

FREE SPIRIT

October 2020

FEATURES

Autumn Happiness
Fun Ideas for Halloween

PLUS

October Horoscopes
Reader Profiles

Lily James

Adding romance, suspense
and gothic thrills to autumn

discover your future, release your past

Editor's letter

For anyone that got into stargazing during lockdown, you might be interested to know that October brings with it the Orionids Meteor Shower. It is classified as a medium density shower, where the earth meets the orbit of Halley's Comet once more, and burns up debris - hence the shower. It will take place on the 21st and 22nd of the month, with up to twenty meteors an hour, but it peaks pre-dawn!

October of course also marks the end of British summertime; clocks go back one hour at 2am on the 25th! Then autumn really gets going in the form of Halloween, which we delve into on pages 6 & 7.

For the autumnal period, we look at unusual crystals - great for boosting your resolve and immune systems! Reasons to be happy in this harvest season. For entertainment, the Netflix movie: Rebecca.

We also take a practical look at what to do if you lose your job, and ways to turn to your guardian angel. Long-standing readers Bryony & Paula are profiled - both are fantastic to turn to in a crisis! Then on with astrology, with a look at the darker side of the zodiac signs and October horoscopes...

Charlotte

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Aelissa
PIN: 4444

Aelissa is psychic, clairvoyant, clairaudient, clairsentient and a far seer. Aelissa feels that the reasons and causes behind issues can be clearly seen; timescales are more accessible and probable outcomes clearer when using Tarot as a reader tool.



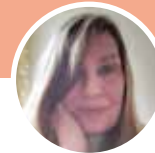
Betty
PIN: 3445

Betty has many years experience working with her gifts which she inherited from her mother. She is a medium, clairaudient and clairsentient with a strong connection to her guides. Betty is a caring and sympathetic 'people person' and loves to connect with others.



Ellie
PIN: 1180

Ellie is a clairaudient, clairsentient and spiritual medium from a Turkish gypsy background. She has the ability to tune into the soul of a person and see the questions that need answering without that person having to say a word.



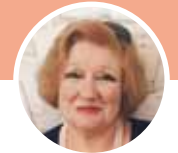
Hayley
PIN: 6363

Tarot cards are a love for Hayley, she also uses a pendulum and scrying bowl, depending on what she feels drawn to. Her style of reading is empathic and nurturing, she aims for down to earth clarity as she interprets visions received.



Mavis
PIN: 1010

Mavis is a medium clairvoyant and has worked with her gift for 25 years. Through her in-depth readings she gives guidance and direction, enabling clients to make the right decisions and choices in relationships, business, career, family and more.



Norma
PIN: 1414

Norma believes that her gift was meant to be, and was intended to be used for the benefit of those in need of support at difficult times in their lives. She specialises in in-depth analysis of relationships whether family or romantic and also career matters.

All calls are recorded; the caller must be 18 or over and have the bill payer's permission.

Readings under UK law are deemed to be for entertainment only. Helpline: 0121 737 5574.

Unusual Crystals

Chiastolite is sometimes referred to as Andalusite and comes in a number of colours from green, brown, rose or even grey. Another name for this crystal is 'Cross Stone', which you understand when you see a picture of it close-up, as it appears to have a cross design running through it.

This is a great gem stone for autumn, as it offers balance to the immune system - highly needed as we go into flu season.

In the past the crystal has been used to protect against curses and ill-wishes. Today it is more likely to be used as a stone of change. If you are experiencing negative feelings like guilt and fear, then this crystal is calming. It will assist in a journey of problem-solving, rather than one of repeating old habits. You will feel more able to look at any problems from an analytical position, rather than one of an emotional standpoint.

This stone is particularly good at attuning with your life-purpose, so you can feel sure in your soul that the decisions you are making are right for your life and path forward.



Unakite is known for its pink-green tones, and is one of the best crystals for psychic insight! It is often used to help a person open their 'third-eye', promoting visualisations.

This crystal is particularly helpful when you feel like you are being held back, like certain aspects within your life create road-blocks to moving forward. It is a very healing stone, that allows you to see past experiences for what they are, learn from them, but then let them go.

As a gem stone this offers a gentle energy, that can induce a feeling of calm over the user. As such it is a great choice if someone is recovering from illness.

Thulite is often called Pink Thulite, although it does come in red, grey, white and rose colours also. It is a delicate looking crystal that packs a powerful punch! If recent events have left you feeling under-confident, and you need to get back a bit of energy and pizzazz, then this could be the gem for you.

