - Dionysus, Pan and Zeus. They are also associated with fertility and lust!

- In Christianity the **LAMB** represents Christ and sacrifice. It is seen as a humble and meek animal, known for its gentleness and is an icon for innocence.

- Much like the coyote, the **FOX** has a label of being a trickster. In literature they are often in disguise, and can be sly and duplicitous.

- Maybe with **MONKEYS**, you think of the saying "See no evil, hear no evil, speak no evil," which hails from Japan, where they revere the monkey and associate it with the 'right way'. Interestingly it is not seen that way culture wide, some believe it stands for vanity and deception.

- Both the **MOUSE** and the **RAT** are known for gnawing and destroying anything and everything. So, perhaps that is why mice were considered to be devil-like, as they chewed on the 'Tree of Life'. Rats on the other hand, can be known for death and decay, but by some are aligned with prosperity and luck.

- To Buddhists the white **OX** represents wisdom and contemplation. The founder of Taoism - Lao Tzu, associated this animal with wealth and strength.

- Of course, the **PEGASUS** is a mythical creature not actual mammal - but makes the list as it has long been revered as a spiritual symbol, and is associated with 'speed of thought'.

- To us the **RABBIT** is often a domestic pet, but it is actually a Lunar symbol with ancient links. Pet rabbits are often timid, and this icon is known for that attribute too, along with speed, vigilance, fertility and for fleeing temptation!

- The Celts considered the **BOAR** a sacred animal with supernatural power, and in fact in many cultures it was considered a shapeshifter. Like the bear, its traits are considered to be strength and courage - but also ferocity.

- Like a couple of animals on this list, the **RACCOON** is seen as a master of disguise and trickery. As such it is known for its dexterity, mischief, but above all its ability to adapt.

- In terms of the zodiac, the **RAM** is Aries and it is a fire symbol associated with the Sun and sky Gods, it has a masculine energy and the horns represent thunder.

- The **RHINOCEROS** is one of many animals that represent wildlife conservation, as in their native lands they are still hunted for their horns - which are turned into an aphrodisiac medicine. They symbolise harmony, tenacity, energy and courage.

- > The **WOLF** is a very common spirit animal and totem, and is fitting to end with. To many it represents a spirit guide that provides passage to the afterlife. The wolf can be associated with cunning and greed, but more often it is looked to for maternal care and courage.

Ref: Signs & Symbols, An Illustrated Guide to their Origins and Meanings



Travelling Traits of the Zodiac Signs

Just for fun, we explore some of the traits associated with the star signs when they travel. Do you recognise yourself in these descriptions - or do you buck the trend?



Aries takes time to make an itinerary, but then doesn't remotely follow it. They leave packing to the last minute, so bags are usually bursting at the seams and they may not have what is needed. They will choose a central location and on arrival will immediately go exploring.



Gemini are packing light, carry-on only. They are making friends everywhere they go, especially locals at their destination. Their favourite thing is trying to be mistaken for being native. If abroad, they can't wait to practise their new-found language skills.



Cancerians are practical and are packing in case of delays, their childhood teddy may well make it into the luggage! Travel can be stressful, so don't be surprised if they shed a tear, in between the millionth request for a group photo. They are keeping everyone at home updated.



Leos do not understand packing light! Phones are for selfies - right? They have no intention of taking a social-media break whilst away. It is luxury all the way. Shopping is on their agenda. They are not going to partake in any activities that will mess with their appearance.



Virgos are organised, they've rolled/folded everything meticulously in their luggage. They are great in a group, they will check everyone has remembered the important bits - passport, phone charger etc. They will write postcards for a bit of nostalgia and they love to tick off their list as they go.



Librans are all about the food and souvenirs - so they will leave room in their bags. Their luggage is probably pretty, but impractical. They love ancient cities, local culture, views, dancing and sunsets.

Scorpios probably packed in monochrome to make things easy. They are all about staying up late, partying and enjoying the nightlife - they want the inside track of where the locals go. Don't be surprised if some sort of drink-related souvenir makes its way home with them. Daytime is for napping!

Sagittarians are charming to locals, even if they don't speak the language. They try their best with packing but then go with the attitude they can always buy something if needed. They will have studied the fine print on all travel documentation. On return they immediately start planning their next holiday.

Capricorns plan, then follow their itinerary to the letter. Their luggage is indestructible, and they come prepared for all eventualities. They can be grumpy travellers, and jetlag adds to that. They will want to visit EVERY museum. They are happy to get home, and to bring only memories back.

