

FREE SPIRIT

March 2026

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FEATURES

Better Sleep, 10,000 steps,
The Power of Crystals

PLUS

March Horoscopes
& Reader Profiles

Claire Foy

In a magical land that mirrors
emotional and spiritual states

discover your future, release your past

Editor's letter

For March energy, and to welcome the Spring Equinox, turn to page 4 where we explore everything this month of renewal has to offer.

If health is on your mind for 2026, we separate fact from fiction around the 10,000-steps-a-day rule and take a closer look at sleep.

On pages 6 & 7, we explore why keeping an open mind during a psychic reading can really enhance what you gain from it.

We also catch up with reader Joanna, who has devoted her life to spiritual study and personal growth, and reader Ruth, who loves sharing messages from Spirit that inspire, uplift and transform.

We also showcase readers who specialise in using crystals as part of their readings, and explore powerful crystal choices for March and beyond, from Green Aventurine to Black Tourmaline.

Our cover star this month is Claire Foy, who appears in the new film *The Magic Faraway Tree*, based on one of Enid Blyton's best-loved books. Will you go and see it?

Last, but not least, turn to pages 14 & 15 to see what Chrystalyte reveals in this month's horoscopes.

Charlotte

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The Month That Won't Let You Stay the Same

March has a peculiar reputation in the spiritual calendar. It rarely arrives gently. The weather wobbles, emotions surface, and time itself shifts. While other months invite reflection or rest, March insists on movement, even when we're not entirely ready!

Rather than seeing March as a collection of separate observances, it's more revealing to experience it as a threshold month: a period of inner adjustment, recalibration and quiet decision-making that prepares us for what follows.

Returning to What Grounds You

St David's Day (1st) opens the month with a reminder of roots, resilience and simplicity. Spiritually, this is a moment to reconnect with what truly sustains you, not what impresses others or keeps you busy, but what feels steady and honest.

This is an ideal time to ask: what have I overcomplicated? March begins not with urgency, but with the invitation to strip things back before momentum builds.

The Energy of Nurture

Mother's Day (15th) often carries a complex emotional charge. Gratitude, grief, distance or unresolved feelings can all surface, sometimes unexpectedly. From a spiritual perspective, this day is less about idealised motherhood and more about the quality of care in our lives.

Where are you nurturing others while neglecting yourself? And where might greater self-kindness now be necessary? The energy here asks for honesty rather than sentimentality.

Reclaiming Personal Authority

St Patrick's Day (17th) brings a surge of confidence and colour into the month. Beneath the celebrations lies a powerful symbolic theme: transformation through courage. The legend of banishing snakes can be read as releasing outdated fears, habits or beliefs that no longer serve your growth.

Spiritually, this date encourages a bold question: *what am I ready to stop tolerating?*

Finding Balance

The Equinox (20th) marks the true energetic centre of the month, when day and night stand in perfect balance. This is not about dramatic reinvention, but subtle realignment. Balance, after all, is not something we achieve once, it's something we continually negotiate. Small changes made now often have lasting effects.

Surrender and Momentum

As March closes, Palm Sunday coincides with the clocks moving forward (29th). We lose an hour, yet gain light, a fitting metaphor for spiritual growth. Progress often asks us to release comfort, certainty or rest in order to move forward with clarity.

March doesn't ask for perfection. It asks for participation. If the month feels restless or emotionally charged, you're likely responding exactly as intended. This is a crossing point, and once crossed, things rarely remain the same!

Reader Profile



Joanna

PIN: 4567

*Meet Joanna,
Clairvoyant Tarot Reader
& Spiritual Guide*

Joanna is a highly experienced and qualified Tarot reader. Having devoted her life to spiritual study and personal growth, she is a natural clairvoyant who receives telepathic messages from her spirit guides, offering deep insight and meaningful guidance.

A Natural Connection to Spirit from a Young Age

From a very young age, Joanna felt the presence of Spirit around her. Growing up in a loving and supportive family environment let her focus on the positive aspects of life and nurture her spiritual sensitivity. This early awareness laid the foundation for a lifelong connection to the spiritual realm.

A Deep Affinity with Nature and the Spiritual World

Joanna has a strong connection to nature and animals, which further enhances her high-level spiritual awareness. She feels closely aligned with Spirit and draws strength, clarity and balance from this connection, allowing her to tune in deeply during readings.

