

Crystal Clear

P S Y C H I C S

AUTUMN
MEDITATIONS

CALLING
LOVE
WITH CRYSTALS

EMERGENCY
ZEN
WITH LINDA CRUSE

HUGH
JACKMAN'S
PSYCHIC CHARMS

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EMERGENCY ZEN

From the editor

October is that mystical month when lessons of the previous year are assimilated. The changing landscapes are beautiful reminders of life and temporality as we continue to change and grow on our own unique spiritual paths.

Emergency Zen is one such opportunity to grow. The unique program created by Linda Cruse helps uncover your passion and take you further than you thought possible. Linda tells us about her own spiritual journey and what led her to create Emergency Zen.

Hugh Jackman is further proof that using your spiritual strengths leads to amazing places. His passion for acting and refusal to compromise have made him one of the most respected names in the business. We explore his astrological signature.

We've also given you three simple and profound Autumn meditations. No need for a setting; just read and reflect! Finally, we look at the amazing power of crystals, and how that power can be used to attract new love into your life.

We look forward to sharing psychic and spiritual inspiration with you during the month of October. As always, we thank you for making us the most respected psychic service in the UK.

Love and Light,

Lauren X

LINDA CRUSE

From a very young age, I was driven by an unquenchable thirst to serve something greater than myself. For a long time I didn't know what, or where, or how. In my late 30s I found myself a stressed out single Mum, forced to take a job I didn't like, burying my stress in order to be 'supermum'. Then came my massive wake-up call, a terrifying temporary blindness that struck me whilst driving. This experience catapulted me toward permanent, positive life changes. I called it my Emergency Zen.

With absolute determination and passion, I eliminated negativity from my life, re-connected with my passion and purpose, and went on to live a happy and fulfilled life. I did it in just three months, and knew I would inspire others to do the same.

At the age of 39 I leapt into the frontline. I assisted with relief efforts in the Asian tsunami, the Pakistan earthquake and military conflict zones. I visited tribes deep in the Amazon rainforest, nomads in the deserts of Uzbekistan, and people in high mountain areas such as the Himalayas and Atlas Mountains. I went to refugee camps in Burma, Afghanistan and Tibet. These experiences have been difficult and challenging. Living on the edge has brought face-to-face with death and suffering, and given me insight into life and its meaning.

I have learnt the meaning of unconditional love, strength, forgiveness, courage and compassion from unconventional teachers. An 11 year old tsunami survivor who lost everyone dear to her. A 16 year Burmese refugee left blinded and injured by a landmine. Indigenous visionaries including Amazonian shamans, Tibetan lamas and Indian gurus.

THE COURSE

Emergency Zen is an 8 week transformational course to help you find your intuition, connect to your courage, ease you out of your comfort zone, and propel you on a quest to find your unique self and life's purpose.

There's a dream in you that is waiting to be born. You have a unique way of loving, giving, and comforting others that the world around you desperately needs.

There's a talent, a style, a promise etched into the deepest part of your soul. That talent and style is available right now in ways you could never have imagined.

Let me be your guide as you ask:

What is my purpose, my cause, my belief? Why do I get out of bed in the morning?

Emergency Zen helps you feel better and more productive, attracting happiness like a magnet, becoming more adept at creating your own reality

Check out the testimonials, learn more about Linda Cruse, and join **Emergency Zen** at:

www.lindacruse.com



RARE 猴 CHARMS



In the early years, Hugh Jackman was a clown at children's birthday parties. He worked at restaurants and gas stations to make ends meet. Was it luck that changed his course? Drive and determination? These things played a part—but there were also spiritual and psychic energies at work, shaping the actor's fate and finally catapulting him to the apex of cinematic success.

Hugh Michael Jackman was born on 12th October, 1968 in Sydney, making him a Libra in the Chinese year of the Monkey. His parents emigrated to Australia from England under a skilled labor program, and his mother, suffering severe postpartum depression after Hugh's birth, went away for treatment. She never adjusted well to life in Australia, and the marriage ended when Hugh was just 8 years old. Some people might not handle this kind of separation so well—but Hugh's sun in judicious Libra allowed him to see things from multiple angles without pointing fingers. His Monkey nature also gave him the gift of malleability, allowing him to shape shift into new environments and cultures.

After a brief stint at an ordinary all-boys primary school, Hugh enrolled at the prestigious Knox Grammar School in suburban Sydney. This bigger stage gave Hugh's personality a chance to shine—and it did. He became a school captain, excelled in sport, and starred in a production of *My Fair Lady* during his years at Knox. And since Libra Monkeys possess the gift of making friends easily, Hugh also managed to stay popular with his mates. His warmth and charm would later be praised by some of the world's finest actors and directors.

