

January 2016

Crystal Clear

P S Y C H I C S

HAPPY NEW YEAR

2016

ASTROLOGICAL
COLOUR
READINGS

LIFE CHANGING
AFFIRMATIONS
FOR THE NEW YEAR

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From the **editor**

No other time of year holds the promise of transformation and renewal like the new year. It's a brand new chance to realign our spirits with higher purpose, to refresh any area of our lives we choose, and start again. Here at Crystal Clear Psychics, we're passionate about helping you on your transformative path.

Our fresh new issue starts off with a profile on two very talented actors who, despite being astrological opposites, are celebrating fifteen years of marriage this January. What psychic traits keep Jennifer Connelly and Paul Bettany so balanced and happy together?

Astrological colour readings are here in full force for 2016, and our psychic Maria gives you an inside look at how she performs these unique readings and how they can benefit you.

We also give you a close look at how specific affirmations can boost your psychic power and give your resolutions legs as the year gets underway. Your January horoscopes provide further inspiration for a fresh start.

All of us at Crystal Clear Psychics wish you the very best for the continuation of your journey in this new year, and look forward to being a source of inspiration and clarity for you in 2016!

Love and Light,

Lauren X

JOANNE FIVE TIPS

For New Readers

1. Believe in yourself, take a leap of faith and trust your instinct!
2. Do not worry if you can't make the same connection to clients over the phone as you do in person. That skill will develop.
3. Patience, persistence and positive thinking will get you a long way. I have a card on my desk from the Angel Therapy deck that helps me. It says "If you get nervous focus on service!"
4. Be yourself and be honest with your clients.
5. Listen! Pay attention to your client's tone of voice and how they sound (e.g. sad, worried, anxious). Absorb what is being said and notice what your client has trouble verbalizing. This may be the area needing clarity and confirmation.

For Clients in Need of Clarity

1. Trust your own instincts, gut reactions and judgements.
2. Breathe! Imagine you are blowing bubbles or blowing up a balloon. This regulates your breathing and has a calming effect. This will enable you to think more clearly.
3. Seek help and advice from friends, family or a psychic reader you trust. Vocalising you need for clarity can help you make sense of the situation.
4. Take time to explore and research your options. Meditation may be of help.
5. Writing down your challenges, choices or decisions is a useful way to see the situation more clearly. I often write to my Angels, asking them for support and guidance.



For Clients

Going Through Loss

1. Honour your emotions and let them out. It's ok to cry. Please do not bottle your feelings up.
2. Acknowledge your loss by talking about it. You don't have to put a brave face on and go through loss on your own.
3. Grief takes as long as it takes! Do not compare what you are going through to someone else's experiences. Only you know how you feel. Everyone's grieving process is different.
4. If you are bereft, try not to dwell on the last moments of a loved one's life. They would rather you reminisce about the happy memories you made together.
5. Try to recognise the good things that remain in your life, as opposed to focusing only on what you have lost. Remember to do things that bring you joy.

Your reading with Joanne

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OPPOSITES ATTRACT

Jennifer Connelly won an Oscar for her portrayal of Alice Nash in the acclaimed 2001 drama *A Beautiful Mind*—but for her, a coveted golden statue wasn't the best thing to come out of it.

Among her cast members was a dynamic young actor who was her opposite in many ways. *A Beautiful Mind* was among Paul Bettany's first big Hollywood roles, and he was already thirty years old during production. Jennifer, on the other hand, had barely blown sixteen candles when she danced with David Bowie for all the world to see in 1986. That performance in Jim Henson's *The Labyrinth* was panned by some critics—but the film became a cult classic, and introduced Jennifer to a global audience long before her future husband was cast in his first minor television role.

Paul was also Jennifer's opposite astrologically, at least where sun signs are concerned. Jennifer's sun sits in fiery Sagittarius while Paul's is native to cool and airy Gemini. They say that opposites attract, and at least in this case, they're right. Two years after *A Beautiful Mind* was released, Jennifer and Paul were married in a private ceremony in Scotland. They're still married today—happily, by all accounts, with three children and no end of career prospects in sight. They also have something special to celebrate this January in their home town of New York. Jennifer and Paul were married on New Year's Day in 2001, so when the ball drops in Times Square, they'll also celebrate fifteen years of marriage.