Experience, Recognition and Spiritual Study

With over twenty years of experience guiding clients, Joanna has encountered an incredible variety of situations and life paths. Very little surprises or unsettles her, thanks to her vast experience!

Esoteric Knowledge and Paranormal Experience

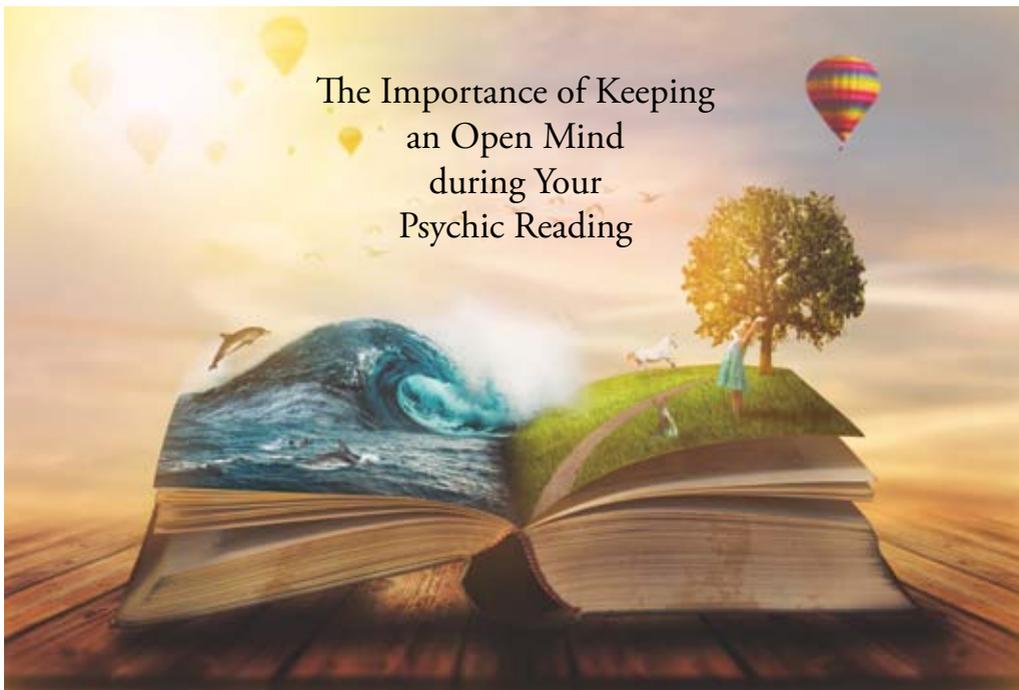
Joanna has studied esoteric energy, telekinesis and paranormal phenomena, and she has even had personal experiences with apparitions. These encounters have only strengthened her understanding and confidence, leaving her calm, grounded and unfazed when exploring the unseen.

Insight, Clarity and Compassionate Guidance

Known for her sage advice and unique perceptions, Joanna excels at bringing clarity to those feeling confused or overwhelmed. Her highly attuned clairvoyance allows her to insightfully discern how situations really are and how they may develop, leaving clients feeling reassured and informed.

Relationships, Work and Emotional Healing

Whether the focus is on relationships, family matters or work-related concerns, Joanna offers insightful, individual guidance you can rely on. Compassionate and deeply intuitive, she reads your aura to get straight to the heart of the matter, so you can counteract negative influences and allow Spirit's light to shine through.



The Importance of Keeping an Open Mind during Your Psychic Reading

Many people approach a psychic reading with curiosity, but also with expectations about what they hope to hear or how the session should unfold. You might arrive with specific questions or worries, but one of the most powerful ways to get the most from your reading is by keeping an open mind.

An open mind allows the experience to unfold naturally, free from rigid expectations or preconceptions. A psychic reading isn't about scripted answers or hearing only what you want, it's about gaining deeper insight into your life, emotions, and the choices ahead. By relaxing into the process and letting information flow naturally, you can uncover insights that may surprise, guide, and comfort you in unexpected ways.

Why an Open Mind Matters in a Psychic Reading

When you approach a psychic reading with an open mind, you create the best possible space for real connection and insights. Psychic readings work on an energetic and intuitive level, and being receptive allows the reader to tune into your energy more clearly.

If you're sceptical, guarded, or focused only on hearing specific answers, it can unintentionally block the natural flow of information and make it harder to uncover the deeper guidance available to you. Keeping an open mind also lets you view messages from a fresh perspective, allowing yourself to receive what you need to hear, which is often far more valuable than what you expect.

