

# FREE SPIRIT

September 2025

## FEATURES

Healing the Child Within,  
Libra Season, Autumn Equinox

## PLUS

September Horoscopes  
& Reader Profiles

**Margot Robbie**

Having a Mystical Romance that  
transcends Time and Space

discover your future, release your past

## Editor's letter

We're saying hello to autumn in this month's edition as we explore new ways to welcome the Autumn Equinox. We take a look at Tarot cards that resonate with this time of year and delve into the energies of Libra season.

In our continuing series on Angels, this month we focus on the Pink Ray and Archangel Chamuel, whose realm centres on relationships. Meanwhile, Vanessa continues her holistic series with an insightful piece on healing your inner child.

We're also reintroducing two of our readers – Karen and Mariah – both of whom bring a wealth of life experience and psychic insight. If you're new to Psychic Light, or to psychic telephone readings in general, why not take advantage of our 'Discover' offer (details on page 4) to have a reading with Karen, Mariah, or another member of our talented team?

On the celebrity front, we spotlight the film A Big Beautiful Journey, starring Margot Robbie – a road-trip adventure with a spiritual awakening at its heart.

Finally, don't forget to check out your monthly horoscopes on pages 14–15, or visit: [www.psychiclight.com/horoscopes/](http://www.psychiclight.com/horoscopes/) Will the planetary shifts this month bring good things your way?

Charlotte

## Marketing

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# INSIDE FREE SPIRIT Magazine September 2025



Margot Robbie image: Fred Duval / Shutterstock.com

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## Choose a reader to begin your journey

Pick from our many talented psychics, all with different techniques



PIN: 3622

Adele

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



PIN: 1441

Angel

Angel has a strong psychic gift; she thinks of herself as a sister of the 'Soul Light', guiding people to connect to their correct spiritual path. Angel provides inspiration and insights; she believes there are no wrong choices – just lessons to be learned.



PIN: 3203

Hope

Hope is a gifted healer, psychic and medium, with an inherited gift. She is proficient in psychometry, the I Ching, Tarot, palmistry and more. Hope wants to give you messages from Spirit that will allow you to heal and move forward.



PIN: 5115

Jasmine

Jasmine is a clairsentient, clairvoyant medium; she has worked with her guides for 35+ years. She is a natural healer and has a unique affinity with animals. Jasmine can transfigure Spirit and loves the crystal ball, healing runes and numerology.



PIN: 4567

Joanna

Nothing shocks Joanna as she has encountered many unusual situations. She has studied esoteric energy, telekinesis and paranormal activities. Joanna offers sage advice based on her unique perceptions, offering clarity when someone is confused.



PIN: 3232

Michaela

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

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.



## Are you New to Psychic Readings or New to Psychic Light?

If you've ever felt curious about psychic readings but weren't sure where to begin, you're not alone. Or maybe, you've experienced readings at another company and wonder what they might be like at Psychic Light. Many clients come to us with questions, a bit of hesitation, and a hope for guidance or clarity. Whether you're navigating a life decision, seeking emotional insight, or simply exploring something new, a psychic reading can offer a meaningful and personal experience.

### Why People Choose Psychic Readings

Psychic readings can offer insight, reassurance and direction during times of change or uncertainty. For many, a reading is about finding clarity. It's a chance to take a step back and gain a fresh perspective, especially when emotions are running high or decisions feel difficult to make.

Some people may feel an intuitive pull to explore what lies ahead or make sense of patterns they keep encountering. And for many, it's simply about connection — a safe space to talk, reflect and feel understood. Whatever the reason, the experience can be both grounding and empowering.

### What to Expect from Your First Reading

Your first psychic reading doesn't need to feel daunting — it's simply a conversation, led by someone with intuitive insight, designed for you to gain clarity around what's on your mind. At Psychic Light, our readers create a warm, welcoming space where you're free to ask questions or simply listen and reflect.

