

March 2016

# Crystal Clear

P S Y C H I C S



**DIGITAL DETOX  
SECRETS**

**AQUAMARINE**  
THE STONE OF ETERNAL  
**YOUTH?**

**ON THE VIBE**  
PSYCHIC ANDREA

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# ON THE VIBE ANDREA

## FROM THE *EDITOR*

The new year has come and gone, but this month marks the end of another zodiacal year as the sun moves through watery Pisces into fiery Aries. It's time to tune into our deepest feelings and let them inspire action—and that's exactly what we at Crystal Clear Psychics want to help you accomplish!

Our March issue kicks off with some poignant advice from Andrea, one of our most popular psychics. Then we explore the phenomenal rise of pop star Justin Bieber, exploring the astrological and spiritual elements that have helped define him so far. What will the future hold for this talented and unpredictable entertainer?

Next, we look at the power of switching off and signing out. Digital detox has been a popular buzz word in recent months, but can it actually help us to achieve greater peace of mind and psychic balance? Finally, we look at the amazing birthstone of march: Aquamarine. Steeped in legend and radiating with gorgeous colour, we explore the unique vibrations of this mysterious stone.

We want your Spring to be full of joy and dynamic growth, and we're always here to help you find it. It's because of you that we're the most respected psychic reading service in the UK!

Love and Light,

Lauren X

## MY HOPES & ASPIRATIONS for 2016

For 2016 I intend to be at more peace with myself and everything that I have achieved. We often get caught up in the ongoing issues of life itself, rather than be more at peace with where we really are. Life is about changes, learning and evolving. I have learned that I love helping others; it's part of my makeup. But I also need to have a balance and help myself, too. So I intend to work more on that balance.

## MY ADVICE to PSYCHIC READERS

### new readers

- Always give what you are given, no matter how small.
- Be confident and ready with your approach to your clients.
- Listen to your gut at all times.
- Smile, it can be 'felt' down the phone
- Stay positive and true to the reading

### helping a client who has suffered a loss

- Listen. This is the key and a must.
- Give what you are given, and do not be afraid to say it, even though
- your client is upset, it maybe just what they needed to hear
- Be supportive, while offering direction.
- Counsel them. Advise, but do not push.
- Give them permission to grieve



### guiding a client in need of clarity

- Listen to the client and their needs.
- Be honest with them, always.
- Give as much information as you can, it's for the client to use, to help
- them move forward.
- Always give what you are given.
- Stay positive, even when the situation may not be.

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## SINK OR SWIM?

It all happened by accident. A New York-based businessman called Scooter Braun was browsing YouTube in 2007, looking for fresh young talent to develop. 500 miles away, in a quiet Ontario town, a proud mother was uploading videos of her son, who had recently placed second in a local singing competition. Braun says he clicked by mistake—but the turn of events that followed seem anything but random. The baby face has something to do with it, as does the raw musical talent and formidable stage presence. But there may have been other forces guiding this young Canadian, lifting him from a sea of hopefuls and shooting him straight to the top of the entertainment world.

Justin Drew Bieber was born in 1st March, 1994 in London, Ontario. That makes him a Pisces in the Chinese Year of the Dog. At a glance, this suggests a sensitive, romantic, loyal boy who might be prone to spells of melancholy, and would often err on the side of leisure. Indeed, Bieber's Piscean sensitivity was plain to see from the starry-eyed crooning of his early YouTube material. And it was not Bieber himself who posted his videos online—many of which were done from the comfort of the living room sofa—but his mother Pattie Mallette.

Destiny has a way of seeking people out, however, and it wasn't long before Scooter Braun got in touch with Mallette and convinced the family to make their home in the United States. Braun got his new prodigy's recordings and videos into the hands of superstars Usher and Justin Timberlake, both of whom were impressed. Bieber was signed to RBMG records and the wheels of industry started to turn.

Things wouldn't have moved so fast for Justin if there hadn't also been initiative and firepower in his astrological chart—that is, a strong business sense to go along with his romantic sensibilities and long lashes. Dogs are knows as tireless workers once they set their minds to something, and Pisces is among the most intuitive of signs. Bieber also

has Mars and Mercury in Aquarius, with a beneficial trine to the Moon in coolheaded Libra. This may have allowed him to detach from the pressure and focus on doing what had to be done. His mother's encouragement would have been a determining factor as well, since Dog is a loyal sign that takes great pleasure in making its loved ones happy.

But was this newly-minted pop star prepared for how big he would get? Can anyone truly prepare for such a fate, or is it only a question of sink-or-swim after you dive in? Without a doubt, there have been moments in recent years when it seemed that Bieber was sinking. Having become a regular fixture of the tabloids, what with his wild nights and rocky romances, the dark side of Pisces seemed to be getting the best of Bieber. Sex, drugs, excess, oblivion. Sometimes Pisces is too sensitive for its own good, and when things get ugly or difficult, all it wants to do is forget. Bieber himself has admitted to interviewers that he almost let fame destroy him.