When you approach a reading in this way, you give yourself the opportunity to see your situation from a higher vantage point and to use the insight you receive as a tool for personal growth and empowerment.

The Role of Energy and Connection During Your Reading

A psychic reading is more than just words exchanged; it is an energetic exchange between you and the reader. Your mindset, emotions, and openness all influence the connection, allowing the psychic to tune into your energy and provide insights that resonate with your current life circumstances.



When you approach a reading with curiosity and receptivity, it allows the psychic to perceive subtle cues about your challenges, opportunities, and personal strengths.

If you are tense, sceptical, or overly focused on specific outcomes, it can block the natural flow of information and limit the depth of guidance you receive.

What It Means to Be Open-Minded

Being open-minded during a psychic reading means approaching the session with curiosity, flexibility, and a willingness to receive guidance without rigid expectations. It doesn't mean abandoning your own judgment or blindly accepting everything said; rather, it's about creating mental and emotional space to explore possibilities you might not have considered.

Practically, this can involve listening attentively, asking open-ended questions, and reflecting on messages before forming conclusions. It also means being patient with the process and accepting that some insights may take time to fully understand or integrate.

By staying open-minded, you allow the reading to reveal its full potential, letting you gain new perspectives, uncover hidden influences, and make choices that align more closely with your values, goals, and personal growth.

Our Top Tips for Keeping an Open Mind During Your Reading

Approaching a psychic reading with an open mind can make all the difference in the clarity and insight you receive. Here are some practical tips, so you can stay receptive and get the most from your session:

Set an intention, not expectations: Focus on what you hope to gain from the reading rather than the exact answers you want to hear. This creates space for guidance to flow naturally.

Take deep breaths and relax: A calm mind and body aid you in staying present and more attuned to subtle insights during the session.

Ask open-ended questions: Instead of yes-or-no queries, frame questions that encourage exploration and reflection.

Release judgment: Avoid dismissing messages that initially seem unexpected or confusing — they may hold deeper meaning.

Reflect after the reading: Give yourself time to process the guidance, noting which insights resonate and how you can apply them in your life.

Have faith in your intuition: Combine the psychic's guidance with your own inner wisdom to make decisions that really feel right for you.

By practising these habits, you create an environment where insights can emerge naturally, you gain clarity, confidence, and a fresh perspective on your life and decisions.

Explore Psychic Readings at Psychic Light

Unlock greater clarity, guidance, and insight by experiencing a psychic reading at Psychic Light. Whether you're seeking answers about your career, relationships, personal growth, or life path, our readers offer a range of styles and approaches to suit your needs.

Connect with a psychic who can guide you, uncover new perspectives, navigate challenges, and make empowered decisions. With an open mind and the guidance of our readers, you can gain valuable insights that support your personal journey and let you move forward with confidence.

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Climbing
Into
Wonder:
THE MAGIC FARAWAY TREE
Comes to
the Big Screen



There are stories that feel less like entertainment and more like memories we somehow forgot we had. *The Magic Faraway Tree*, now reimagined as a live-action film, is one of those rare tales. Based on Enid Blyton's much-loved books, this new adaptation invites audiences not just into a fantasy world, but into a space of imagination, symbolism and quiet spiritual reflection.

The film centres on the Thompson family, who leave the noise and pressures of modern city life for the countryside, hoping for a fresh start. Parents Polly and Tim, played by Claire Foy and Andrew Garfield, are loving but worn by responsibility, while their children are restless and disconnected. Their move brings them face to face with something unexpected: an ancient, towering tree that seems alive with consciousness and possibility. As they climb higher into its branches, the family discovers that the tree is a gateway to ever-changing lands, each one shaped by its own rules, moods and mysteries.

Worlds That Shift, Just Like Life

What makes *The Magic Faraway Tree* resonate beyond simple fantasy is the way its magical lands mirror emotional and spiritual states. One moment the children find themselves in a place of abundance and joy, the next in a realm of confusion or restriction. These shifting worlds feel uncannily familiar, echoing the way life itself can transform overnight. For spiritually minded viewers, the tree becomes a powerful symbol: a bridge between the everyday and the unseen, the conscious and the intuitive.