Looking at the respective careers and personalities of these two talents, we can see strong psychic and astrological dynamics at work. What else could bring together an American movie star—someone who frequently appears on 'most beautiful women in the world' lists—and a British actor known less for his stunning looks and more for his considerable talent?

The opposite suns the first clue. If you ask your friends about past loves, you'll be surprised at how many have been involved with someone of the opposite sign. These attractions frequently lead to short-term relationships. More often than not, the tension and conflict simply become too great. In order to maintain balance, other factors in the respective birth charts must ease the friction and smooth the ruffles of communication.

In Jennifer and Paul's case, the moon is one such element—and a good one to have. Jennifer's moon is in Gemini, the sign of Paul's sun, which allows her to empathize with his airy, quick-witted perspective. Paul's moon, meanwhile, is in Cancer, adding a much needed watery element to the airy and fiery astrological mix.



Things get even more interesting from here. Jennifer's next-most dominant sign is Scorpio (Venus, Mars, Jupiter) while Paul's is Taurus (Mercury, Venus, Saturn). These two signs are themselves opposites, but they do very nicely to balance out the Sun/Moon energies in play. Scorpio gives Jennifer an intensely concerned and loyal side, counteracting her dreamy Sag detachment, while Taurus gives Paul a down-to-earthness that is equally important to the overall dynamic. He's able to provide a calm, grounding influence when things get too fiery and intense, or too airy and detached. Jennifer's Mercury is also located in an earth sign (Capricorn), meaning the pair can communicate honestly and rationally when things get hard.

We could, of course, go quite a bit farther than this—but it's clear that Jennifer and Paul's relationship is full of rich dynamics and balancing influences. Their careers are much the same way. With Jennifer currently on the set of Ewan McGregor's *American Pastoral*, and Paul a regular fixture in global franchises *Iron Man* and *Captain America*, there should be plenty of joy as they celebrate a new year of life and marriage. Sagittarius and Gemini will be the first to admit that the future is unknown, but if any Hollywood couple has the dynamics to make it over the long haul, it might just be this one.

Horoscopes

Check out today's horoscopes at crystalclearpsychics.co.uk/horoscopes.html



Aries

As 2016 begins Mars moves into what is for you in particular the ardent energies of Scorpio, an area which can stir a truly passionate desire. Even so, an initial New Year's ambition may take a little longer to shape up. If you are looking to enhance your social life, a lively phase initiated by Venus's location in the most outgoing of sectors and the Full Moon on January 23rd, are perfect for opening up new possibilities.



Cancer

Leisure activities, crafts and even sports can be a great way to channel intense emotions. Relationships are also a key factor with the early New Moon encouraging fresh beginnings. Whilst an alluring Mars Neptune tie on January 18th can entice you into a creative scheme or friendship. However, do watch a desire to overly splurge around the 23rd, Cancer as it might not bring much lasting pleasure.



Taurus

You'll drive into 2016 with a great determination to open up your world. Indeed, an opportunity you've long hoped for can emerge - although you may be wise to thoroughly investigate before you finally say yes. Relationships can also deepen and the intensity ramp up with emotions becoming more passionate. The limelight also beckons you this month Taurus, but there may be some stops and starts along the way.



Leo

You can be motivated to clarify the routines that support your life organisation and enhance vitality and wellbeing. Mind, this doesn't need to be a drudge, so get together with a friend and urge each other on to do better. Although this may be trial and error at first, you'll eventually find what works and what doesn't. Relationships will also need care this month and with Mars particularly feisty around your feelings, don't be too harsh on someone close.



Gemini

You can be in great form as 2016 kicks off and your love life looks really promising. However, as Mercury, your personal planet, enters its rewind phase, there is the potential for misunderstandings too. Its move back into Capricorn can also see you reviewing a key partnership or financial arrangement, but you can emerge stronger from this. During week three an illuminating idea might seem too good to



Virgo

Feeling comfortable in your home is going to be something you aspire to this month, but you can bring some real creativity to bear in the process. Some Virgo's may even look to work from home. Any talent you have that you are passionate about can come very much to the fore and especially in the last two weeks of January. Yet with Jupiter tracking backwards, look to under promise and over deliver.