As a crystal it promotes expression, problem-solving, logic, passion, curiosity and more...

Thulite is a crystal of renewal, it revitalises especially if you are feeling mentally exhausted, you will feel reconnected to your own life-force.

You should be able to better express your romantic feelings, as the stone allows you to combine your logic with feelings of love and lust!



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. Favourite topics for Bryony are emotional journeys especially those involving relationships and major life decisions.

As 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 from changes you make from her vision and wisdom.

Bryony was a trouble-shooter in business and the corporate world for over thirty-four years, and as such 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.

In terms of reading style 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!

Testimonials

Bryony is a Goddess. She is one of two favourites I have on the site. What I especially appreciate about Bryony is that she is never wrong. Her predictions always come to pass. Most importantly, she has a wealth of knowledge about human behaviour. Without her guidance, I would have been lost long time ago. I owe her my sanity as she has assisted me in saving many relations. She is also a joy to talk to. If you can get hold of her (as she is extremely popular), give her a try. You will be astounded.

Naj, Dubai

Not only is Bryony a lovely person she is an amazing psychic and she never minds how often I phone for advice. I can highly recommend a reading with Bryony, it's so nice to talk to such a really gifted person. I think your readings are fabulous and thanks again xx.

Rose, North Wales

You can view the profiles of all our readers by clicking 'OUR PSYCHICS'.

We would love to receive your feedback following a reading, you can do this via our website, scroll to the footer and click 'REVIEW A PSYCHIC' under 'CONTACT'.

HAPPY HALLOWEEN

It's unlikely that we will be 'Trick or Treating' this year, but we can still enjoy the Halloween season at home.

Already shops and markets are filling with autumn pumpkins and gourds of all shapes and sizes. If you don't feel like your carving skills are up to muster, then why not try painting pumpkins instead?

Painted Pumpkins

You can paint the whole pumpkin, silver and golds look especially dramatic, or you can paint on designs like flowers, or even use stencils. You can go with autumn themes, like leaves and trees, or go more Halloween with bats, ghosts, skeletons and more...It's possible to buy fake pumpkins from craft stores, if you don't want to paint the real thing.

Visit <http://tiny.cc/paintpump> for details



Pumpkin Planters

Did you know you can use mini pumpkins, as planters for succulents?



Cut off the top of the pumpkin or gourd, and scoop out the seeds. Pop in a bit of soil, ideally mixed with some grit and pop the succulent inside. You can cover with flower-shop moss. Succulents require very little water, and so will last for quite a while as an autumn decoration.

Visit <http://tiny.cc/pumplant> for info'



Halloween Baking

Of course, one of the best parts of any special day is the treats that are associated with it. Trick or Treating usually brings a bounty of sweets, but this year why not bake up some autumn or Halloween themed cookies?

Start baking at <http://tiny.cc/hallobaked>



Or you could of course make some **Toffee Apples...**

<https://tinyurl.com/halloapples>



Cocktails for Halloween

For a more grown-up take on the evening, why not create your own Halloween Cocktails, complete with gummy worm adornments!

Lovely! Go to <http://tiny.cc/hallotails>





Editorial image credits: Netflix

If you don't feel quite ready to go back to the cinema yet, then you'll be glad to know Netflix is bringing brand new movies to the small screen.

Rebecca has had several screen adaptations; this time around Armie Hammer brings the classic Daphne du Maurier's gothic thriller novel to life.

The Basic Plot

Directed by Ben Wheatley, the story is that of a newly married couple played by Lily James (our cover star) - Mrs. De Winter, and Armie Hammer who plays the husband - wealthy Maxim de Winter. However, the whirlwind romance is soon going awry, as ghost of Rebecca - Maxim's first wife causes trouble. Rebecca's legacy and 'haunting', largely kept alive by the brilliant Kristin Scott Thomas who plays Mrs. Danvers, the somewhat sinister housekeeper!

History

The reason the book has been adapted so often, is its combination of a love story (first & foremost), but then the ghost story and thriller aspects, take it in an exciting direction.

One of the most well-known and successful versions of Rebecca is that by Alfred Hitchcock in 1940, it starred Joan Fontaine and Sir Laurence Olivier and won an Academy Award for Best Picture.