The inhabitants of the tree add warmth and humour to the journey. Moonface, Silky and Saucepan Man are not just whimsical companions but guides, each representing different aspects of curiosity, kindness and chaos. Rather than feeling like caricatures, these characters act as mirrors, reflecting lessons about trust, adaptability and courage.

A Story Made With Heart

Behind the scenes, the filmmakers were clearly intent on honouring the emotional core of the original stories while giving them relevance for modern audiences. The focus on family healing, reconnection with nature and the idea that magic is something we stumble upon rather than control gives the film a quietly spiritual undertone. Andrew Garfield has spoken about being drawn to the story's sense of wonder, describing it as a reminder that enchantment often appears when we slow down enough to notice it.

Is This Film for You?

If you're drawn to stories where magic feels symbolic rather than showy, where fantasy opens doors to deeper reflection, *The Magic Faraway Tree* is likely to speak to you. It's not a film that tells you what to think or believe, but one that gently invites you to remember what it feels like to be open to possibility. For anyone who senses there is more to this world than meets the eye, this climb may be well worth taking!

Step into a world of wonder when the film arrives in UK & Irish cinemas on 27 March 2026. Entertainment Film Distributors: tinyurl.com/tmfat

Film Poster image courtesy of Entertainment Film Distributors



10,000 Steps per day...
Fact or Fiction?

Was one of your New Year Resolutions to increase your step count or just to move more in general? If it was, no doubt – somewhere in the back of your mind was the target of 10,000 steps per day. As I'm sure you are aware, the 10,000 steps is an arbitrary figure, not one rooted in science. In fact, it was a trend that started as early as the

1960s as a marketing campaign in Japan for a pedometer, called 'manpo-kei' meaning 10,000-step meter!

What does 10,000 Steps look like?

How long 10,000 steps might take you to walk, is very much dependant on your height, stride length, age, agility, pace and so on. But on average it will equate to around 5 miles or 8 km and take around 1 hour and 40 minutes.

Walking briskly is about 3 miles per hour for most people. You shouldn't be out of breath, you can probably hold a conversation, but singing would be out of the question.

Should your goal be 10,000 steps per day?

The honest answer is, 'it depends'. Having an idea of what your base-line step count is per day is a great place to start. If you are currently only managing, say 3000 steps – then reaching for 10,000 per day is a lot. If, however you currently do 6000 steps a day, then a new target of 10,000 is achievable.

In terms of research in this area, science suggests that for most people a count of 7,000-8,000 steps per day will deliver most health benefits. This is even more so, if you are coming from a place of little to no exercise.

NHS Guidelines

The NHS recommends that adults should do at least 150 minutes of exercise per week at moderate intensity. Walking at a brisk pace for around 22 minutes per day could see you satisfy your goal.

One of the problems with targets like the above, is that you can have a person that exercises most days, and perhaps for longer than suggested – maybe 30-90 minutes per day. However, they then may be relatively inactive for the rest of the day. Possibly with a job that means they sit down, and leisure time spent watching the TV etc. In this scenario the 10,000 steps target per day can be helpful, as it keeps you moving hour-to-hour.

How to get more steps in per day?

There is now a growing movement for encouraging walking after eating main meals, as it can help to reduce spikes in blood sugar and improve insulin sensitivity. It is also thought to improve digestion, lower blood pressure, burn calories and elevate mood!

- Brisk walks after breakfast, lunch, dinner – a 15-min walk is around 1500 steps (as your schedule allows).
- If you have to take phone calls, or are even meeting with friends – try walking & talking, rather than coffee and cake.
- The old adage of taking the stairs and getting off transport one stop early – are still relevant, as is parking further away from your destination and walking.
- If you work from home, a treadmill or 'walking pad' may help you fill in the gaps when the British weather makes walking outside unappealing.
- Fitness trackers (even the most basic kind) – full circle to the Japan pedometer, can help to keep us focused on our goals. Many come with reminders to get up every hour and to walk around.

Motivation

- Don't measure against anyone else. Check where you are at and try to increase by 5-10% each week.
- Remember that walking increases blood flow so your brain and muscles get more nutrients and oxygen.
- Moving your body, increases the feel-good hormones in the body: Serotonin, Dopamine and Endorphins.
- Getting out in natural daylight, can help us to sleep better, regulating our body clock and reduce stress levels.