Aquarians are light packers - often just a back-pack will do. If travelling in a group, don't be surprised when they wonder off unannounced. Their dream holiday is somewhere that can expand their world-view, and they like the untrodden-path.

Pisces are calm travellers, albeit they tend to run late which can stress others in their party. They are another star sign that likes to travel with a soft toy, and they are bringing home something local - a piece of art or seashells from the beach. They will want to capture every moment in pictures and in a journal.



Reader Profile

Mary

PIN: 5055



Mary was born with psychic gifts as well as healing abilities. She started her training in nursing when she was eighteen and worked for ten years in the NHS. Then followed many holistic courses which led her to holding healing clinics both in the UK and abroad with great success.

As a reader Mary feels it is an honour to serve and guide clients with their life challenges. She brings many skills to her energy readings to empower her callers to deal with any situation, no matter how difficult. Mary's motto is that there is always a solution and she guides her clients to take control of any problem and own it.

During a reading, Mary breaks things down into steps and guides the client to deal with issues head on. Her aim is to allow callers to see things more clearly and understand the root cause of their problems. Alongside understanding what is causing energy blocks, which in turn puts the body out of balance. Mary will embolden the client to gain a deeper understanding of who they are and pinpoint exactly what the difficulties are.

It's essential, Mary feels to look into the past, present and future so that the correct course of action can be decided on by the client. Mary wants to empower them to make their own right choices with confidence and recognise their own inner-power to deal with anything in their lives.

Mary is an animal lover; she has a gift with animals (both her own, and those of her clients) on a healing level. She can communicate with those that have crossed over giving comforting messages to clients in need of her support. Mary feels that animals have the ability to connect with people on a deeper level and bring up emotions even humans don't have for each other.

The reading style of Mary is one of being very direct and to the point. She has an Irish charm, but nonetheless she will not give you what you want to hear but what you need to hear. So that you can avoid repeating the same lessons over and over again.

Testimonial:

Fantastic. Few times in last 12 months I have spoken to Mary, I did not need to say anything she picked up vibrations from my voice. She was precise on point of my problem. Had a very calming voice. Always felt calmer at the end of my readings.

Patricia, East Suffolk

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THE MINOR ARCANA SWORDS CONTINUED



Today, we continue our journey through the Minor Arcana. In the previous month, we delved into the Ace of Swords and cards numbered 2 to 7. Now, we will look into cards numbered 8, 9, and 10 as well as the Page, Knight, Queen, and King cards.

THE EIGHT OF SWORDS

The theme of the Eight of Swords is one of feeling trapped and restricted. In many cases, this situation may be a result of your own actions - your thought processes are causing fear and preventing you from breaking free. However, it's important not to despair as this is not an insurmountable predicament. It is crucial for you to summon courage and honestly evaluate your circumstances in their entirety.

You might have been deeply wounded in the past, leading you to structure your life in a way that shields you from experiencing such pain again. Alternatively, perhaps you had a restrictive upbringing or have been living under numerous constraints and regulations in your personal or professional life, making any change seem inconceivable. Another possibility is that you are lingering in a relationship that has long lost its vitality but find yourself unable to move forward.

It's likely that overthinking is complicating matters unnecessarily; gaining clarity will become easier once you remove the self-imposed limitations on your perspective.

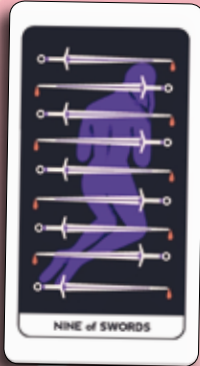


NINE OF SWORDS

Gosh, perhaps the darkest cards of the Tarot - often depicted as sleepless nights. Anxiety, despair, desperation, misery; feelings of impending doom are all ways you could describe the Nine of Swords. It's possible the worst has already happened, and now you are left to find a way to face up to it.

People often say 'sleep on it', and also 'things will seem clearer in the morning'. Maybe in your darkest hour, as you try to close your eyes, you imagine many worst-case scenarios. Your anxiety running increasingly out of control as you imagine nothing will go right and nothing will end well.

But do not despair just yet - this card actually carries an encouraging message: there are ways to manage your situation. It's not going to be a magic solution but more of a day-by-day approach with one foot in front of the other kind of situation. Essential to this recovery is getting your anxiety and negative thoughts under control - seek professional help if needed, particularly if you have suffered a loss or bereavement.



TEN OF SWORDS

The Ten of Swords is a weighty card that carries with it finality. It signifies endings. When drawing this card, remember that endings often mark turning points in life. If you feel like you've hit rock bottom, remember the only way is up!