And yet, something seems to have changed as the singer celebrates his 22nd birthday. The world is beginning to see him no longer as a lucky YouTube sensation or a spoiled childhood star, but as a legitimate artist whose collaborations include some of industry's most respected names. He also seems to have found an anchor in the Christian faith—another strong Piscean connection. Bieber was raised Christian, but has only recently begun expressing his beliefs with true openness.

It can safely be assumed that any number of life coaches, image consultants and style gurus are involved with Justin Bieber at this point. After all, he's making a lot of people (including himself) a lot of money. But the ability to survive and thrive at the top of the entertainment world requires deep sincerity, provocative honesty, and a raw appreciation for life. If his natal chart is any indication, Justin Bieber just might have these qualities after all.

# Horoscopes



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



## Aries

Self-belief is going to be the key to achieving your goals, and yet you may not feel quite as confident as usual over the weeks ahead. Even Mars, your ruler, in the adventurous Sagittarius may not be enough to fully motivate you. However, changes are afoot and the Sun in your sign from March 19th, will enable you to embrace the benefits that goes with them.



## Cancer

The gulf between your handling your everyday responsibilities and desiring to move in a new direction may have caused quite a bit of frustration over recent weeks. This month this issue can come to a head pushing you to take that leap of faith. If you do, you may find it's your passport to a new sense of purpose and into those activities that you truly relish, Cancer.



## Taurus

You may have been aware of a need to guard your time, money and other resources jealously. However, this month you may be moved to take action should certain people seem to be taking you for granted. They may not like it if you are more assertive, but they are less likely to test you again. Friendships and contacts can still be key in the next six months.



## Leo

Mars in your leisure sector from the 6th will enhance creative pursuits and can see you more amorous too. However, if there's something that needs to be sorted out, such as a financial matter or an on-going relationship that needs to be resolved, then attend to such matters first. You may find it hard to truly make progress until you've fully cleared the decks.



## Gemini

The Solar Eclipse at the top of your chart can cause you to feel unsettled around the area of work or even your direction in life. Therefore, you might want to postpone making firm decisions or promises to others until you have a better idea of your plans. You may find that a long-held aspiration seems more attractive than a strategy that no longer holds any appeal.



## Virgo

You may reach some important decisions this month of the kind that can have some powerful repercussions. Initially it may seem as though you are being pushed into making them, but deep down you might welcome these turning points. And although the weeks ahead could prove to be somewhat unsettled, the prospect of a new beginning can ignite your imagination.

# March



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## Libra

If you're to accomplish all that you intend then certain activities that no longer serve you need to be let go of. However, paring down your to-do list might also eliminate a conflict of interests that could stall progress. Regarding relationship matters, the Lunar Eclipse on March 23rd, suggests you try to be honest about your feelings, even if it pains you to do so.



## Capricorn

To really seize any new opportunities you may be required to adopt a different attitude or mental approach in order to succeed. However, it may be a case of one step at a time until you begin to feel really confident of handling what is required of you. Even so, Saturn's retrograde could prompt you to let go of any deeper emotional baggage that you have been holding onto.



## Scorpio

Have you held back from showcasing a talent or initiating a romance? If so, you could find you're pushed into making your move. The only drawback can be leaving your comfort zone. However, the lure of what is to come can help you move beyond your fears. The Solar Eclipse encourages a more active period, but don't ignore your emotional and psychological needs.



## Aquarius

This month sees two very potent Eclipses which combine together to provide a backdrop for the next six months. This asks you to marshal your resources wisely and work on your self-esteem. However, the Lunar Eclipse can see you be more risk taking at a time when consolidation might be a wiser approach. Either way, try to strike a balance, Water Carrier.



## Sagittarius

It would be all too easy to blame others for any glitches this month. However, do take responsibility if you have let something fester in the background. Nevertheless, feistier influences can see you making waves regarding home issues, work and your social agenda. Indeed, it may be the only way to motivate certain people or gain their attention.



## Pisces

The assertive energies of Mars power to the top of your solar horoscope on the 6th, giving you a powerful shot of motivational energy regarding your career and life goals. The Solar Eclipse in your sign on the 9th also pushes you to be more dynamic and go getting with regard to your individual talents. Just don't overlook details or practicalities, Pisces.



## #DigitalDetoxSecrets

Share a photo, text a friend, get directions, take a call, check a feed, watch a clip, Google an answer, book a flight, pay a bill, buy a scarf, hear a song, read an email, read a book, read the news. It's all supposed to be about connectivity, right? It's supposed to make our lives easier, fuller, more dynamic. So why are more people feeling less connected than ever?

