

# Crystal Clear

P S Y C H I C S

**SUPER  
CHARGE**  
YOUR INTUITION

HOW DOES A  
**SAG**  
THINK? ♋

**PSYCHIC  
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ON THE VIBE

**MATTHEW  
McCONAUGHEY**

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# On the Vibe Maria



From the editor

Is 2015 winding down already? Holiday festivities often keep us busy, but there's always time to stop and reflect on our deeper psychic nature and think back on lessons learned.

Matthew McConaughey has learned a lesson or two in recent years. His transformation from rom-com heartthrob to A-list actor has people around the world talking. We explore the psychic and spiritual influences that helped make it all possible.

The month of November is a great time to recharge our inner batteries. We're not talking about a spa day (although one of those might come in handy, too), but rather charging our natural intuition to help guide us through the many decisions of modern life. Our psychic editorial team explores just how this amazing inner technology can be powered up.

We'll also look at three simple yet powerful thoughts that exist in the Sagittarius mind. The goal is not only to understand our Sag friends and partners better, but to learn something about ourselves in the process.

This is a wonderful moment for spiritual inspiration, and we hope you find an abundance of it this November. Thanks as always for making us the most respected psychic network in the UK.

Love and Light,

Lauren X



(and Luis)



**WHEN DID YOU FIRST DISCOVER THAT YOU WERE PSYCHIC?**

*I became aware of psychic realities and I first became aware of my psychic ability as a small child, on holiday with my family in Sussex. Entering the crypt of Arundel Castle, I felt such an overwhelming sense of cold and sadness that I started to cry. An old woman approached. She touched my face and said to my father, 'Don't worry, she's a sensitive.' Afterwards, I understood I had been picking up on all the feelings of those buried there. At fourteen I also had the frightening experience of being at the centre of poltergeist activity—heavy books flying off shelves, my hairbrush moving by itself—bit I understood that it was a message rather than something to be afraid of.*

**WHAT ARE YOUR TALENTS AND WHAT DO THEY MEAN?**

*I am clairvoyant, so that by simply speaking to someone, I'm able to pick up on their thoughts, feelings or current situation—as well as the direction in which their life is heading. Sometimes this may take the form of an image flashing into my head that has relevance for the client, or it may simply be something I just know to be true. I am also clairaudient, which means I can hear—on a psychic level—conversations or messages from loved ones about what is going on for that person in terms of their career and relationships. I also have the ability to work with pets and to pick up on their moods and behaviour.*

**WHAT TOOLS DO YOU USE AND WHY? WHAT IS THEIR HISTORY?**

*I love to use colour cards when doing readings. The effect of colour on our lives is nothing new. The ancient Egyptians understood the healing properties of colour and built halls in the sacred temples at Karnak and Thebes dedicated to its power. Recent scientific research has since proved that the electromagnetic frequency of colour has different effects on different parts of the body, can influence our moods, and can even restore balance and harmony to our lives.*

**CAN YOU TELL US ONE REMARKABLE STORY FROM A RECENT CLIENT?**

*One client I spoke to about a month ago was very emotionally upset. Not having had colour cards read for her before, she didn't believe they could help. After silently asking for guidance, the colours came up in an extraordinary sequence I had never seen before. Not only did it accurately reflected everything that was wrong in her life (including a chronic problem with her lungs), it also indicated that every aspect of her life was about to improve dramatically. I was thrilled when she contacted me again just this week to say that everything had worked out for her—just as the colours had shown it would.*

**WHAT DO YOU LIKE ABOUT READING FOR CRYSTAL CLEAR PSYCHICS?**

*I specifically chose to work for Crystal Clear because I know they are an ethical company with the highest principles, who really care about their clients' well-being. Oh, and the people who work here are really nice as well!*

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# Transformed

**F**ew saw it coming. An actor—one who was better known for his striking good looks, comedic turns and romantic comedy appeal—suddenly becomes one of the most respected names in Hollywood.

The world even invents a word for it: McConaissance. His story becomes one of reinvention and redemption in an industry where few are able to escape the past and make a clean start.