January

Free Chinese horoscopes! www.crystalclearpsychics.co.uk/chinese-horoscope.html



Libra

Saturn is forging a fine link with the Sun as 2016 begins, and this can encourage you to get personal communications with those closest to you onto a more solid footing. This doesn't mean though that everything will go exactly to plan, so if you feel frustrated at any time, fall back on your natural talent for diplomacy. You may also find yourself being very mindful of someone less fortunate this month. Good for you if so.



Capricorn

As the New Year begins, your guide planet Saturn links brilliantly with the Sun. This urges you to tap into past experiences and skills in 2016. You may find some of your initial hopes are stymied with both Mercury and Jupiter starting retrogrades, but the cosmic power-house that is Mars will be on hand to help. In fact, by the end of the month you can show people just how very determined and resourceful you can be, Capricorn.



Scorpio

From January 3rd your vitality and willpower are hugely boosted as Mars, your ruler, enters your sign. Nervous tension can still be high the first three months of this year though, so do look to take the time to develop any personal interests. An old friend can come back into your world and you can be extremely passionate about your ideas in the second half of the month, though just remember others are entitled to their views too, Scorpio!



Aquarius

Mercury enters then quickly leaves your sign, moving back into Capricorn and signalling a desire to get to grips with any unfinished business. Some of this can relate to outstanding psychological issues and it could be a powerful month, not least because you will have added gravitas and clout when it comes to expressing how you really feel. The sincerity and support of those closest to you can prove absolutely crucial too.



Sagittarius

With Jupiter, your personal planet regressing from the 5th, some of your biggest ambitions may need extra time to reach fruition. However, with Venus in your sign, your charm power can be at max, and this can see you enjoying the attentions of more than one admirer. Money will need care this month though, and someone may be slow to honour a payment, and you may need to be persistent. If you need extra finance, a family member could be hugely generous.



Pisces

Your gentle and mysterious ruler Neptune forges a long alliance with passionate Mars this month. This is marvellous if you are a creative person and want to expand or reach a wider audience. However, self doubts could also surface early in January, and one close involvement cannot be taken for granted. Fortunately, even if you do initially feel you are going over old ground you will start to feel a lot more optimistic as the month enters its final third.

LIFE CHANGING AFFIRMATIONS

It's a new year, and you want change. So you state your goal and prepare to succeed through sheer willpower. Before long your resolution is just another ball in the air. Then it drops altogether. Oh well, you tell yourself. There's always next year.

If there's one reason why so many of us experience this, it's a lack of psychic power behind our desire to change. What exactly is this power? Namely the understanding that every change in 'ordinary' reality is the result of a deeper energetic or spiritual transformation. It's the knowledge that lasting change comes from deep within.

This is an ancient principle, present in all the great mystical traditions. It's also surprisingly present in science. The Buddha said: *All that we are is a result of all that we thought.* William Blake wrote: *What is now proved was once only imagined.* Rumi wrote: *Whatever you're looking for can only be found inside of you.* And Einstein put it this way: *Imagination is more important than knowledge.*

What we need, then, is the psychic strength and imagination to manifest our resolutions. Somewhere in the field of infinite possibility, the change we seek already exists. We only need to gain access.

Sounds complicated, right? It's not. 'Inside out' transformation does not involve complicated equations or theoretical understandings. All we need is a strong, intrinsic belief in the change we're making. This can't be done in a weekend workshop. A daily dose of positive affirmation, however, can provide the consistency we need. Put these affirmations to work on behalf of your goals and watch what happens..



2016



MY POTENTIAL TO SUCCEED HAS NO LIMITS

This affirmation erodes the self-imposed belief that making a positive change is too difficult. The momentum of the past, and of negative thinking, can seem difficult to overcome. By reminding ourselves each day that we are beings of limitless potential, we set a subconscious pattern that gives us the strength to overcome obstacles.

