

Crystal Clear

P S Y C H I C S

HIGH STAKES LOVE

SALMA HAYEK +
FRANÇOIS-HENRI PINAULT

HOW OPTIMISM CHANGES YOUR MIND

HOPES & ASPIRATIONS

PSYCHIC DARREN

THE PSYCHIC CHILD

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DARREN HOPES & ASPIRATIONS

FROM THE *EDITOR*

February is often the month where it really hits us: We're in a brand new year, and our actions now will have an impact. Will we choose to follow our intuition, to be bold and chase our dreams? If so, only good things can happen. We at Crystal Clear Psychics are all about helping you find your inspiration.

Our Valentine's Day issue begins with a high stakes love story. Salma Hayek and François Henri-Pinault are about to celebrate their 7th wedding anniversary, despite nearly calling it off 8 years ago. We'll look at the astrological elements that factor into their relationship, and take a peek at what the future may hold.

Our very own Poppy Weir has written a beautiful article on how to love, nurture and understand children with psychic abilities. Whether or not you're the parent of a child who is gifted in this way, Poppy's insight is well worth reading.

Finally, optimism is something we could all use more of. We take an allegorical and scientific look at this spiritual superpower and how it can help us.

Everyone here at Crystal Clear Psychics wishes you an inspired month, and we thank you from the bottom of our hearts for making us the most respected psychic reading service in the UK!

Love and Light,

Lauren X

As we settle into this year and look ahead, I feel it will be an amazing year for many people. The world's conflicts will be at the forefront of our minds, but having said that, it does feel to me like a new change is taking place.

Many clients that have had readings with me over the last 3 months appear to be on the verge of spiritual change. Embracing change is often difficult. For some it can be a massive leap of faith. My hope is that as more people wake up to their changing spiritual life and new directions, it will make a huge positive impact upon the world around us. We all know it's possible to influence our surroundings—all it takes is a smile or a nod of agreement.

My personal goals are of a spiritual nature, I hope to write more to enable others to understand how spiritual connections work. There's no magic behind being a medium; it's a natural process to comfort and enable others to be at peace with themselves.

My tips for new readers would be to remain true to yourself, be strong in your answers, and remember that it's not about you. Clients need us to be strong. We are a guiding light. We also need empathy to feel their situation deliver our message effectively. Be yourself and let your personality shine. Trying too hard or applying your logic really won't help you. It can put clients off, and if you have an important message, they will fail to see it.

When a client needs clarity, I would suggest they write down their questions before they make a call, having

everything in front of them will help and they can cross them off and write the answers down as the reading unfolds.

Another tip is to be ready to talk. Many clients refrain from talking too much, believing this will prove whether or not the reader is genuine. You could go down that route, but nine out of ten times you'll get hardly anything. It's a relationship—one of trust—and it needs to be mutual. The more conversation you have, the more the energy flows. This results in a stronger connection and clearer insight.

I really feel for those who have lost someone they love, it's just the worst situation to face especially if you are on your own and without friends and family.

My job has always been to deliver messages from the loved ones that have passed, bring comfort, and give new hope and direction. If you've had a loss, then having a reading when you feel ready is very important. If you have a reading too soon, you might not be ready to cope with the information.

In my experience there is no set time for a loved one to communicate after their passing. This is a misconception I often try to clear up. I've had conversations with souls who have passed only a matter of minutes before.

I've been a medium for many years now and feel blessed and honored to have the ability to bridge the gap for souls that want to connect with their loved ones. It gives me genuine pleasure to help others find peace and closure, and it will always be my motivation for continuing on the amazing path that is mediumship.

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HIGH STAKES LOVE

One was born in a Mexican port city to white collar parents. The other was born to one of the wealthiest families in France. Love stories come in all shapes and sizes, especially when it comes to the rich and famous—but there's something about Salma Hayak and François Henri Pinault that strikes a genuine chord. As the pair celebrate their Lucky 7th anniversary this month, we want to know what astrological bonds brought them together—and what the future may hold.