March is a powerful month to work with crystals, intuition and spiritual tools. The season has the energy of renewal and is a hopeful period as spring emerges and we prepare for longer days and more light in our lives. When combined with psychic insights, crystals can become amazing instruments for emotional truths, clarity and intentions.

THE POWER OF CRYSTALS FOR MARCH AND BEYOND

How do Psychics work with Crystals in Readings

You might imagine that a client/reader would need to be in close proximity for crystal healing to be effective, but in fact readers can connect energetically through clairvoyance, intuition and crystal energy both directly and remotely. Generally, readers will view crystals, not as 'fortune-tellers' as such, but as partners/tools in a reading to uncover the root issues and to support the flow of information.

Meet Our Readers

Adele (PIN: 3622) – Crystals, Nature & Intuitive Art

Adele brings vast experience across multiple disciplines, including Colour Therapy, Spiritual & Healing Art, Tarot, Palmistry, Dream Interpretation, Astrology and Creative Visualisation. She works closely with the energy of Crystals and nature's natural support systems, allowing readings to unfold in an organic and deeply intuitive way.

Notably, Adele has the line of intuition on both hands — a sign associated with powerful psychic and healing abilities. She is able to channel and interpret energies, vibrations and auras, making her crystal work particularly potent during seasonal energetic shifts.



Aelissa (PIN: 4444) – Empathic Energy & Psychic Tools

Soft-spoken and deeply empathic, Aelissa listens carefully to the issues most relevant to each client. She is Clairvoyant, Clairsentient and Clairaudient, and highly proficient in a wide array of psychic tools including Runes, Ogham, Pendulums, Crystal Ball, Scrying Mirror, Crystals, Soul Cards, Oracle Cards and Tarot.

Crystals support Aelissa's intuitive sensitivity, letting her tune into emotional and energetic subtleties — particularly useful during March's emotionally fluid landscape.

Andy (PIN: 3399) – Telepathic Connection & Crystal Guidance

Andy connects remotely using voice telepathy alongside spirit guidance. Through clairvoyance, he is able to connect deeply and effectively with clients, particularly during relationship, career and general readings. Andy frequently works with Angel Cards, Crystals and a Pendulum, using these tools to strengthen telepathic links and provide clear, grounded insight.

Free-spirited and non-judgemental, Andy's relaxed manner puts clients at ease, allowing crystal energy and intuitive messages to flow naturally throughout the reading.



Mariah (PIN: 1881) – Ethical Insight & Empowerment

Mariah brings a direct yet compassionate approach to her readings, guided by a strong sense of ethical responsibility as a worker for Spirit. When appropriate, she integrates additional methods such as Cards, Crystals or Pendulums to enhance clarity.

Her intention is always to leave clients feeling supported, empowered and illuminated — a particularly valuable offering during March, when many people are seeking direction and reassurance about the path ahead.



Sarah (PIN: 9888) – Personal Connection Through Crystals

Sarah works intuitively with a variety of tools and techniques, offering clients a choice of Tarot decks based on personal resonance. Crystals form a central part of her readings, enabling her to connect on a deeper, more personal level with those she reads for.

She also incorporates candles, incense, natural oils and herbs, creating a layered energetic environment that supports connection with the spirit world — ideal for clients seeking emotional clarity or reassurance during times of change.



Toby (PIN: 2333) – Tools That Reveal the Core Facts

Toby's expertise spans a wide range of divination tools, including Tarot Cards, Ribbons, Runes, Crystals and the Black Mirror. He views each tool as an instrument designed to uncover the core issue beneath surface concerns.

Crystals, in particular, play a grounding role in Toby's readings, to stabilise energy and bring hidden patterns into focus — an approach especially valuable during the emotionally transitional energy of March.

What Crystals Do Our Readers Choose?

Daisy's (PIN: 6006) Spiritual Path: Beginner Crystals for March

Daisy, a psychic and medium, shares the crystals that supported her at the very beginning of her spiritual journey — stones that remain especially relevant during March's energy of renewal.



Clear Quartz is a powerful healing stone known for protection, spiritual growth and psychic development. It is often used to amplify intention and deepen spiritual connection.



Daisy suggests you utilise Clear Quartz when you need clear thinking, or if you have a decision ahead. It is a cleansing stone that offers protection, and is great for those just starting to use crystals, as it amplifies intentions and helps with spiritual focus.

You might hear Clear Quartz referred to as a 'Master Healer', it is great for use in March or a season of transitions, let it clarify your purpose and intentions for the next phase of the year.