Interesting Fact

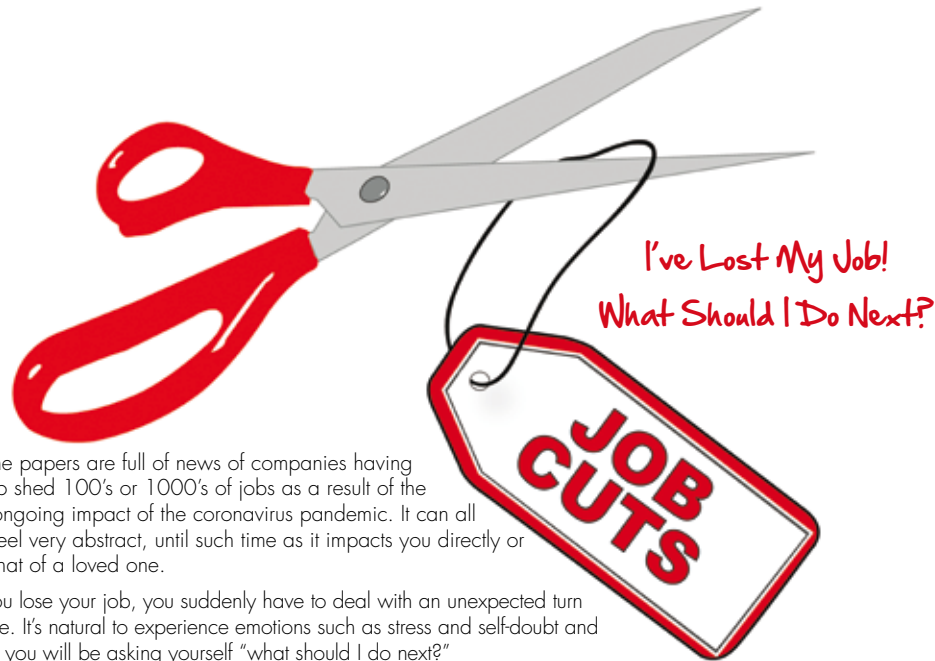
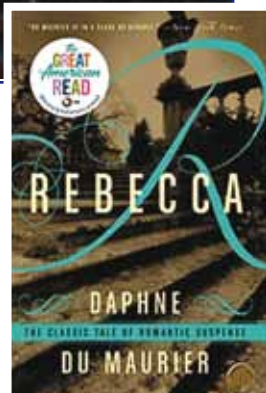
The books story returns the couple to Maxim's Cornwall estate, but many of the film's aspects were actually filmed in Hartland Quay, North Devon.

Trailer <http://tiny.cc/watchrebecca>



Release Date

You can add Rebecca to your Netflix list now, and they will advise when it is ready to watch. It is believed to be live in the UK on the 21st October 2020.



The papers are full of news of companies having to shed 100's or 1000's of jobs as a result of the ongoing impact of the coronavirus pandemic. It can all feel very abstract, until such time as it impacts you directly or that of a loved one.

When you lose your job, you suddenly have to deal with an unexpected turn in your life. It's natural to experience emotions such as stress and self-doubt and ultimately you will be asking yourself "what should I do next?"

Emotions

From the moment you find out you are no longer needed in your workplace, anger, denial, frustration, shock and fear are just a few of the unpleasant emotions you may have to cope with.

These emotions can take you by surprise, which will initially make coming to terms with this scenario hard to accept. Right now, you are going through something that is life changing and although it's hard to feel optimistic, the first step is to sit back and search for clarity.

Acceptance

Whether you were made redundant, lost out to somebody more skilful in your area of expertise or you were let go; losing your job naturally hits you hard.

At this moment in time you may not understand why you are in this position and have many questions that haunt your mind. If you are the main source of income for your family, you may feel stressed and feel pressure to take any job, even if it is not right for you.

Once you overcome the initial shock and start to get back on your feet again. You'll be able to explore new opportunities and this change in your life may even become a blessing in disguise.

Even though deep down we know that nothing lasts forever, losing a job can still come as a shock and the change can feel terrifying. This is even more so, if you've had your job for a long time, or particularly enjoyed your role.

Practical Steps to Take

- Make sure your CV is up-to-date and gather references.
- Take a good look at your employment contract now - know your rights!
- Take a good look at your finances now. Make use of any government benefits available to tide you over. Make sure you are on the cheapest deals. Get rid of non-essentials. Investigate payment holidays for major debts.
- Check if you have an insurance policy, like Income Replacement that may help in this situation.
- It's never too late to Network. Make sure you have contact information for people that may be able to offer support down the line.
- Embrace social media for work purposes - get an account like <https://uk.linkedin.com/>
- Take time to consider if now is the right time for a career-move or re-training.
- Lean into your family and friends and don't be afraid to take any support they can offer. Take care of yourself and look after your mental wellbeing.