Matthew McConaughey's arrival into the acting elite is indeed a surprise to audiences and critics—yet both groups have embraced it. The question is, why? It could be explained by a lot of hard work, some good decisions, and quite a few lucky breaks. But it's also possible that McConaughey's psychic qualities and astrological signature have played a crucial part—and that Spirit itself has opened the door to this new chapter in his career and life.

Matthew David McConaughey was born on the 4th of November, 1969. As a Scorpio born in the Chinese year of the Rooster, his sex appeal is boosted by a proud, visceral intensity. There's an early scene in his first feature film—*Dazed and Confused*—where he enters a crowded high school hangout in slow motion. His confident swagger exudes Scorpio sexuality and Rooster pride, but there's more to it than that. We also sense an emotional depth and a heartfelt sense of loyalty in his seemingly superficial character.

As a native Texan, McConaughey had what could be considered an All-American upbringing. He was raised Methodist, played sports from a young age, and was voted by his high school classmates as "most handsome student." But he wasn't really interested in acting until he graduated from the University of Texas with a degree in Radio-Television-Film. At that point, he realized he didn't want to attend law school as planned—and indeed, fate had other things in mind. On the heels of his cult performance in *Dazed and Confused*, McConaughey was cast in *A Time to Kill*. He may not have become a lawyer in real life, but he did play a lawyer in his first performance as a Hollywood leading man.



Matthew and wife Camila Alves



酉鸡

There were other serious roles in the 1990s and into the 2000s—such as *Contact*, *Amistad*, *Frailty* and *U-571*. But by 2004, McConaughey fell into a comfortable groove of romantic comedies. It worked, audiences loved it, and the paychecks were big. But the now-famous actor wasn't really satisfied. Scorpio is too deep and dark, and the Rooster too proud, to stay forever in the land of lighthearted date movies. Around 2010, McConaughey began to ask himself how he could escape the career momentum he had created. His answer was to begin turning down the roles he had become famous for, knowing that he would have to live through a period without any work at all.

Things began to change within two years. McConaughey had always demonstrated a commitment to work that was deep and intense, and this was not lost on the industry's most talented directors. Once the rom-com sheen began to fade from the public mind, the actor became an interesting option for serious films. *Killer Joe*, *Magic Mike* and the universally-acclaimed *Mud* marked the beginning of what people began to call the McConaissance. Things reached a fever pitch when McConaughey claimed a Best Actor Academy Award in 2013, for his portrayal of a Texas cowboy diagnosed with AIDS in *The Dallas Buyers Club*.

When we see McConaughey's name attached to a project now, we think big budgets, big directors, and serious drama—and it's not just the performances. Millions are inspired by the actor's story of redemption and renewal. It reminds us of what's possible in our own lives when we let our inner nature shine—even if it means taking big risks in the process.

# November 2015 Horoscopes



Check out today's horoscopes at [crystalclearpsychics.co.uk/horoscopes.html](http://crystalclearpsychics.co.uk/horoscopes.html)



## Aries

The rewards of hard work give way to the pleasures of interacting with family and friends. And with Venus gliding into Libra from November 8th, deals and negotiations may be on the cards. The Sun in Sagittarius from November 22nd will also brighten your outlook, although a conflict of beliefs could stall progress, unless you take firm action.



## Cancer

Although you'll be busy researching ideas, dealing with personal admin and getting any ideas out to a wider audience, home-based activities may also need attention once Mars glides into Libra on the 13th. This can be excellent to move forwards with home moves or improvements. If you have a love of crafts, you could find these to be very therapeutic in the weeks ahead.



## Taurus

You'll be keen to crack on with a creative idea that could get you noticed by all the right people. A personal relationship can also become passionate and intense with the New Moon on November 11th potentially taking things to a deeper level of intimacy. However, finances will need care around November 26th, to prevent any unnecessary losses.



## Leo

The festive mood could strike early, tempting you to make a start with gift buying and other holiday purchases. Furthermore, there may be room for improvement at home with the November 11th New Moon encouraging something of a makeover. Indeed, combining practical thinking with imagination could be a great recipe for success.