You may have experienced betrayal - perhaps being stabbed in the back. Or maybe you've been defeated after realising the odds were against you from the start. In such situations, it's normal to feel anger and a sense of injustice; you might also be shocked that you didn't see it coming!

Rarely is one person solely to blame, so even if you feel innocent, try to objectively assess what occurred. Did your actions contribute? Did you overlook warning signs? Was confrontation inevitable? By honestly answering these questions, you can overcome any obstacles to progress.



PAGE OF SWORDS

This card represents intellectual ideas and the arrival of news. The other cards in the spread will assist you in determining whether it pertains to a person or a situation, as well as whether it will have positive or negative implications. It may also signify the commencement of an intellectual pursuit or taking on a mental challenge at an ambitious level.



Swords are associated with information and communication, indicating that news is likely to reach you soon. If it refers to a situation, it is probably in its early stages, giving you time to contemplate your options and make informed decisions. This card could also indicate legal matters, such as signing a contract - emphasising the importance of taking your time, carefully reading the fine-print, and possibly seeking advice from an expert.

When this card relates to a person, they are likely a child or teen, or someone you just know at a distance. This person can really talk-the talk, and you would be right to consider their words carefully, looking out for deception and ulterior motives. This card can describe someone who is spreading rumours and gossip and likes to manipulate people and situations for their own gain/fun.

KNIGHT OF SWORDS

The Knight of Swords can pertain to a person or situation. Regardless, the primary theme of the card is making quick decisions. Other cards in the spread are essential for understanding the subject linked to this card. The change is likely to be dramatic and have a lasting impact on your life.

Now is the time to dig deep, this card is not for the faint of heart! For a brief period, you will find yourself caught up in needing to make drastic choices. Only after the event passes, will you be able to step back and feel amazed that you survived and took the necessary actions.

When this card represents a person, it may not always be someone familiar to you. Nevertheless, they will hold significance for at least some time, and your feelings towards them might evolve over time. This individual is determined, restless, and impatient. The phrase "fools rush in" comes to mind. When they support you, you may feel unbeatable; however, if they oppose you, they can act like a bully.



QUEEN OF SWORDS

If you draw the Queen of Swords card, it likely represents someone currently in your life. This person may be divorced or a widow, having faced significant challenges and sadness. They may be alone, but do not mistake this for being lonely. They lead fulfilling lives and are independent with a strong sense of pride, making them reluctant to rely on others.



In this spread, is the Tarot suggesting that you adopt some traits of the Queen of Swords? Perhaps the situations you are facing require a logical and emotionally intelligent response. It might be time to confront truths and tackle hardships with determination.

If your problems involve a romantic relationship, the appearance of the Queen of Swords may indicate that it's beneficial to create some distance between you and your partner for perspective. The situation could be too intense and complicated. Maybe it's necessary to reduce dependence on them and allow them to make an effort towards you for once.

KING OF SWORDS

Like the Queen, the King is either someone you know at the time of the reading or it is time to emulate some of this card's qualities. The King possesses great wit, uses his brain effectively, communicates well, and prefers dealing with facts and logic over emotions. He may find it challenging to connect with individuals who openly display their emotions.

The King enjoys engaging in debates and does not take opposing views personally; however, his

argumentative style might upset those who are more sensitive. It is likely that he holds a powerful and authoritative position at work. Another reason for this card appearing in a spread could be to suggest seeking professional advice from a relevant individual depending on the issue, such as a doctor, lawyer, teacher, religious leader, etc.

The presence of other cards in the spread will indicate whether the King in your life is a friend or foe. In friend mode, he can be extremely valuable during crises by offering different perspectives and support. Instead of relying solely on others' opinions, consider adopting his approach: step back, analyse thoroughly, and make informed decisions.

Astrology

With our expert:

Chrystalyte

Welcome to Free Spirit's in-depth horoscopes for July 2024



Aries

Mars in Taurus links powerfully in alignment with the outer planet Uranus in mid-month, which means July is a time for expecting changes and fluctuations. Some of these might actually be quite welcome, especially if you have felt at a low ebb energy-wise, or stuck in a rut. But it will be wise to not expect anything to go in a straight line, at least not for long. It's a good time for entering into new learning or methodology, which will likely open up your world in exciting, unexpected ways.