But Hugh didn't go straight for acting right away. Libra is a deliberate sign, often to the point of indecision. Hugh completed a BA in Communications from the University of Technology in Sydney, and performed in other stage productions during this time, but never considered acting as a viable full-time profession.

"It wasn't until I was 22 that I ever thought about my hobby being something I could make a living out of," he said. "The idea at my school was that drama and music were to round out the man. It wasn't what one did for living. I got over that. I found the courage to stand up

and say, I want to do it."

Once the decision was made, Hugh made a proper run at it. He completed a one year course at the Actors' Centre in Sydney. His acting talent and Libran good looks did not go unnoticed during this time, and he was offered a spot on the primetime Australian soap opera *Neighbours*. But instead of grabbing a prized TV role and the money that came with it, Hugh's judicious Libra spirit steered him toward the Western Australian Academy of Performing Arts in Perth. He turned down the soap opera role to continue training as an actor.

Hugh wasn't the star student in drama class—but he worked hard, bided his time, and allowed his natural charm to shine through. Monkey is a shifty sign that allows actors to assume different personalities. In Hugh's case, this shapeshifting ability is further strengthened by a Gemini moon. His acting powers and smooth Libran charm coaxed fate into his corner. Immediately after his final performance as a student, Hugh was offered a supporting role in a ten-part TV drama opposite Denise Roberts, one of Australia's biggest acting talents.

This was 1995. The following year, Hugh was married to his lifelong partner, Debora-Lee Furness. In 1998 he starred in a West End production of *Oklahoma!*, for which he received widespread acclaim. By 1999 he had been cast as Wolverine and was on his way to global stardom.

Hugh Jackman quickly became a hot ticket in Hollywood, but his Libra sun kept him coolheaded and connected to his acting roots. He won a coveted Tony Award in 2004 for his performance in *The Boy from Oz*, and picked up an Oscar nomination for his performance in 2013's *Les Misérables*.

He also the Tony Awards three years in a row, the Oscars in 2009, and even made a foray into professional wrestling in 2014. It seems his Monkey nature is having some fun now that the hardest work is behind him. But as Hugh Jackman turns 47 this month, he shows no signs of resting on his laurels. The unique and classy combination of psychic energies will continue to endear him to millions of fans worldwide.

Horoscopes October 2015

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



Aries

Liaising with others, negotiating and adopting a more diplomatic approach are all part of this month's remit, for you Aries. You'll generally get along better with others if you're willing to compromise and seek out win-win solutions. The Full Moon in Taurus on October 27th, can also see you keen to protect your material interests and boost your income.



Cancer

Your workload could be quite high this month, but if you're organized you'll more likely progress. A virtuous approach each and every day should keep you on top of things and prevent you from becoming too overwhelmed. On another note, the New Moon in Libra on October 12th is excellent for a fresh start on the home front. However, later in the month more gregarious vibes prevail.



Taurus

Your best laid plans are looking good and with the chance to exceed your expectations, especially if you allow your creativity to play a part in any accomplishments you seek. You'll also feel better if you can be mindful of your work life balance by giving yourself enough time to relax and recharge. Later in the month, one relationship can sparkle with passion.



Leo

With Saturn back in your leisure and self expression sector, you can find yourself more serious about learning a new skill or creative hobby - or getting up to speed with the sport of your choice may be another option. Once the Sun moves into Scorpio on the 24th you can take stock and consider changes that improve both physical and emotional security.



Gemini

Creative options sizzle with potential. And once Mercury goes forwards from October 9th, a new connection could develop in both strength and intimacy. Regarding family and domestic matters, you could find yourself busy and focused on home projects. Even so, reduce your schedule around the Full Moon on October 27th, as you'll benefit from stepping back then.



Virgo

You can find yourself in action mode, ready to tackle personal projects and bring them to completion. Even so, don't let someone's critical comments dampen your enthusiasm if you start out on a new path. You have everything you need to succeed, so just go for it, Virgo. Later in October, the 27th's Full Moon can see you planning a short getaway or much needed vacation.

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Libra

You'll be in your element with the Sun in your sign spotlighting your natural charm. And, once Mercury turns direct on the 9th any delays you've been experiencing can quickly melt away. The wonderful Libra New Moon of the 12th can also boost your efforts and revitalise existing strands. The 27th's Full Moon however, cautions care around resources.



Capricorn

Your sector of knowledge is boosted this month, firstly in regard to professional possibilities. As Mercury pushes forwards from October 9th any delays or misunderstandings that have affected your worldly interactions will gradually ease. From the 24th your social life can sizzle with promise, but most of all where there are sincere and heartfelt links with others.