Rose Quartz supports love, relationships and self-worth. Daisy views it as a comforting stone, encouraging emotional healing, self-love and gentle reassurance.



With Valentine's only just behind us, it is possible that love and romance are on your mind. Rose Quartz is the perfect companion for romantic relationship journeys, but also for any type of relationship you are navigating, including the one with yourself!

Amethyst is valued for its calming and spiritual properties. It supports psychic ability, enhances intuition and can help improve sleep patterns when placed under a pillow or beside the bed.

If you are feeling restless as we enter the spring season, or even over-stimulated, then Amethyst can help to calm that internal noise, and negative chatter that goes on in our minds. Daisy advises to use this stone, when you need to be guided more by your intuition, to gain restful sleep, reduce stress and have mental clarity.



These were the first three crystals Daisy worked with on her path. She recommends keeping them close — in a purse, pocket or nearby — cleansing them regularly and treating them with care and respect.

Do you have these Crystals in your Collection?

Black Tourmaline is great if you are feeling anxious and drained. Whilst many look forward to spring, many struggle through the winter months, if that sounds like you then this crystal can support emotional fatigue and let you feel grounded, protected and safe. Use this stone to clear away the stagnant energy of winter, so you can move forward.



Citrine is great for self-belief and confidence; it is often associated with creativity and so is great to use when you need to get 'un-stuck'. Try it if you are exploring changing jobs, or general career direction or when you are hesitant about moving forward in a certain direction.



Green Aventurine is sometimes known as the 'stone of opportunity'; it is a great crystal to work with when you are ready to open the door to new possibilities. It encourages personal growth, balance, optimism and opportunity.



How to Work with Crystals in March and Beyond

You don't need a large crystal collection; you can choose just one crystal that really resonates with you.

Keep the crystal on your person, or close to you when you are in a reflective mood. As you begin a crystal healing ritual. Set a clear intention for the season. Remember, that crystals are there to support gentle movement towards your goals, not to create forceful change.

Why is Sleep so hard for some people?

Are you one of the lucky ones, where your head hits the pillow and in minutes you are in the land of nod? Or, are you someone that struggles with sleep on a regular basis?



There are lots of different problems that people encounter when trying to sleep. Some, may have no trouble falling asleep – but wake annoyingly early (before the birds are even up)! Others may take hours and hours to go sleep, as they can't switch off from the day, so their sleep time is shortened, but they probably get an uninterrupted block. Then, others may have long periods of wakefulness in-between sleep cycles, and so never quite wake up from sleep feeling truly rested. If you're very unlucky, you might experience a combination of all three at once!

What is the ideal amount of sleep?

In theory adults need somewhere between seven and nine hours of sleep per night. But some people will thrive on a lot less and some will need a lot more to function at their best. The level of sleep needed can also change over time, illness, medication, stress, hormones, aging and lifestyle can all play a part in how much we need.

Sleep and the brain

Sleep regulates our system, and the brain uses this period to clean out metabolic debris that has collected in the day. When sleep is disrupted, you will probably notice that you don't feel cognitively as sharp and that you are hungrier or perhaps crave carbohydrate foods more, as a result of disrupted hormones.

Your mood and mental health can also be affected by a lack of or poor-quality sleep, especially over time. The odd bad night might make you feel irritable, but if insomnia becomes embedded, you may also notice increased anxiety and an inability to regulate your emotions.

Things to try for disrupted sleep

- It sounds counter-productive, but the first piece of advice is to try to not worry so much. If you make sleep a battle ground, constantly looking at the clock and calculating how long you have left to sleep – the

chances are things will get worse. That anxiety builds and flows in to the next night, and the one after that.

- Sleep Hygiene is important. Having a wind down routine, that signals to your body & brain that it is soon time for sleep is really helpful. Turning off the TV, time away from blue light & devices. A room at the right temperature (cooler than you think), comfortable bedding, black-out blinds, ear-plugs etc – if you are sensitive to noise & light.
- If you are really going through a bad stretch, then naps can help. But they should only be taken before 3pm, and around 20 minutes, certainly no more than 30 minutes. Set an alarm and be strict about getting up.
- If you know that you are heading into a busy period, will be travelling/changing time zones, will be under stress, changing shifts patterns etc – then you can try to bank extra sleep in the nights leading up to it.
- If you are an 'early-morning-waker'. Try getting out of bed, and doing an activity – but not anything that is too stimulating. Possibly watch some TV or do a crossword. As soon as you feel sleepy again, don't push through – go back to bed and try to sleep.