If you only look as far as the couple's sun signs, you won't find the strongest signs compatibility. Gemini (François) and Virgo (Salma) are typically not the greatest mix. Gemini is versatile, flighty and witty. Virgo by contrast is detailed, grounded and honest. To Virgo, consistency is the most important thing. Gemini puts more emphasis on variety. These signs have a unique way of grating on each other.

One of the most common misconceptions about astrology, however, is that sun signs are the be-all-end-all of romantic compatibility. Moons are also hugely important. It's particularly helpful when one partner's moon interacts favorably with the other partner's sun, which is the case with both François and Salma. The watery Pisces moon in François's chart provides an emotional depth that speaks volumes to Salma's innocent Virgo sensibilities. Salma's Aries moon, in turn, creates a red hot emotional honesty that keeps Gemini happily on its toes. These energies soften and offset the conflicts that might arise between the couple's sun signs—but that's not to say a heated argument or two won't slip through the cracks!

So how did these sun-moon qualities manifest early on in this couple's relationship?

François was already big into fashion when they couple first met in 2006. As the head of Kering, an international conglomerate of luxury fashion houses, he was involved with such names as Louis Vuitton, Gucci, Balenciaga, and Alexander McQueen. He had been dating a supermodel, and his name was well-known in the world of high fashion.

Salma, on the other hand, didn't care about fashion. She may have been movie star royalty, but red carpets and catwalks never held much interest for her. This apathy, she later remarked, probably made her more noticeable to François, who was constantly surrounded by fashionistas. Salma's Virgoan ability to focus on things that mattered to her, rather than getting caught up in the lights and cameras, was irresistible to



a man who had seen his share of superficiality. In turn, Salma saw someone who was different than what she was used to. An older, established man who had no need to prove himself in the entertainment industry—and yet was quite youthful and adventurous—may have seemed like a very good option for a woman who'd been playing the Hollywood game for so long.

François's marriage proposal came only a year after he met Salma—along with the announcement of a pregnancy. The couple welcomed a daughter in 2007, but the engagement was called off the following year. Could it be that the Virgo-Gemini tension got the best of this couple as they were suddenly faced with sharing the responsibilities of parenthood? It's impossible to say. What we do know is that they found a way through their problems and realized they wanted to be together. On Valentine's Day of 2009, they were married at a private ceremony in Paris.

Now a married mother, Salma admits that her instinct was to stop working and devote herself to family. Virgo is the quintessential family-oriented sign, and the urge to focus energy in that direction can be strong. François, however, urged his wife to get back out and act. Gemini does not like safety and predictability in a partner, preferring risk and action to keep the interest level high. This has its drawbacks, but also its advantages. Salma took her husband's advice and has acted in nearly 20 different films and TV projects since the birth of her daughter—and with the forthcoming animated adaptation of Kahlil Gibran's spiritual classic *The Prophet*, she shows no signs of slowing down.

How will this couple fare in the long term? While they've obviously had their differences, it seems their unique moon and sun combinations have enabled them to establish a strong and enduring harmony that will last for years to come.



Horoscopes

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



Aries

You can find yourself incredibly motivated as this month begins. Your ruler combines with Pluto, which can give you a fantastic level of willpower. Add to this oodles of charm, and doors of opportunity will soon spring open for you. Yet the full moon of the 8th, cautions you to stay mindful of your true values. The last ten days, suggests subtlety will be as important as drive.



Cancer

Your relationship sector continues to be very powerfully activated. It may be early in the year, but you could be pleasantly surprised by the level of interaction with others, and if you're single, someone can take on a fascinating attraction. However, in an existing relationship, any undercurrent around control or jealousy can surface and will need tackling.



Taurus

Some wonderful relationship opportunities can open up for you this month Taurus, but especially where you take the initiative. Don't sit back and wait for life to come to you, be it personally or professionally. So if you feel a spark of attraction to someone, romantically or in terms of their ideas, do be proactive. A more sociable vibe develops in the month's last ten days.



Leo

As this month begins, relationships continue to be in focus but this will not be confined to purely personal interactions. You may find yourself working on some very practical elements in your situation too. Some lions may even start a home-based business. Finances can improve this month with care, and the last week of February can be really significant in this regard.