# DISCOVER

Depending on the reader you choose, your session might involve tarot cards, clairvoyance, mediumship, or other tools. You're encouraged to raise any topic that matters to you, and your reader will tune into the energy around your situation to offer guidance. There's no script and no judgement. Some people come with a clear question/s; others just want to see what comes through.

### What Can I Speak to My Psychic About?

You can talk to your psychic about anything that's on your mind. Many people ask about relationships, career choices, personal growth, or life direction. Others seek guidance on emotional challenges like grief, stress, or uncertainty about the future.

Some want clarity on specific questions, while others prefer a more general reading to gain insight and perspective. Whatever you choose to discuss, your psychic is there to listen, support, and offer intuitive guidance tailored to your unique situation.

### Why not take advantage of our 'Discover' Offer?

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### Take the First Step Towards Clarity

Whether you're feeling uncertain, curious, or simply in need of someone to talk to, a psychic reading can offer the insight and reassurance you've been looking for. Our experienced readers are here to guide you through whatever's on your mind — with honesty, empathy and intuition. If it's your first time, we'll put you completely at ease.

Don't forget to visit our blog: [www.psychiclight.com/psychic-news/](http://www.psychiclight.com/psychic-news/) where we cover everything from choosing the right psychic for you, to making the most of your reading.



## What Libra Season Means for You

The sun transits through the Libra Constellation, starting on the 22nd of September and ending on the 22nd of October. It is a period of harmony, relationships, and rebalancing your life in the autumn season.

Libra is ruled by Venus and in the zodiac — is the great harmoniser! This period draws our attention to a number of things: our relationships, aesthetics, beauty around us, and our sense of inner equilibrium. Also, in keeping with the Libra ethos — justice, balance, and connection.

The Libra season comes hot on the heels of Virgo season — which is naturally fiery and driven. So, Libra season is a nice change of pace as we are encouraged to slow down, reflect on our daily lives, and make peace with the push-me-pull-me aspects of life we so often have to live with. On a soul level, it is time to recalibrate.

### The Spiritual Energy of Libra

The sign of Libra is represented by scales. You may not have thought about this but Libra is the only sign of the zodiac that represents an inanimate object. It's known for representing balance which can mean different things to you in this season - balance between people; differences between your inner self and how you present yourself to the outer world or harmonising your material needs with your spiritual needs.

As we head further into autumn and Halloween approaches, the veil between ourselves and others naturally becomes thinner. This period allows us to be more empathetic towards others; we are more willing to compromise and we cooperate more easily.

But we may also become more aware of any discord in our relationships; if we sense disharmony — we should listen to our instincts as they are probably right!

Luckily the Air Element of Libra also boosts our mental clarity and ability to communicate what we want and need, so navigating emotional matters, having honest conversations and restoring flailing connections is much easier than at other times.

### How This Affects You

#### • All types of relationships come into sharp focus:

Reflect on whether your relationships are reciprocal, if they provide you with what you need, and if they align with who you are.

#### • It's a time for Beauty & Aesthetics:

You might feel inclined to refresh your home, work space, or wardrobe. Alternatively, you may sense that it's the right moment to pursue something creative. Rather than viewing this as superficial, consider it part of self-care.

#### • Work/Life Balance:

You will feel compelled to assess how you've been allocating your time. Are you giving too much of yourself to someone or something? Are your needs being met? Allow Libra's energy to centre and guide you.

#### • Inner Compass:

If something has felt unfair, now is the time to shed light on it. Truth and justice serve as Libra's guiding principles; your ability to advocate for change is heightened during this period.

**During this Libra season, let yourself be held by the gentle call to connect, reflect, and restore. There is strength in softness — and great power in poise.**

# Reader Profile



**Karen**  
**PIN: 5791**



Karen's journey into mediumship began in her teenage years, sparked by a natural sensitivity to energies beyond the physical world. Even as a young girl, she sensed things before they happened and often felt an unseen presence guiding her. But it was in her mid-teens, during the cultural wave of the early 1970s, that her awareness really awakened. Inspired by songs like Led Zeppelin's *Stairway to Heaven*, she became captivated by the idea of an afterlife and the possibility of connecting with those who had passed on.