If you are going through a difficult period of sleep, try to nourish yourself in other ways. If your situation allows take a few more breaks throughout the day. Eat well. Reduce down the intensity of exercise you do, and do more things that bring you joy!

*Don't forget it is always wise to see your GP if you have been battling a sleep problem for some time. They may recommend NHS Approved Apps to you like Sleepio and Sleepstation, that are designed around Cognitive Behavioural Therapy specific to Insomnia.

www.sleepsociety.org.uk/event/european-sleep-research-society-esrs-sleep-awareness-month-2026/

Reader Profile

Ruth
PIN: 2022



*Meet Ruth,
Spiritual Medium,
Healer & Reiki Master*

Ruth is a gifted spiritual medium, healer, hypnotherapist and counsellor with a lifelong connection to the Spirit World. Through her compassionate guidance, she assists people to gain clarity, healing and empowerment, sharing messages from Spirit that inspire, uplift and transform.

Early Awareness of Spirit

From a young age, Ruth was aware of the Spirit World, a sensitivity shaped by a profound family tragedy in her childhood. She sensed that she had a spiritual path to follow, though it would take decades before she fully embarked on her journey. This early awareness laid the foundation for her deep understanding of compassion, love and the unseen realms.

A Transformative Spiritual Journey

Well into adulthood, Ruth realised her life needed change. Through soul-searching, daily meditation, and dedicated spiritual practice, she developed her mediumship abilities and deepened her understanding of healing. Completing her Reiki Mastership became a turning point, allowing her to commit fully to the work of Spirit and to serve humanity through love, guidance and spiritual empowerment.

Professional Work and Spiritual Guidance

Ruth's work spans hands-on and distant healing, spiritual messages from the platform in churches, and telephone readings that provide guidance and reassurance. She works closely with Archangel Raphael and her three Native American guides—Clear Running Water, White Feather, and Bright Star—bringing insight, connection and clarity to every session. Her greatest joy comes from supporting clients as they connect with their own Spirit Guides and realise their spiritual potential.

Teaching, Empowerment and Healing

Through readings, workshops and spiritual awareness sessions, Ruth teaches people about self-empowerment, spiritual growth, and the joy of living in alignment with Spirit. Her approach combines wisdom, kindness, and clarity, so clients feel supported, understood and inspired.

Why Choose Ruth for Your Reading

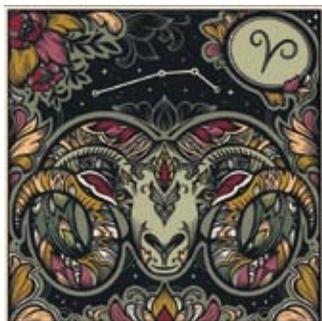
Ruth is known for her warmth, compassion and precise connection to Spirit. Whether you seek guidance, healing or personal empowerment, she provides uplifting, insightful and transformative sessions tailored to your needs. Experience clarity, healing and connection with Ruth. Let her guidance navigate your life with confidence and spiritual insight.

Astrology

With our expert:

Chrystalyte

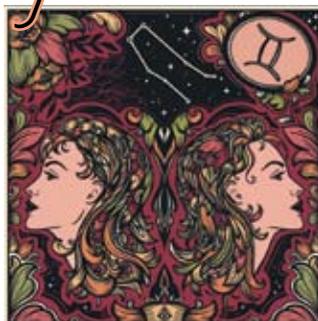
Welcome to Free Spirit's in-depth horoscopes for March 2026



Mars enters Pisces early in March for a five-week stay. Which means it's time to work out where you can make progress collectively. This may seem in opposition to some of the situations dictated by the world at large, but it's like a last chance to figure out puzzles such as what works in a group and where you benefit more by going alone. A total lunar eclipse in Virgo suggests that details are best not left out so, despite the Aries tendency towards impatience, try not to hurry things.



Venus's move into Aries on March 2nd makes this a month for being more visible, especially when it comes to any desire to attract another. This is equally true whether you need a lover, a business partner or someone to assist with a home project! There may suddenly be an option or solution which draws you, and could be the right match. But with a lunar eclipse in Virgo hinting at hidden credentials, do take the time to get to know more about someone's story, and/or read any small print.