Useful Links

- www.citizensadvice.org.uk/benefits/benefits-introduction/what-benefits-can-i-get/
- www.moneysavingexpert.com/family/redundancy-help/
- <https://find-your-nearest-jobcentre.dwp.gov.uk/>
- <https://nationalcareers.service.gov.uk/>
- <https://jobhelp.campaign.gov.uk/>
- www.acas.org.uk/redundancy
- www.headspace.com/

Guardian Angels

From a young age we are introduced to the concept of having a guardian angel, another earthly being that will offer us both protection and guidance in times of trouble.

Angel Hierarchy

As humans, we hold them with high-esteem, in their protective role of us and our loved ones. Which is quite ironic, as in terms of angel rankings they are in fact on the lowest rung for 'heavenly power'!

Shared Destiny

It is thought that when we are first born, we are assigned a guardian angel, and they will in actuality incarnate with us through all of our journeys. Our guardian angel will evolve, just as we grow and develop, and together we will have a shared purpose.

Protection

One of the duties of a guardian angel is to steer us away from negativity, instead channelling light towards us, so that we may be inspired.

Guardian angels cannot however shield us from all bad things happening, so when we go through tough life events, they bring through comfort.

A bit like a God-parent, another task of a guardian angel is to bring the person closer to God. They do this through prayer, and by offering enlightenment.

Contact

It is not unusual for people to first feel the presence of a guardian angel when they are suffering the most, maybe in grief, if they are in danger, or if they are feeling depression and sadness.

However, for some people it will be the opposite, and they will experience the angelic realm when they are at their most inspired and feeling joyful.



Advice

Guidance comes from a guardian angel only when we seek it, even then the advice can be ignored. Your free-will is never in jeopardy. The angel is more there to play devils advocate, so that you can play out any scenario and decide what will be for the greater good.

Zodiac Shadows

When it comes to astrological signs, we don't very often talk about the shadow attributes. Put another way, these are the negative aspects that are associated with any particular sign of the zodiac.

• The **Aries** sign can struggle to say no, sometimes they mean no, but don't want to actually say it, often leading to procrastination over answers. Sometimes you will get agreement purely for a quiet life, but then they often don't deliver on said promise!

• **Taurus** hold a grudge! They neither forgive or forget. When they are angry about something, they tend to hide it and then let it fester, leading to resentment. Their humour can sometimes be misguided and they can show signs of avarice.

• If **Gemini** feel like they are being ignored, are feeling bored, or are in the company of someone they perceive as acting stupid, then their shadow aspects are likely to arise. They come across as devious, acting as if they have a good deal for you!

• When a **Cancer** sign is feeling insecure, they will try to stranglehold both the people and things around them. It makes them come across as desperate and overprotective, and as if they don't understand people cannot be controlled.

• **Leo** always have a need to organise the people around them, but when their shadow is in full play, this turns more to control than organise! In a weak moment Lions will exploits others fragility for their own gain.

• A **Virgo** shadow finds it hard to hide the fact that deep-down they believe they are better than you! Secretly they are dying to meddle in the lives of others, thinking they know best.

• **Libra** is normally a sign that cares for others greatly, but when their shadow arises it takes on some of Aries negative traits. So, they become stubborn, and self-obsessed. They will even trick their way to getting something they want!



• When the shadow strikes a **Scorpio**, it is very spiteful and self-destructive in nature. It's like they have remembered every bad thing that has ever happened to them, and all grudges come to the fore to be reconciled.

• The **Sagittarius** shadow has no concerns about being liked, they pursue things for the attention and the experience. They will lie where needed, and won't bother with their usual tact, making them seem spiteful at best.

• For **Capricorn** a deep-set discontentment in life rises with the shadow traits. They can become pessimistic and critical, but really, they are just seeking out validation from others, born from their own insecurities.

• **Aquarius** in every day has two rulers, the same goes for the shadow. So, they may come across as perfectionists, rigid in their thinking and cold in behaviour. Or they may be more disruptive and want to do things for the sake of standing out, rather than pride or principle!

• **Pisces** has an overwhelming presence of guilt in a shadow phase. They feel as if they are being used, but really, they fail to set boundaries - saying yes to everything, and then feel put upon. Then feel guilty for wanting to say no!