At just 15, Karen held her first séance with a group of school friends. During that session, she received a clairvoyant message that would come to pass a decade later — a powerful sign that her calling was real. From that moment on, Karen's life was shaped by spirit. She describes her path as a calling, much like a priest is drawn to the church. She began sensing events before they happened and found the colour purple, which she often wore, to be deeply healing.

Throughout her life, Karen experienced many validations of her gift. One of the most poignant came just after the passing of her beloved mother. As she walked alone through the funeral home, a distinct waft of her mother's perfume enveloped her — a deeply personal and comforting sign that she was still close by. From then on, Karen began receiving clear messages from her mother, even small signs while out shopping, letting her locate just the right item she needed.

Karen's gift has extended beyond her personal circle. Over the years, she's received insights about public figures, including a strong sense of unease on the eve of Princess Diana's tragic passing. In another instance, during a spontaneous holiday trip, she correctly predicted her destination — right down to the town — before the travel agent could confirm it. Experiences like these have continued to affirm the strength of her connection.

Despite life's challenges, including balancing a day job, raising a family, and navigating personal transitions, Karen remained steadfast in her devotion to spirit. As demand for her readings grew, she transitioned into working fulltime as a medium and clairvoyant — a decision that finally brought her a sense of purpose and job satisfaction.

Karen believes that the spirit world isn't spooky or strange, but rather a continuation of love and connection. For her, the most rewarding part of her work is offering comfort to those struggling with grief or uncertainty. "They love to continue the relationship," she says of loved ones who have passed, "and let their family know they are fine."

Karen has brought insight and healing to countless people over the years — guiding them through grief, supporting difficult decisions, and providing clarity in times of confusion. Whether through clairvoyant dreams, spirit messages, or intuitive guidance, her gentle and calming presence continues to uplift others. For Karen, it's not just about prediction — it's about hope, healing, and the enduring bond of love that never dies.

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## Tarot for Autumn: Cards of Change, Release & Renewal.

Typically, as we head into late September, it begins to feel more like autumn. Children are back in school, the leaves are turning colours, a chill is felt in the air, and if you prefer autumn and winter over summer — you are probably excited about cooler weather, winter clothes, and Christmas approaching.

Autumn is also a period of letting go, reflecting inwardly, and preparing for transformation. In Tarot, this season resonates with the cycle of change, death and rebirth — not in a literal sense but symbolically/emotionally.

Tarot is always a powerful tool; perhaps you have a deck at home and draw one card per day. It can be a helpful way to navigate the shifting season and our energies. Or maybe you would like to have a seasonal tarot spread reading with one of our expert readers? You can also journal alongside the autumn-focused cards provided below.

### Tarot Cards of Autumn

#### Death (XIII)

The Death card, of course, has a dramatic name and is often misinterpreted. Many consider it the most hopeful card in the Tarot deck. It speaks to endings that are necessary and needed. Additionally, it deals with deep transformations and the need to surrender to the natural order of things. The essential message is that we must let go of what we have outgrown. While it may be easy to feel sad as if something has been lost, it is better to see things as always in motion and changing.



#### The Hermit (IX)

The Hermit card is perfect for autumn as it naturally draws us inward. We spend more time at home and perhaps have more time for contemplation. It is about retreating from all the external noise of the world, finding solitude in quiet reflection, listening deeply, discovering our truth, and accepting our inner guidance.



#### Eight of Cups

The Eight of Cups symbolises an emotional departure. Perhaps we are realising that something that once was fulfilling no longer resonates in our lives in the same way. Autumn is the perfect time to consider, "What do I need to leave behind in order to walk towards something deeper and spiritually more meaningful?"



#### Queen of Pentacles

The Queen of Pentacles grounds us; she is nurturing and embodies the earthy energy of the season. She reminds us to tend to our bodies, minds, and homes, and to work with the natural rhythm of life and the seasonal cycles. Think warm meals, cozy spaces, holistic healing, spiritual rest, and rejuvenation.