## Gemini

Do be sure to take personal responsibility regarding key ambitions, as a Saturn Neptune link hints that someone's exaggerated ideas could cause more trouble than they're worth. Indeed, it might be better to make decisions based on your own experience. It will also be important to avoid overreacting around the November 25th's Full Moon, it can avoid embarrassment.



## Virgo

You'll be geared up and ready for action with a lively line-up in your sign this month. The New Moon on November 11th can also be perfect for signing contracts or closing deals, while a practical focus on your home zone encourages you to get started on any outstanding projects. Midmonth can also see you become more determined to improve your finances.

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## Libra

Your intuition sharpens up this month, so be sure to pay attention as it could net you faster results. Meanwhile, there's the chance of a fresh financial start as a result of the New Moon spurring you on. From November 12th onwards a surge of vitality can see you keener to get personal or creative projects up and running. Energy can revive too.



## Capricorn

Busy exploring options and plans? Once Mars dances into Libra you'll be ready to pick out the best and dedicate yourself to achieving your goals. The New Moon of the 11th can usher in an exciting new phase in your social life, so get ready for plenty of upbeat interactions. Despite this bright energy, don't lose track of the more sensitive undertones of situations.



## Scorpio

A very sociable set of influences can see you taking part in community projects or relaxing with friends, while the New Moon on November 11th can push you to make radical, but positive changes. In general, you may find it easier to connect with your heart's desire. Do watch out for mixed messages and misunderstandings around the Full Moon of November 26th.



## Aquarius

November can be a fine time to pursue ambitions and important goals. You can find yourself more open to change too, and this can see you pushing outside of the things you know well and feel comfortable around. However, as the Sun powers into Sagittarius on November 22nd, this can add extra sparkle to your social life. Mind, keeping up with all your commitments can take astute time management.



## Sagittarius

Be sure to relax and recharge where possible, as you're moving through a phase when doing so can bring many benefits. At the same time consider your priorities and reflect on your plans. Go easy around the time of the Full Moon on November 25th though, as some very sensitive issues can bubble to the surface. It's going to be important to control your emotions then.



## Pisces

Relationships look upbeat, with the focus shifting to finances and shared resources from November 12th. However, with Saturn increasingly clashing with Neptune, you will need to ensure that others find your plans credible. Creativity is fine, but practicality and workability are absolutely essential.

# SUPERCARGE YOUR INTUITION

In today's fast-moving world, most of us are constantly charging things. Our phones, our laptops, even our watches. But there's an amazing technology built into every one of us—intuition—which is often running on low battery power. Once we learn how to charge this spiritual force, it becomes a spiritual GPS that helps us make decisions and navigate the world with grace and poise. So what does the charger look like? There are a number of important components.

**Meditation** brings us back to the center and builds our intuitive powers. There are many different styles practice, but perhaps the simplest is to sit quietly—either cross-legged, or in a chair with both feet on the ground—and gently close your eyes. Allow your breathing to become deep and rhythmic. Allow your awareness to become flexible and fluid. Thoughts drift in and out of your mind, but you don't hold on to them. You simply observe. As you continue the simple practice of meditation, your mind becomes clearer and more focused. You'll also feel yourself connecting to something beyond the mind. This beautiful force, hidden beneath the activity of the mind, is intuition. When the mental chatter dies down, our spiritual ears perk up.

Next, consider what happens if you make an effort to run five miles a day. Does your body remain the same? No—it adapts. Your muscles and lungs grow stronger, and running those five miles gradually becomes easier.

The same is true with intuition. When the phone beeps, when the doorbell rings, when the laptop tells us we have new email—these are opportunities to exercise our intuition through **conscious guesswork**. Don't just make a wild guess. Actually take a moment to connect to your intuition. Make an effort to enter the space beyond the mind, beyond rational thinking and powers of logic. You won't be right every time—but if you continue the practical of intentional guesswork, you'll find your percentages quickly growing stronger.