Gemini

Very intense energies continue to reverberate around the heavens as far as your chart is concerned this month Gemini. If you find yourself stuck or unsure about which way to go, knowledge or becoming better informed can be significant in aiding your progress. This can be particularly so from mid-month. However, don't try too hard. Stay natural, but committed.



Virgo

Your creative urges in the early part of February, can be absolutely fantastic. You can also become much more conscious of who really matters in terms of your closest involvements. Your ability to make new starts is enhanced, and in weeks two and three, there may be a sense that nothing is beyond you. However, relationship issues will require sensitivity from the 22nd.

February

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Libra

You need to be enjoying whatever you're doing this month. Just going through the motions is not going to be enough. In fact, you can make some major decisions about where you live, how and who with that can have ramifications for many Moons to come. Expenditure may need quite a degree of self-discipline, especially around the New Moon of the 8th.



Capricorn

Tiny Pluto, in your sign, continues to be the big player in the heavens. Your personal charisma is boosted by its connections to Mars, Venus and Jupiter this month, and your charisma can sparkle brightly. However, that more businesslike side of your nature also needs to stay mindful of the things that you really feel comfortable with, deep down, Capricorn.



Scorpio

Your two ruling planets are hugely influential this month. They get together with each other positively, in week one, and then form a number of bright angles to key planets. All of this can really help to power you forwards. That side of you that can be hugely driven, can see major breakthroughs - as long as you don't go against your own deepest emotional needs.



Aquarius

The month kicks off with the Sun in your sign. He is going to be joined by Mercury on the 14th, and Venus on the 17th. These influences can help you to embrace the most individualistic side of your nature. But behind this, the more psychological side of life remains highly charged. By embracing any personal anxieties or frailties, you can end this month so much stronger.



Sagittarius

This can be a month of revelations. Some of these, you may readily welcome and embrace, whilst others can come from people surprising you with their observations about some of your attitudes and behaviours. This may not at times be particularly comfortable. Your lucky personal planet Jupiter, also primes the big picture, and hard work will bring its rewards.



Pisces

Your desire to open up your world to wider vistas, is going to be extraordinarily strong this month, but how you actually go about achieving this, is the main issue. Tactics will be very important, especially through to when the Sun joins your sign on the 19th. One association is going to play a major part in all of this, but it could be more a meeting of minds than romantic.

THE PSYCHIC CHILD

BY POPPY WEIR

We all recognise the anxious child, the one who is afraid of the dark and knows something is lurking under the bed. The kid with the imaginary friend and constant occurrences of déjà vu. The loner, the seeker, the devout and the mystical child. Some of these children have a strong awareness of having lived before, of being elsewhere before they were born. There is that wordless communication with siblings, and the strong connection between twins. The dreams of these children are vivid and sometimes prescient.

These kids are all normal, and most of them are experiencing some kind of psychic events in their lives. At a young age, these experiences feel normal to the child and they are not frightened. They can, however, become very upsetting over time, as in the documented case of Renie Wiley.

Renie grew up to become a psychic criminal profiler in her home state of Florida, USA. As a child her psychic abilities got her in trouble on the first day of school, when she told her teacher that she had a flat tire on her car. Renie was just trying to be helpful, but when the teacher discovered that she did indeed have a flat, she blamed Renie for it, thinking that the only way she could have known was if she had been involved. Renie was marched straight to the principal's office, but she stood firm in her innocence. Her parents were called in. They tried to explain that there was a history of ESP in the family, and that little Renie had inherited the gift. The principal was not open to this explanation.

Renie judged that the best way forward was to give an example of her ability. She said: "I can tell you what you had for dinner, if that will help," and gave the startled man details of his recent meal. Renie then went on to describe the lady with whom he had shared the meal, who was obviously not his wife. The principal promptly accepted Renie's story and asked her not to



mention it again. (Randles, Jenny, Peter Hough. *Psychic Detectives*. Readers Digest, 2001.)