In nature and Tarot, endings should not be feared. This autumn, let the Tarot cards guide you to reflect with purpose and prepare for renewal. You will emerge from the season wiser, clearer, and with a sense of purpose.





## A Mystical Romance That Transcends Time and Space

**I**n *A Big Bold Beautiful Journey*, Margot Robbie and Colin Farrell take audiences on an adventure that feels less like a road trip and more like a spiritual awakening. Directed by Kogonada (*After Yang*, *Columbus*), the film explores the almost otherworldly connection between two strangers whose lives begin to intertwine in ways that defy logic and time.

### Release Date

Set for UK release on 19 September 2025, the film follows Sarah (Robbie) and David (Farrell), two souls adrift who are drawn together during a wedding weekend—only to be pulled into a surreal journey across space, memory, and emotion. Guided by a mysterious car GPS, the pair embark on a voyage that appears less about destinations and more about destiny.

### The Story

What unfolds is part romance, part metaphysical exploration. As they pass through portals into their own pasts, Sarah and David are forced to confront the moments that shaped them—not just as individuals, but as part of something greater. Their connection grows

increasingly transcendent, suggesting they may have met not by chance, but through some universal pull. The film weaves in ideas of déjà vu and karmic ties, and the concept of parallel emotional timelines, making it feel more like a cosmic fable than a conventional drama.

Seth Reiss's screenplay blends grounded emotion with mystical realism, while Joe Hisaishi's ethereal score gives the film an almost spiritual texture. Robbie's performance shows her character as a woman yearning not just for love, but for spiritual truth. Farrell brings a quiet intensity that suggests his character, too, is awakening to something long-forgotten—perhaps even preordained!

### Supporting Cast

The supporting cast include Phoebe Waller-Bridge and Jodie Turner-Smith, and they add depth to this dreamlike universe, but it's the central bond between Robbie and Farrell that anchors the film. Their chemistry doesn't just sparkle—it resonates, as if their characters have known each other across lifetimes.

For audiences seeking something deeper than the usual romantic fare, *A Big Bold Beautiful Journey* promises an emotionally rich and mystically charged experience—one that speaks to the soul as much as it does to the heart.

**Trailer** - <https://abigboldbeautifuljourney.movie/trailer/>

### What the leading actors say

Margot Robbie: "Making this movie was truly one of the most magical experiences of my life. If audiences feel even a tiny slice of how magical it felt making this movie, then they'll have the most incredible experience in the theatre." *Glamour UK*: [www.glamourmagazine.co.uk/article/a-big-bold-beautiful-journey-cast-plot-trailer](http://www.glamourmagazine.co.uk/article/a-big-bold-beautiful-journey-cast-plot-trailer)

Colin Farrell: "It's kind of a love story, but it's not a very typical one. It's definitely magical realism. It's grounded in a world that we recognise, but it also is removed enough into the world of fantastical that it goes into these kinds of whimsical places." *Collider*: <https://collider.com/colin-farrell-margot-robbie-a-big-bold-beautiful-journey-plot-details/>



Images courtesy of: Sony Pictures

## Embracing the Autumn Equinox: A Time of Balance and Reflection

**A**s the wheel of the year turns once more, the Autumn Equinox, or Mabon in the pagan tradition, graces us with its presence. Occurring on Monday 22nd of September in the UK, this celestial event marks the point when day and night are of equal length, a delicate pause between light and darkness.

In spiritual circles, the Autumn Equinox is seen not just as a seasonal shift, but as a profound moment of balance, gratitude, and letting go. The earth prepares for rest, the leaves turn to amber and gold, and there's a soft hush in the air that invites us to pause and reflect. Just as nature begins to slow, we too are called inward — to honour what we've harvested in our lives and to consider what we're ready to release.

In Celtic and pagan traditions this is a time when the veil is thin — not quite as dramatically as at Samhain, but enough that intuition deepens and spirit communication stirs.

### Personal Harvest

Spiritually, this is a powerful time to take stock of your personal "harvest". What intentions did you set earlier in the year? What has come to fruition, and what still needs tending?