Taurus

With both Mars and Uranus in Taurus this month – and very close together in the way they line up in the sky – it's likely that life will bring you a range of new opportunities within fairly quick succession. If you are typical of the traits of the sign of the Bull, then making rapid changes might not feel ideal. Yet if you are prepared to go with a process that's offered, you might be able to move through a number of problems quite fast. Don't forget you can make requests!



Gemini

The overriding focus of Mercury this month is on the sign of Leo, which adds a new level of strength, charm and ambition. There may also be drama, as you start to move from any closed away or quiet activities to a more public, open space and presence. Maybe you do so in stages, but the energy looks set to build and to increase your confidence. Special connections and blessings are on the way, especially with Mercury and Jupiter linked well around the 8th. It's finally your time to shine!



Libra

Venus links well with Saturn in early July, which offers grounding to a situation or relationship that may otherwise have seemed flaky or uncertain. A connection with Uranus around the 8th also speaks of something new and exciting on the way, offering a chance to get more present and to worry less. This is a precursor to Venus moving into dramatic, fun-loving Leo towards mid-month, bringing a new playfulness to your endeavours. A helpful link with Jupiter on the 21st brings added blessings to any situation that could really benefit.



Scorpio

Whilst Mars is in your opposite sign of Taurus across the first three weeks of the month, it may seem like others want to be extra antagonistic. Remember, you do have a choice about whether you take the bait, or in how you respond to any needling. Fortunately, Scorpio's powerful vision can often see through people and situations that are brewing, allowing you to work out an exit plan even before trouble fully erupts! Lightened energy from the 20th, with Mars in Gemini, creates scope for more fun and relaxation.



Sagittarius

Jupiter establishes greater tracks through your opposite sign of Gemini which may make it seem like others are getting preferential treatment. You could let this cast you in a victim stance if not careful, or, alternatively, decide to find an extra, inner strength that can give you the power you really need. The thing is, certain others can't necessarily provide what you want, whether or not through failings of their own. But you can cultivate better connections elsewhere, especially around the 8th and 21st through Mercury- Jupiter-Venus social and informative links.



Cancer

There should be an excellent boost of energy this month, from a new Moon in your sign on the 5th. But don't worry if it takes a little time for ideas to form fully, as this sliver of a Moon is barely visible, just hinting at something better coming. Life may actually get quite hectic once new projects land and you decide to say yes! By the time of the Full Moon on the 21st you could be glad for a reprieve, or an opportunity to offload one particular option.



Leo

July may feel like a month of two halves, with the Sun due to change signs on the 22nd. Try to not be concerned over a relatively low energy level or mood if that's present for a while; things will have their own ways of changing. It may help to see the earlier weeks as time for the equivalent of seeds developing quietly under the earth. Once they are ready to take root, and then to fully grow upward, you will begin to see and feel more powerful energy emerge.



Virgo

Simplification is often the way through for Virgo, especially where detail makes you feel overwhelmed and stressed. It could be easier to manage this, to go with the flow of life and enjoy life with Mercury in Leo between July 2nd-24th, in other words, most of the month. Mercury opposing Pluto around the 3rd could force a clearing out or letting go of something but it will likely be a good thing. An excellent Jupiter link on the 8th shows blessings on the way – make time to notice and benefit!



Capricorn

There's no getting around the laboured feeling of Saturn in Pisces now the planet is in retrograde motion, maybe making things feel stagnant in a certain area of your life. But the retrograde focus often eventually includes an opportunity to revisit old ground in a way that is productive. And with Venus well linked around the 3rd, it's likely that you make a stronger connection with someone, shore up some security, or cement the feelgood aspect of a relationship. The Sun looks set to open a creative doorway towards mid-month.



Aquarius

Venus and Uranus connection well on July 8th, bringing new zing and excitement into a situation or relationship. Don't be afraid to try new venues or strategies, as you could be pleasantly surprised at how interesting things turn out. A Mars/Uranus alignment in mid-month has an unpredictable quality; aim to go slowly where care is needed whilst taking advantage of any real opportunity for success. The Moon in Aquarius promptly follows the Capricorn full Moon on the 21st, cracking feelings open and adding a new light to an existing situation.



Pisces

Jupiter's links with Mercury and Venus, and Venus with Neptune, mark July out as a month when you can expect extra luck to be working in your favour. Even so, the 21st brings a full Moon, which can present a very busy picture, so you might have to juggle a few plates to catch the best cuts! Meanwhile, Neptune goes retrograde, requiring a visit across old ground. Mars connects well with Neptune, adding clarity and conciseness around a confusing or drawn-out situation. You can blow away unnecessary fluff after mid-month!



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