Sometimes you don't have to guess at all. Have you ever been thinking about a friend or family member, and he or she suddenly gets in touch? This is the handiwork of intuition. Strengthen your intuitive powers by focusing on friends and waiting for them to show up on your radar. Again, you won't get a positive result every single time—but it will happen. If days pass and the person still hasn't communicated, take the initiative and reach out. Let them know you were thinking of them. Chances are they'll say, "Yea, I was thinking about you too!"



*“Dreams are a powerful tool for developing intuitive powers.”*

Dreams are another powerful tool for developing intuitive powers. Often times, we dismiss our dreams as garble and forget about them as we go on with our daily lives. Try keeping a **dream journal** to boost your intuitive strength. Dreams are rich in subconscious and intuitive symbolism. By paying closer attention to the sights and sounds within them, we connect the conscious world to the subconscious world—and that connection is exactly what intuition is.

There are all kinds of decisions in life, and some of them are highly practical. And yet, we're sometimes overtaken by what can only be called a 'hunch' or 'gut-feeling.' It's good practice to **play the hunch** (within reason, of course) and see where it leads. There may be time when it doesn't seem to lead anywhere in particular. But eventually, you'll hit on positive results you couldn't have accessed by rational thinking alone. Either way, by playing the hunch, we affirm our intuitive powers by giving them an honored place in our decision-making processes.

There are other ways to charge our intuitions. Following what make us happy, practicing positive affirmations, connecting to the power of gratitude, watching the world around us for clues and signs—these are all good ways to power up. The higher the charge, the clearer our intuitive impulses will be. And as anybody who actively engages in these practices will tell you, facing the world with a fully-charged intuition is a truly amazing experience!

*Looking for intuitive inspiration?*

# How do Sagittarians think?



## “I am lucky”

Spiritual teachers throughout history tell us that the luck we experience in our lives is not simply arbitrary. In fact, luck is connected to our own perceptions. Even quantum physics is beginning to agree that how we look at a given thing can actually change its behaviour in space and time.

No other sign exemplifies this principle like Sagittarius. Time after time, natives of this sign are referred to as the luckiest people of the Zodiac. Is it mere coincidence that they are also one of the most optimistic?

Sagittarians tend toward a positive perception of themselves, other people, and the world at large. This doesn't mean everything is roses all the time—but there is always a silver lining for the archer. Every change of fortune holds a possibility of growth and new experience. This openness to destiny and flexibility of perception has the power to turn good luck into a self-fulfilling prophecy.

## “I can do this”

Most of us have wanted to try something new at some point in our lives—open a business, learn a language, or strike up a conversation with an attractive person—but were too afraid of rejection or failure. Sagittarius is blessed with a passion and zest that says, “I can do this. I'll try my best. Something good will happen, even if it's not exactly how I envision it.” Instead of sitting quietly with the bow in her lap, the Archer takes aim and lets the arrow fly, knowing that her best effort is better than no effort at all.

There are three dangers to this mindset. First, the urge toward new discoveries can be so strong that Sagittarians bite off more than they can chew, and cannot meet their obligations. Second, they can mask their true feelings from those around them, maintaining a facade of happiness when they're actually feeling down. Third, they sometimes seem cold and detached even to their closest friends. Sagittarians who learn to avoid these pitfalls, are truly skilled at connecting with and inspiring other people.

## “Life is change”

The Buddha told his disciples that attachment brings suffering. When we're afraid of losing what we have, we turn away from the beauty of transformation and discovery. The Sagittarius mind understands this on a deep level. It loves being involved in the world, advancing to higher levels of understanding and achievement, and exploring all that life has to offer. At the same time, it understands that change is a basic law of the universe. In order to embrace the new, we sometimes have to let go of the old.

Many a lover or family member has been mystified by this ability to let things go and start fresh. As inspired as we are by the free-spiritedness of the Sagittarius in our lives, we can't help but wish he or she was just a little more attached and emotional. The truth is, Sag is one of the warmest and most loving astrological signs—but they're determined to play a part in creating their own destiny, and that means embracing change with gratitude in their hearts.

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