The equinox reminds us that balance is fleeting but necessary. It's a perfect moment to explore where we may be giving too much, or holding on too tightly. Like the trees that surrender their leaves, we're reminded that letting go is not loss — it is transformation.

### Ways to Honour the Season

The Autumn Equinox is often overlooked in modern culture, but ancient peoples knew its power.

- **Ancestral Tree Offerings:** Trees were once believed to carry messages between worlds. To honour those who came before, find an ancient tree and leave a simple offering like cider or oatcakes.
- **Create a Shadow Map,** as a ritual of transformation. On parchment or dark paper, draw or write the parts of yourself you're ready to face or shed. Bury it beneath fallen leaves or burn it safely at dusk.
- **Forage for Spirit Herbs:** Sacred to autumn, many herbs like Mugwort, hawthorn berries and rose hips can be used in teas or incense, they are said to offer both psychic protection and to open up the psychic pathways.
- **Create an Autumn Altar:** This is a great task, that can double as décor and a reminder of the lessons the season offers. Collect acorns, conkers, apples, and leaves and make a small display along with anything else you own with earthy tones, such as candles. Gathering among nature can be a deeply spiritual act, connecting you with the rhythms of the earth.
- **Practice Gratitude:** Write a list of things you're thankful for. Even amidst challenges, there's always something to acknowledge. Gratitude grounds us and opens the heart.
- **Feast Mindfully:** Embrace the abundance of autumn foods — root vegetables, blackberries, squashes. Prepare a nourishing meal and share it with loved ones, in honour of the harvest.

As the nights grow longer, remember that darkness is not something to fear, but a space for rest, dreaming, and renewal. The Autumn Equinox is your invitation to find harmony within and to trust in the wisdom of the turning year.





# Self Healing: Beginning to Heal the Child Within

Written by  
Reader Vanessa



We have all been children! But for each of us, even siblings within the same family group, there will be a different experience of our childhood years. Your "inner child" is not simply a part of you that never grew up, like some kind of Peter Pan character, but it is that part of your subconscious mind which holds the imprint of events and emotions you experienced and may continue to affect you into adult life.

As we become adults, we might be able to take a different view of the moments that hurt us as children, even gaining an understanding of the challenges our parents faced which might have caused them to act in a way that hurt us, although they never intended to. But if that doesn't happen then we may find ourselves dealing with unresolved issues that go back to our early life.

Tracing and recognising our responses in adulthood to childhood traumas can enable us to deal with them and potentially lessen their impact on us. For example, if there is something that makes you suddenly, instantly, angry, fearful or upset you may

well be able to trace that back to negative events from your childhood. Let's imagine for a moment that your mother never really listened to you with her full attention, perhaps fobbing you off with, "I'm too busy". As an adult, you might then find yourself experiencing a seemingly disproportionate sense of rejection when your partner is too busy to pay attention. That rejection is actually the inner child bringing through the hurt it feels from relatable experiences many years before.

## Change & Manage Automatic Responses

The good news is that you can change, or manage, these automatic responses. When you are able to identify the origin of the pain, take some time to reassure your inner child that they are safe, they are heard and that they are indeed loved. It can be helpful to write a letter to your inner child, writing all the things that you wish you had heard as a child in an expression of kindness and compassion. Offer all the support that you actually needed but didn't receive, and really come at this with kindness, above all else.

Treating yourself with kindness rather than judging yourself too harshly will improve your relationship with yourself and has the ability to ease depression and anxiety by re-directing the inner voice from being your worst critic to becoming a voice of healing and compassionate words.

## "I am Enough"... "I Matter"...

You can also improve your self-image with daily affirmations such as, "I am enough", "I matter", "I have all that I need for today". These help to override that little nagging doubt in your mind which is the hurt little child of your youth. Repeating them daily in front of the mirror allows you to develop a more loving and honest relationship with yourself. It might feel a little bit odd at first to talk to your reflection in a mirror, but soon it becomes a valuable reminder that you are indeed worthy of giving yourself time and attention. *And finally, give yourself a hug.*

## A Butterfly Hug!

The Butterfly Hug is a self-soothing method designed to alleviate anxiety, panic and distress. Using a rhythmic tapping on your body, you create a sense of comfort, grounding and security.