We are less than two months from Uranus moving into Gemini - marking a monumental shift - therefore, make the most of the remaining weeks to tie up loose ends around anything you value and plan to maintain or intend to keep a hold of. Your focus may well already be on uprooting, or going it alone along a particular path. Mercury retrograde in Pisces makes friendship links a little hazy, but they could become clearer after the 21st when the planet resumes forward motion. Don't lose sight of a cherished dream!



Venus shifts into Aries on March 6th ahead of the Sun, which will do the same, marking the spring equinox around the 20th. So, it's like a boost ahead of the big energy surge that's on the way. And you may well notice it in closer relationship connections and special attention from someone in particular. Aries tends to be very direct in approach, allowing a clearer path and understanding. This could seem like a breath of fresh air! Be brave and come from the heart to manifest what you desire.



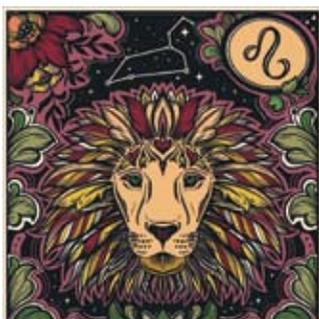
Pluto has ways of delivering worthwhile rewards over time and those are coming soon, with this planet connecting well with Venus, planet of love/value and the bright and creative energy of the Sun. The period around March 10th could bring a stronger romantic connection and/or the benefits of sticking with a long-term relationship. Or when kissing so many frogs reveals the prince/princess figure! There's a bonus factor around finances, with potential for something lucrative being offered if you're willing to step up and take a chance.



March 11th could seem reminiscent of pictures of VE-Day as Jupiter finally resumes forward motion. Or provide a good excuse for a celebration, if not an entire street party marking the end of a long-fought war! This joyful planet in the sign of Cancer helps raise a sense of people caring about one another. Even if certain factions operate differently, the strength of the good human spirit shines through in particular areas. This is a month for hope to be restored, whether with personal projects or wider issues. Be confident!



A total eclipse in Virgo on March 3rd suggests something hidden that's to be uncovered at the appropriate time. Whether a past secret or one about to be cast light upon remains to be seen. You can be fairly sure you will learn something useful and/or have a particularly meaningful conversation soon, however. Sometimes we need to block something from consciousness to be able to take important steps forward, so by no means expect any revelations to be negative. You might just surprise yourself by how much you can achieve!



As eclipses involve both Sun and Moon, Leo is often extra sensitive around them. We have a total lunar eclipse in Virgo on March 3rd, which means the Sun has the upper hand. This could translate into you feeling much more on top of a situation or relationship than you have done. It could also relate to needing to put logic before feelings and managing to take an important step forward as a result. The Sun into Aries marking the spring equinox around the 20th offers a brilliant energy boost.



Mercury's move to direct - or forward - motion around March 20th is good news because it helps paths to open up more clearly. Decisions are easier to make. Greater progress can be made, wherever you put your focus! Meanwhile the eclipsed Moon in Virgo on March 3rd suggests feelings are submerged, which could be helpful if they've been getting in the way of a clear choice. Where they may mean it's harder to know what to do, don't rush yourself. The way forward should come clearer in the third week



Saturn is now firmly in Aries which might mean that various people are insisting on playing by their own rules, whilst not considering the wishes and requirements of others as fully as possible. Whether you are happy to join in the fun and games is something only you can decide, ultimately. Jupiter in your opposite sign of Cancer will pick up its forward motion again around March 11th, which could give clearer clues of where real allies are located. Trust your heart and look to what fulfils your deeper needs.



In less than two months Uranus will have moved into the sign of Gemini which, being a fellow Air sign, lends the benefit of putting you in touch with more like-minded folk. There could soon be an end to a situation where you feel you're fighting a battle alone, or singing only to your own tune. There might even be early hints of this with Uranus and Venus in a promising alignment on March 4th, but understand that you may need to be the person to make a first move.



Neptune and Saturn established dancing partner connection last month but Saturn is now starting to pull away a little. Whilst not entirely branching off alone, this reflects a need for both space and clarity. Complex entanglements can be draining and it may help to set firmer boundaries for yourself. Jupiter in your fellow water sign of Cancer appears to turn direct around March 11th and calls on your energies may not cease, but there could also be support from people who care about you and all you are dealing with.

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