Reader Profile

Paula

PIN: 5454



Paula is a very experienced and dedicated medium, who has worked in this field for many years. She is able to offer you a reading with or without the use of spiritual tools including the use of Tarot cards, crystals, ribbons and rune stones. She also has shown experience of being able to interpret dreams and work with colours to focus on personality traits.

Paula has been called upon by one police force to assist in solving some of their most difficult cases. As well as this Paula has taken part in platform readings, many one to one readings and spiritual circles which she is internationally known for.

She is a qualified social scientist and has had some tough experiences with the loss of life, including having to deal with the loss of two children many years ago. Due to this traumatic experience she is able to understand even more so when a client would like to reconnect with a loved one.

Over the years Paula has grown her connection with Spirit and her spirit guides who will come in to offer a guiding hand when the going gets tough. Because of this many of her customers return on a regular basis. She is able to deal with situations that are close to the bone and will tell you exactly what she sees.

Testimonials:

I've had a number of readings with Paula and I am forever thankful for her guidance, which has got me through some really rough patches. Paula comes across as friendly, extremely easy to talk to and she has a tremendous ability to pick up and understand my situation and difficulties. If you're looking for an honest and straight-forward reading, then I highly recommend Paula. You won't regret it!

Nicky, Scotland

I've had a couple of readings with Paula over the past few days and I could talk to her all day. A truly gifted lady and so lovely to talk to. You don't need to say a word she just 'knows.' She read in the heart of the ongoing matter that I have and gives clear, compassionate answers and comforting guidance. The way she can read another person is astonishing. Paula is literally a gift from heaven, I am so grateful I found her. I shall return for readings again without any hesitation at all. Love and light and god bless.

Lisa, Horley

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10 Reasons to Be Happy this Autumn!

Let's be honest it's been a pretty difficult 6-months, whilst completely normal still seems a way off into the future, each of us is now beginning to settle into a new sort of normal.

Autumn is traditionally a period of reflection, so we can take some time to appreciate what we have learnt, gained and valued this year.

I'm sure everyone's list of reasons to be happy this autumn will be different, but here are 10 things to get us started...

1 - It's time for winter-cosy clothes, layers, jumpers, scarfs, hats and boots - yeah!

2 - Skills that you practised during lockdown, can keep you occupied during wet and windy days. From knitting, star-gazing, to jig-saws, to the perfect banana bread/sour dough loaf.

3 - It's perfectly acceptable to binge-watch TV, and slouch around in pyjamas when it's a dark and dull Sunday - enjoy!

4 - Communication via Zoom et al, has made us appreciate the human-touch once more. Embrace any invites (that restrictions allow) for work-do's, family get-to-gathers and more, especially those that you might otherwise avoid. Make sure everyone important to you knows how you feel about them.

5 - Comfort foods are back on the menu, say goodbye to salads and hello to roast dinners, stews, soups and fruit crumbles.

6 - Children are back in school, they are finally learning again, and an element of structure has come back into your day. Now you can look forward to the October Half-Term and Christmas holidays as welcome family-time with your offspring.

7 - Everything hot is back on the table - hot water bottles, a lit fire, hot chocolate, hot toddy's! It's all there for the taking...

8 - Seasonal Treats are on there way - toffee apples, gingerbread everything, mince-pies, tins of chocolates and more!

9 - TV shows you normally associate with autumn will be back, like Strictly Come Dancing, Call the Midwife, The Crown and new ones albeit a take on an old one thrown in like Spitting Image.

10 - Lastly feeling thankful, for small things, like not having to queue so much to get into supermarkets, no restrictions on what you can buy, for having an NHS, for small local shops, for hobbies, outdoor space, family, friends and of course good health!



Astrology

with our expert

Carol Day

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



Aries

The autumnal light seems to shine in your career sky this month, and with your career planet Saturn moving forward from September 29th, the timing is perfect. You're getting ready for a new career push, things are moving forward quickly, so pace yourself. You're still in a yearly love/social peak until the 23rd, lots of chances. Then on the 28th Venus enters Libra, very powerful for love and money, and your social charisma is amazing.



Taurus

It's a romantic, "raindrops on roses" kind of month for Taurus as Mercury is in your love sky until the 28th. Social grace and links are important in finance; there could even be joint ventures under this transit. Love planet Pluto moves forward on the 4th and he becomes super strong from the 24th onwards. Socialising maybe business and family related as you pursue love and money. A lucky romantic meeting takes your breath away!