**1. Place Your Hands:** Crossing your arms over your chest, hug yourself. Let your hands rest on your upper arms.



**2. Tap or Pat:** Gently tap or pat your right hand against your left arm, then your left hand against your right arm. These movements should feel soothing and rhythmic.

**3. Breathe Mindfully:** As you tap or pat, take slow and deep breaths. Breathing IN through your nose for a count of four, holding the breath for a count of four, and breathing OUT through your mouth for a count of four.

**4. Comfort:** As you continue with rhythmic tapping and breathing, feel it as a gently reassuring hug.

**5. Be Present in this Moment:** If your mind begins to wander, gently guide your focus back to the tapping, and the quiet rhythm of your breath.

By mimicking the sensations of a hug, we can trigger our brain into producing soothing neurochemicals that make us feel safe and alleviate any distressing, anxious thoughts.

**Remember, self-care is never selfish.** By looking after yourself and showing yourself all the consideration and kindness you deserve, you can be in a better position to positively influence every aspect of your life.

## Vanessa Testimonials

*Vanessa is a great reader and dives in very quickly into a situation. She is compassionate, articulate and kind, and was spot on! Highly recommended.*  
C, London

*Vanessa is a very natural psychic with nuanced understandings in response to my questions. I was extremely impressed with her.*  
Ludwig, Warrington

*Vanessa is absolutely brilliant at what she does. Outstanding psychic medium, perfect connection with spirit world. I will be calling back again and again. Thank you, Vanessa,*  
A, UK

Written by Vanessa,  
PIN: 3900

Vanessa





**COLOUR:** Pink

**CHAKRA:** Heart (Anahata).

**FOCUS:** Relationships and developing higher emotions.

We have introduced the Angels of Ray's and featured Archangels Uriel, Gabriel, Jophiel, Raphael, Michael, Raziel and Zadkiel. Now we move on to four further Ray angels, covering the colours White, Pink, Turquoise and Lilac.

The harmonious Pink Ray, embodied by Archangel Chamuel, symbolises the fusion of celestial and earthly energies within the human heart. This divine union results from merging the physical Red Ray with the spiritual White Ray, signifying awakening and completeness.

Archangel Chamuel plays a vital role in revitalising and enhancing our relationships through nurturing the Heart Chakra. Through the gentle Pink Ray, which embodies love and compassion, we learn to both give and receive love unconditionally, devoid of selfish motives.

This profound love goes beyond personal boundaries, leading us towards emotional growth and spiritual evolution. While some may fear opening their Heart Chakra, those who embrace it exude a magnetic warmth that comforts and uplifts others.

In times of turmoil or change in relationships like conflicts or loss, Archangel Chamuel guides us with wisdom and support. He encourages us to cherish the loving connections we already possess as they hold enduring value for all creation through pure love energy.



**Physical Connections** – Parts of the body: heart, shoulders, lungs, arms, hands, and skin. Heals rejected or judged parts of the body. Eases physical tension and psychosomatic illness. Useful in cases where disease diagnosis is accompanied by fear hindering physical recovery.

**Emotional and Mental Benefits** - The Pink Ray focuses on building confidence and self-esteem. Dissolves negative emotions like self-condemnation, low self-worth, self-loathing, and selfishness. Ignites inner happiness by revealing unique talents and abilities. Helps in nurturing these attributes and valuing oneself. Reduces depression, compulsive behaviour, and destructive tendencies.

**Spiritual Connections** - Opens the Heart Chakra to enhance healing gifts. Attracts soulmates for sharing innermost thoughts and feelings.