It's truly amazing to walk around with all that connectivity at our fingertips—a privilege that was unimaginable to past generations. But deep down, most of us know it comes at a price. We start to notice the shallow sleep, the tired eyes, the nagging sense that we must pick up our device and check for messages, for headlines, for anything at all. Because if we don't, we might miss out. We might not be connected.

There's even a term for this—FOMO—which stands for “fear of missing out.” The funny thing is, there's an expanding body scientific research that suggests the opposite. Our digital lives may be precisely the thing that makes us feel mentally clouded and spiritually isolated.

The idea of digital detox has been around for quite awhile now. At first it seemed like just another fad; but with every passing year it gains more traction amongst businesspeople, scientists and spiritual practitioners. Today there are full-time digital detox experts, high-priced retreats, and an army of researchers studying the effects of digital overload. If spending too much time in the digital world actually can disconnect us in some way—if it hampers our productivity and makes our lives more two dimensional—then we need to understand how, and why, and what we can do about it.

First, let's look at what science is saying. The glow of LED screens is thought to inhibit the body's production of Melatonin, which tampers with our natural sleep

rituals. Checking phones and tablets in the hours leading up to sleep, or sleeping with an active device in the room, can literally lower the quality of our sleep. The way we hold and bend toward our devices has also been found to weaken posture. The constant stream of alerts and disruptions has been linked to any number of mental and physical disorders, including anxiety, stress, obesity and depression. According to the Journal of the American College of Cardiology, too much time with digital devices can even put you at greater risk of heart disease.

It's good to have hard scientific evidence; but the truth is, all we need is our own experience. People who regularly practice some form of digital detox report feeling happier, more creative, and more inspired. In short, knowing when to disconnect makes us feel more alive on a psychic and spiritual level.

It's important to remember that we are intrinsically connected to other people, and indeed to all of life. The ultimate source of connectivity is right there within us—but when we're constantly looking to a screen, we lose some of our ability to connect naturally with the mystery of life.

There are many ways to digitally detox, from entire screen-free days (or weeks) to daily periods (especially in the evening) of digital abstinence. Real conversations with friends and family, long walks in nature, good books, healthy cooking—these activities flow in to fill the gap, making us healthier and happier in the process.

There's no doubt that digital connectivity is a miracle of the modern age. In healthy doses, it can be a force for spiritual and personal growth. In order to find out what a healthy dose actually is, find the courage to pull the plug for a half a day, a full day, a full week. Pay close attention to what happens. Your spirit and psyche will thank you.

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# AQUAMARINE

## THE STONE OF ETERNAL YOUTH?

**T**he fountain of youth is an old, old legend. The earliest known reference goes back to the Greek Historian Herodotus, who visited the Macrobian people in what is now North Africa. According to the writings, he noticed their amazing longevity and was taken to a beautiful hidden pool whose waters had the power to reverse aging. Many other legends from antiquity describe a mystical, life-giving pool in different areas of the globe.

Gemstone lore is a subject of equal depth and mystery. Most of the stones we know today have historical and mythological connections reaching back thousands of years. It's unclear exactly when the fountain of youth was first linked to Aquamarine, the stunning blue birthstone of March—but the question of how the association developed is easier territory to explore.

It begins with water. Aquamarine derives its name from the Latin for seawater, and one look at the stone can tell you why. It comes in a stunning spectrum of blue and green shades, just like the waters of the ocean. A wide range of cultures—including Rome, Greece, Egypt, Sumeria and others—linked this precious stone to the gods and goddesses of the sea. In Roman mythology, Aquamarine was a favourite stone of Neptune, god of the sea. Many people considered it to be a sacred gift originating from mermaids. Sailors and explorers have long carried pieces of Aquamarine as talismans on long seaborne voyages, believing it would grant them safe passage.

So what about eternal youth? In addition to the mysterious power of water (and partly because of that power), Aquamarine is also thought to be physically curative, rejuvenating, and even antidotal to poison. In his book *Aquamarine Water: Fountain of Youthful Vitality*, Michael Katz goes into great depth about the healing and anti-aging potential of Aquamarine, which he claims can interact with our cellular structures and guide our bodies back to their original youth and vibrance.

But it's important to remember that youth is not entirely physical in nature. Aquamarine is said to reignite passion between married couples, allowing them to fall in love all over again; to see each other through fresh eyes. The stone is also said to bring inspiration to adventurers, explorers and inventors who stand on the cusp of new possibilities. It's here that we encounter the spiritual and psychic dimensions of youth, and indeed of Aquamarine. When we're young in spirit, those around us can sense it. The beauty of youth shines through at any age when we embrace life as an adventure, a discovery and a new beginning.

Water is considered the most vital and life-giving substance in the universe; and many mythological associations with water—such as mermaids and water sprites—are characterized by beauty and youth. There is no way to prove scientifically that Aquamarine holds these vital, mystical energies within it—at least not yet. The only true way to know is through experience.





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