Scorpio

Adopting a more relaxed schedule during the first three weeks of October can be helpful, and give you the chance to attend to inner or personal issues that have been pushed to one side. The ability to see your situation in an overall perspective could encourage insights that increase your productivity. As the Sun powers into your sign on the 24th, he will enhance your vitality and push you to seize lively and new opportunities.



Aquarius

It can be an upbeat month with plenty of opportunity for new adventures, so much so that you may be tempted to plan a weekend break or longer holiday. Any activity that brings you back into balance can be good for you. Once the Sun enters Scorpio in week four you'll be ready to tackle key goals and overcome any challenges.



Sagittarius

In the first three weeks of October, your social life looks perky with plenty of opportunities to mingle with new people. Step up your networking Sagittarius for moving in other circles can help boost career plans as well as personal ambitions. The focus shifts from October 23rd however, encouraging you to slow down and take more time out for peaceful reflection and time for you.



Pisces

Your partner or friend may have just the right words, motivating you to keep going with a decision or scheme. As a result, you could be really pleased with your progress. Your finances can also get a boost as the Libra New Moon on October 12th helps you to link astutely with the right opportunities. You may consider a new vehicle later in the month.



AUTUMN MEDITATIONS

Which season is the most mystical, the most introspective, the most teaching of all? The is a good case for Winter with its restful silence, Spring with its new beginnings. Summer with its happiness and activity. But there is an especially good case for Autumn, with the feeling of mysticism in the air, the falling leaves and the mysterious transition toward darkness. Here are three simple reading meditations to lead us deeper into our spiritual exploration of this incredible time of year.

EMBRACING DARKNESS

Light is often associated with healing while darkness represents suffering. Why? Autumn reminds us not to give darkness a such a bad rap. The growing powers of darkness can be healing and rejuvenating when we seek to understand them. Taoism associates darkness with the original birth place, where no identity is separate. As the nights grow longer, we have more time for introspection and inward-turning. What spiritual lessons has the past season taught us? What lessons on health, career, family, relationships and creativity have we found occasion to learn? This is the beginning of a process of assimilation that will continue through winter. In the Spring, we will be stronger. We will have more light in us, and will not fear darkness.

LETTING THE PAST FALL AWAY

The Autumn trees do not cling to their leaves. They don't dream of the past Summer when everything was alive and green, hoping the memory will live on. Nor do leaves cling to trees in hope of being preserved and living another day. The separation occurs naturally, easily, beautifully. Little things whose purpose has been served now fall graciously to the past. We can see our psychic traumas, past heartaches, slights, arguments and embarrassments in these leaves. They were meant to teach us something about our humanity, our ability to feel compassion. But their purpose has been served. Now it's time to let them fall away and start again.

A NEW BEGINNING

To complete a long journey, the last meter is just as important as the first. A new beginning can only be created when something else is allowed to end, naturally and completely. This ending makes way for a new beginning. But if we allow ourselves to get caught up in the idea of a new beginning, we might not see things completely to the end. Letting go of the past is not an arbitrary act, but a question of honor. Honoring our past in all its manifestations, giving it the acknowledgement it deserves, and tying up loose ends as much as possible—these actions will help us to let go of what came before. The movement into Autumn is a mystical movement into the space between ordinary world and spirit.

Seeking guidance on **LOVE?**



Calling Love with Crystals

Romantic love isn't just an abstract concept, or something we stumble into through blind luck. It's a spiritual and metaphysical vibration. We can strengthen its presence in our lives through special tools and conscious effort. Principles of Feng Shui are helpful, as are wardrobe choices and visualisation exercises. But crystals are particularly useful. They've been sought out for thousands of years, and are among the strongest and most dependable tools for attracting love vibrations.

But not all crystals are good for this purpose. There are many types of stone with many different energetic signatures, and some might actually weaken your connection to romantic love! If you choose carefully from the list below, however, you can rest assured that your crystal will have a positive influence on your love life.

Malachite



What prevents us from discovering new romantic connections in our lives? The truth is, it's often the past. Heartaches, traumas, relationships that ended badly. Malachite is good medicine for clearing out psychic baggage and opening the way to a fresh, new experience of love.

Amber



Calming and light, this stone keeps negativity away and brings good luck in meeting new people. When we encounter someone new, it's all about the conversation, ideas, and that heart-to-heart connection we experience. Amber clarifies and heightens our ability to connect with others.

Citrine



Let's face it, confidence is sexy. As human beings, we attract more potential mates into our lives when we're feeling strong, happy, inspired and balanced. The vibrant orange and yellow vibrations of Citrine help us to achieve a more confidence state of mind. Potential mates can't help but notice.

Rose Quartz



This amazing pink material is arguably the most powerful all-around gemstone for attracting love. It vibrates with and awakens the heart chakra, allowing us to love ourselves. By feeling that we ourselves are worthy of being loved, we open the channels of romantic connection.

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