Discover the profiles of our many readers deeply connected to the Angelic realm at:  
[www.psychiclight.com/psychics/](http://www.psychiclight.com/psychics/)

Ref: The Angel Bible, Hazel Raven

## Reader Profile

**Mariah**  
**PIN: 1881**



Mariah is a gifted and respected psychic, medium, and healer with over four decades of experience in working with Spirit. A natural-born medium and empath, Mariah's spiritual awareness began in early childhood. She recalls reading tea leaves with her grandmother before the age of five and experiencing vivid premonitions and emotional sensitivity long before she understood the nature of her gifts. For Mariah, seeing and hearing Spirit has always been a normal part of life.

Rooted in Romany heritage, Mariah's abilities were inherited through generations and nurtured within the ethical framework of the spiritualist movement. This foundation has shaped her responsible, compassionate approach to readings. Mariah works closely with her spirit guides to channel guidance from higher realms, aiming not only to deliver messages but also to illuminate the path forward for her clients. Her deep sense of duty to Spirit ensures that every reading is honest, insightful, and grounded in love and integrity.

Mariah is more than a psychic reader—she is also a trained spiritual healer and Reiki Master, with academic qualifications in psychology, counselling, and cognitive behavioural therapy. This unique combination of intuitive and professional skills allows her to support clients in a holistic way, blending spiritual guidance with psychological understanding. Her ability to read energies—both human and animal—without the need for tools, speaks to the depth of her innate connection. However, she is equally happy to incorporate cards, pendulums or crystals into a session, depending on the client's preferences.

Known for her clarity and empathic style, Mariah specialises in bringing understanding to emotionally difficult or confusing situations. Whether it's insight into personal relationships, navigating major life transitions, or connecting with loved ones in Spirit, Mariah provides answers with warmth and candour. She believes healing begins with facts, and that Spirit reveals what is needed most in the moment—not always what is expected.

Through teaching meditation, trance, healing, and psychic development, Mariah has given back to the very movement that shaped her own path. Her students and clients alike describe her as empowering, ethical and deeply connected to the higher realms.

Despite her many achievements, Mariah remains grounded and humble, seeing herself as a channel for Spirit rather than the source. Her guides have shown her unconditional love, and she strives to pass that same energy on to every person and animal she reads for. For Mariah, Spirit is not separate from daily life—it is life. She sees the soul in all beings, and the presence of Spirit in every element of nature.

Mariah's goal is always the same: to leave you feeling seen, supported, and spiritually uplifted—with the way ahead gently illuminated by Spirit.

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# Astrology

With our  
expert:

*Chrysalyte*

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



Aries

The need to impress and the bigger splash now need to be backed up with attention to detail, as Mercury joins the Sun in the painstaking sign of Virgo. This may tangle with any Aries impatience issues but be careful were flying sparks land with Uranus making life sparkier than usual! Mars and Jupiter are also at odds, suggesting a need to find balance and buoyancy without overdoing anything. If in doubt, take the least line of resistance (i.e. do nothing!). A Pisces lunar eclipse signals a well-deserved, escapist break.



Taurus

There's help and ease on the way midmonth when Venus is well aligned with Mars, suggesting other people are more in tune with your plans. Once Venus enters Virgo on the 19th, any charm, surface gloss or PR may not be enough to swan through life smoothly; more attention will be needed for detailed application in various areas. You may be impressed by some really good results, however, from going the extra mile. Even dealing with seemingly utilitarian tasks could turn out to be rewarding and fulfilling in unexpected ways!



Gemini

Mercury's gear shift into Virgo may slow things down a little, simply through needing to put more attention to detail. Yet this could make you feel more connected with various people and situations, if not just the mechanics of how things work! With Uranus at odds with Mercury, conversations could take an unexpected turn and there may be surprise news. Your natural adaptability helps you to roll with any needed changes. Jupiter lends a hand mid-month, boosting confidence reserves, supporting you in aiming high and feeling on top of things.



Libra

Jupiter challenges Mars in Libra this month, suggesting a need to adjust to manage different situations and personal connections. One thing's for sure: you can't please everyone! But maybe the main issue is just too many options on offer and trying to work out which are your own greater priorities. Any tensions should ease nearer mid-month when Venus and Mars are good pals and other people are likely more understanding and yielding to requests. Mercury in your sign from the 18th helps with finding the precious middle ground in negotiations.