I FORGIVE MYSELF AND OTHERS

It's natural to feel upset when someone does us wrong, or when our own efforts don't succeed. The problem is holding on to negativity long after its purpose has been served, using precious psychic resources to hold ourselves in conflict, rather than freeing energy to grow as we wish. It's amazing how much easier our resolutions become when we find the strength to forgive others—and above all, forgive ourselves.

I AM PHYSICALLY HEALTHY AND VIBRANT

In our efforts to bring about positive change, we often forget the profound connection between mind, body and spirit. Unhealthy physical habits and beliefs have strong ties to the thoughts we think, beliefs we hold and tasks we can accomplish. By making positive affirmations that recognise the importance of the body (in addition to the mind and spirit), we set ourselves up to succeed holistically—as a whole—which is ultimately the only way we can succeed.

*Start the year with 50% off your next reading!**



Psychic
Maria

The Power of **Colour**

We live in a world ablaze with colour. From rainbow and forest to ocean and flower, colour is one of the first things to fascinate us as children. But the colours we see are far more complex and powerful than we know. Each of our chakras attracts a colour essential to our health and happiness. The use of colour as an aid to healing dates right back to the ancient Egyptians and beyond.

So how exactly does colour have the power to influence us? Colour is an electromagnetic wave whose frequency can travel anywhere, even into outer space. In simple terms, that means coloured light has no barriers to its effect on us, and can be used in many ways. It has been proven to have different effects on parts of the body, to influence our mood and to show how to restore balance to our lives and relationships.

To start a colour reading I first ask the client to seek silently for guidance. I then select five or more cards. These are the colours that will be most beneficial for my client to have around them, either to wear as clothes, to visualise in times of stress, or even to eat as foods.

So for example, a recently bereaved client came up with black (for the difficulty she had recently travelled through)—but also orange, turquoise, emerald and indigo. This indicated to me both her present need for empathy and nurturing, as well as her vision for the brighter future that I could see lay ahead of her.

We then talked about the layers of meaning in each shade—turquoise for change and orange (the Firewalk card) for the courage to embrace what is to come. What touched me greatly when we finished the reading was her own intuitive sense of ‘owning’ the colours that had been reflected to her, and which will now become her signposts to a happier life. Working with colour is a truly transformative and rewarding process—both for the reader and client. I love it!

How does a colour reading work?

Day Colour

This colour, based on the day of the week in which you came into this world, describes the personality traits that followed you into this life journey—particularly those you exhibited most strongly when you were 0 to 12 years of age.

Month Colour

Derived from the month of your birth, this colour describes the skills and talents that best help you navigate this life journey. Often times the month colour also sheds light on the unique challenges you face.

Year Colour

The colour of your birth year is an expression of your aspirations, your dreams, your ambitions. What are the things you are hoping to learn, develop and improve on this life journey? Your year colour can help you find answers to this question.

Soul Colour

This is one of the most important colours you’ll learn from your custom colour reading. It deals with the skills, traits and qualities you exhibit on a daily basis. Your soul colour helps you discover the strengths and challenges that shape your everyday life and journey.

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<i>Amethyst</i>	7790	<i>Lily</i>	7725
<i>Andrea</i>	7726	<i>Lorraine</i>	7776
<i>Amber</i>	5500	<i>Maggie</i>	7791
<i>Athena</i>	7748	<i>Maria</i>	7739
<i>Benedicte</i>	5511	<i>Mel</i>	7712
<i>Darren</i>	7775	<i>Neelam</i>	7743
<i>Elaine</i>	7768	<i>Poppy Weir</i>	7732
<i>Elana Lee</i>	7789	<i>Priscilla</i>	7717
<i>Eric</i>	7742	<i>Rachel</i>	7722
<i>Erika</i>	7733	<i>Raven</i>	7729
<i>Gitte</i>	7787	<i>Sapphire</i>	7724
<i>Gwyneth</i>	7735	<i>Selina</i>	7727
<i>Hazel</i>	7736	<i>Shirley</i>	7765
<i>Jeannie</i>	5506	<i>Stevie</i>	7718
<i>Jessica</i>	7777	<i>Susie</i>	7702
<i>Joanne</i>	7746	<i>Tayo</i>	5501
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