As is shown in Renie Wiley's story, children are often told that it's best to stay quiet about their gifts, and that they sometimes see things people don't want them to see. Some parents help by accepting their child's special talent the same way they would accept a musical or athletic gift. But what about the home where fear and disbelief push the child into a corner?

We, as relatives, friends and neighbours should be sensitive to the kids we know, and try to normalise situations for them. Simply sharing one of your own episodes in an amusing or entertaining way might help. Psychic abilities are often thought to be hereditary, or at least familial, and a child's response often depends on the parent's own reactions. When Mom is freaked out and trying to suppress her special gift, or is afraid of being labeled 'different' or crazy or a charlatan, the child will have shameful feelings too. An accepting, calm approach—a passing on of the sense that a psychic ability is a gift that can be controlled and used for goodness—will help the child immensely.

Never think you have to go it alone. There are always compassionate psychics available at CCP to talk it out with you, and help you to guide your child with courage and optimism. The most important thing is for the paranormal abilities your child is exhibiting to become a part of his or her well-rounded life. Make sure he or she is exposed to a wide range of activities, and always allow for quiet hours of reflection. Make age-appropriate stories about psychic pets and happy endings available to your child, without pushing them.

As in all aspects of your child's life, love is always the answer.



You can talk directly to Poppy Weir today! Call 0800 422 0422 and enter pin# 7732

THE POWER *of* OPTIMISM

A TALE OF OPTIMISM

There once was a monk sitting quietly on a mountain path. He had been there all day, appreciating the call of birds and the sound of wind in the trees. The sky was blue and a perfect breeze was blowing. Eventually he heard the sound of footsteps coming down the path from the direction of the village further up. A traveler appeared.

"I've just come from the village up the mountain," said the traveler. "And now I'm heading down to the village in the canyon. Tell me, what can I expect to find down there?"

The monk looked the traveler up and down. "Well," he said, "what did you think of the village further up the mountain?"

"Oh, I just hated it. The people were rude, the food was absolutely terrible, and it took forever to get anything done. I had a terrible time and would never go back."

"I see." Said the monk. "Well, to be perfectly honest, you'll find the village in the canyon to be more of the same."

Hours later, another visitor came down the path, traveling in the same direction as the first one. "I've just come from the village up the mountain," she said, "and now I'm on my way to the village in the canyon. Tell me, what can I expect to find there?"

The monk looked the traveler up and down. "Well," he said, "what did you think of the village further up the mountain?"

"Oh, I just loved it! Most of the people were nice, the food was different, and the way of life was tranquil." It was a different experience for me, but I learned a lot and made some great friends.

"I see." Said the monk. "Well, to be perfectly honest, you'll find the village in the canyon to be more of the same."

HOW IT CHANGES YOUR MIND

These two travelers had different experiences of the village on the mountain—and as the monk foresaw, they would likely have very different experiences of the village in the canyon. The reason? One had optimism and the other did not. So what does optimism do? Is it all just smoke and mirrors, a placebo, a veritable pie in the sky? Can it really change our experience of the world for the better?

If it's hard evidence you want, science has been increasingly clear that the power of optimism is real. Scores of studies are popping up that cite optimism as the most important factor in how well different people deal with adversity and "bounce back" from difficult situations. Not to mention the quality of life on an everyday basis.

A recent study at the University of Texas is a fantastic example. The researcher asked participants to spend 15 minutes every day, four days in a row, writing about the most difficult experience of their lives. Upon examining the writings, some participants searched for (and found) meaning in their difficulties. Others vented angrily, making no attempt to find meaning in what had taken place. A year after the study, those who found meaning in their difficulties were physically healthier than those who did not.

Optimism is really just a willingness to find meaning in situations that don't go as planned, whether we're looking backward or forward through time. Maybe it's an unexpected career move, the end of a relationship, or having your dream home stolen from underneath you. Life is full of unexpected—and sometimes unpleasant—events. There are also many events that don't seem all that important, such as going to the post office or visiting a strange new village. But there is literally no situation in which optimism cannot change our experience of the world for the better. Just ask the monk.

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