Scorpio

Helpful alignments of Pluto with Mercury and Uranus help rapport with others and getting ideas and suggestions accepted. It may become clear you were right about something all along, despite how much others may have argued or caused complications along the way! The Scorpio talent for quiet contemplation is a better bet than considering revenge, of course. Besides, retrograde planets could put you in touch with past connections that turn out to be an interesting and possibly quite valuable distraction. Set a powerful example by being first to reach out.



Sagittarius

Mars and Mercury at loggerheads with Jupiter indicate extra challenges during earlier and later parts of September. But they may be to do with conflicting inner drives rather than solid external circumstances, and could possibly therefore be negotiated with patience and the willingness to give a little. You may feel you've already done some of that, but maybe see if it's possible to hear what someone really is asking for, rather than attempt a second guess. The path is eased by the Sun towards mid-month when warmth overcomes potential criticism.



Cancer

Jupiter in your sign adds natural advantages this year, which other people may feel mark you out as something special. Whether or not you have the same opinion, finding ways to share the love seems to be the route to enjoy life whilst avoiding unnecessary conflict! It may well be that connecting more closely, and discussing various options is supportive, especially around mid-month, when the planet links well with the creative and warm energies of the Sun and Mercury. An eclipse in Pisces offers opportunities to bask under the radar.



Leo

Of the two eclipses this month, on the 7th and 21st respectively, the first one is likely to be the more impactful. Meaning you might sense more is changing or happening at a deep level. Falling, as it does, in the water sign of Pisces, it may mark the need for some sort of quite significant sacrifice. Though if you feel it's a bridge too far, there will be other, possibly quite far-reaching, choices to consider. In between times, the Sun receives support from Jupiter, indicating a blessing in disguise.



Virgo

Mercury's move into your sign is a signal to get back to work on projects you've been meaning to make progress with. You know that the only way through a tough task is straight ahead, ultimately; with patience and dedication to the task, you can climb any proverbial mountain! There may be unexpected developments and electrical or emotional fluctuations that affect progress, but nobody said the path to anything worthwhile was necessarily going to be smooth. You're likely to get a step up near midmonth when Jupiter lends a hand.



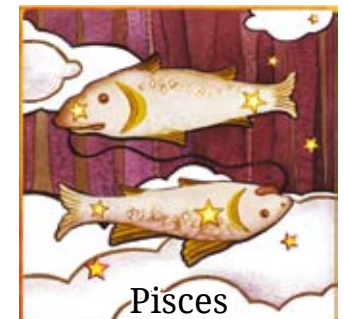
Capricorn

It seems background tensions could build toward midmonth when a nit-picky, Virgo- influenced showdown brings argumentative Mercury opposite Saturn. Thing is, Saturn is retrograde, suggesting patterns or issues from the past repeating again. But maybe they point to something unresolved, or which needs a new phase of growth to move on peacefully. The trick is to admit your part in things, and take suitable action, whilst not getting too caught up in the other side's issues! It may also help to consider that people simply have different styles and ideas.



Aquarius

Shock news, surprising intelligence and sparky conversations are all marked by Mercury and Uranus at odds around September 3rd. This volatile duo could shake foundations, and it may take a while to work out where the dust is landing and find clarity about the tasks ahead. But Uranian fallout doesn't happen without reason or assistance, usually – and there will be some sort of blessing on offer through an opportunity to reset and reconsider. Uranus will be turning retrograde, with emphasis on parking one project or relationship to focus on another.



Pisces

There's not much avoiding likely impact of a Mercury-Neptune issue around September 18th. Whilst it may feel better to have distance to sort out thoughts, feelings and strategies, it's possible that uncomfortable negotiations will ultimately be the only route to clearing up confusion or uncertainties. With Neptune retrograde, there may be shifty activities behind the scenes and it could help to get further intelligence or advice to support any case you need to make. Something seems determined to shift you downstream, but you could soon land in a better place!





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