Gemini

Gemini's fun, children and creativity sky are still strong until the 23rd and you're still in the midst of a yearly personal pleasure peak. It's a time to enjoy yourself so just direct your feet to the sunny side of the street. Pluto ruler of your health/work sky moves forward on the 4th so both the job and health regime are going smoothly. A Super New Moon on 16th means money joy; a Full Moon on 31st is a pot of gold at the end of the rainbow!



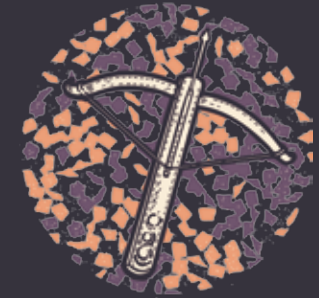
Libra

In Libra's birthday month, money planet Pluto starts moving forward and gets up close and personal to Jupiter to expand earnings. You're still on a personal pleasure high until the 23rd, which is good for indulging the body and for getting in shape. The Sun enters your money sky on 23rd and you begin a yearly financial peak, best days are 21st-23rd. From 2nd-28th Venus is in your spiritual sky, focus here enhances your charisma.



Scorpio

Love planet Venus spends much of the time in your friend's sky, she is also part of the Grand Trine in the Earth, and so love for singles can happen as you're involved with group activities. On the 28th Venus enters your spiritual sky so you'll find spiritual-type people alluring. Your ruler Pluto moves forward on the 4th and on 23rd the Sun enters your sky and you begin a yearly pleasure peak. Jupiter's good aspects show prosperity.



Sagittarius

Venus, your health/work planet, moves into your career sky on the 2nd. In October you impress superiors with your good work ethic and this transit is a good signal for health. Your friendship sky is very powerful this month, you enjoy delightful group activities. All money planets are moving forward along with Pluto on the 4th and finances are just great. The Sun joins Pluto in your spiritual sky, then your own religious traditions benefit you.



Cancer

Moon-folk will have a happy and prosperous month ahead. Until the 22nd your favourite home and family and love skies are still powerful. The cosmos impels you to focus on what you most love. The Sun enters your fun sky on the 23rd and enters a period of money-making pleasure. A Full Moon on the 31st occurs on Uranus; think tales of the unexpected and The Super New Moon on the 16th will be a great financial day for you.



Leo

Kind hearted Leo's have been busy taking care of others over the last few months and finding that their own needs are met as well, with little effort or attention. Venus, your career planet moves into your money sky on the 2nd showing that you have the financial favour of bosses/parent figures in your life, and also pay rises are afoot. Venus solstice is from Oct 29th - Nov 2nd, this shows a pause in career, then a new pathway opens up.



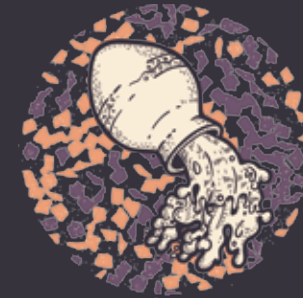
Virgo

Virgo your ship has come in - you're a financial star! You're still in a yearly financial peak until the 23rd. Plus money-planet Venus enters your sign on the 2nd and stays there until the 28th. Venus is also part of a Grand Trine in Earth which brings financial windfalls. You also have a New Moon with the Midas touch on the 16th. On the 28th Venus enters your money sky, and is very powerful in her own sign and house. Enjoy!



Capricorn

Career planet Venus gives you confidence and fast progress as she travels through three signs and houses. Family dramas happen until the 2nd when she moves over to your 9th house bringing career-related travel and education to the fore. On the 28th Venus enters your career sky, in her own sign/house, a powerhouse of harmony on your behalf. Pluto's good aspects to Venus on 21st/22nd, show focus on friendships, the fruit of your career success.



Aquarius

Pluto your career planets starts moving forward on the 4th, perfect timing! There is now more clarity and you can see the way forward. On the 23rd the Sun, your love planet enters your career sky and you begin a yearly career peak. Likeability plays a key role in your career; your social grace is an important career asset. Love is happy this month and you'll be meeting with people of power and status, maybe at a school or place of worship.



Pisces

Pisces it's the daytime of your year and career planet Jupiter is moving forward, so the timing is right to focus your needs on career and outer objectives. Venus moves into your love sky on the 7th and a friendship could turn into something deeper. Your regeneration sky is strong until the 23rd, so it's decluttering your life on all levels, you'll feel a personal transformation afterwards. Trick or treating maybe missed this time - you'll be too busy.



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