

# Crystal Clear

P S Y C H I C S

April 2014



*Call Your  
Spirit Guides!*



*Psychic  
Spa Day*



*On the Vibe  
with psychic Loraine*

Talented  
**PSYCHICS**  
0800 422 0422

# Emma Thompson

*Get guidance from GENUINE psychics! Details inside*

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## Greetings from our editor

As the weather gets warmer and the Zodiac reaches its beginning, we at Crystal Clear Psychics are pleased to offer greater clarity toward your big next step. Anything is possible when we tune to our inner radio!

In this month's newsletter, we have a story on actress/writer Emma Thompson, whose psychic traits have guided her from punk-rocker to acting legend.

Also, every needs a spa day once in a while—but what about a 'psychic' spa day? Can we sooth our spirits in the same way we sooth our bodies? If you're feeling a little frayed around the edges, this article has some great ideas on how to replenish your psychic energies.

Finally, we feature Loraine (pin 7776), one of our most experienced psychics. Using her natural talent and depth of experience, Loraine has a knack for finding clarity in any reading. The testimonials are amazing! Loraine's wise and measured approach helps our clients on a daily basis.

As a special offer, all calls to Loraine this month will be half price\* to show you exactly what we mean!

In the meantime, thanks once again for being a valued client. We continue to strive toward being the most respected psychic service in the UK.

Love and Light

Lauren x

# On the Vibe

Crystal Clear Psychic **Loraine** explains her psychic history, her love of Tarot, and how she located a missing dog.



**Crystal Clear Psychics:** *When did you first discover you were psychic?*

**Loraine:** *When I was 6 or 7, I remember seeing shapes and lights that I couldn't explain. My grandmother, who was a Spiritualist, she explained what they were and why I didn't have to be scared. By my teenage years, I was using tarot cards and other methods of divination, and by 18 I was comfortable with the idea of having psychic ability. From then on, I was keen to explore other avenues of working with Spirit.*

**CCP:** *What are your talents and what do they mean? I.e. Clairvoyant?*

**Loraine:** *I'm a developed psychic medium with clairvoyance and clairsentience, having studied with a class of other mediumship students at my local Spiritualist church. Being clairvoyant means that Spirit communicates with me via images I 'see' in my mind's eye, while clairsentience enables me to feel, smell or even taste certain things that help provide further evidence to the message I'm giving. I'm also a qualified long-time tarot/oracle card reader and Reiki practitioner.*

**CCP:** *What tools do you use and why? What is their history?*

**Loraine:** *One lady asked me to locate her dog, who'd got separated from the family during Bonfire Night fireworks. Once she gave me the dog's description and name, I made a connection and saw a place that looked like a builders' warehouse with bags and equipment outside. Thankfully, I confirmed the pooch was OK. She communicated that she'd slept on the bags out front. About a week or two later, the lady kindly reported that all was well, and went into great detail about the location where the dog was found—which matched my description to a T!*

**CCP:** *One remarkable story from a recent client?*

**Loraine:** *That's a difficult question to answer, as I feel that every reading and client is unique in their own way. I always try to give the best I can by being authentic, focused, creative and supportive. For me the most remarkable situation is when the client is leaving the reading with clarity, new valuable insight and a feeling of being uplifted.*

**CCP:** *Why do you enjoy working for Crystal Clear Psychics?*

**Loraine:** *I enjoy working for Crystal Clear Psychics, because it has a unique way of caring for its clientele and psychics. Many clients reported to me how ethically and genuine they feel treated by the Crystal Clear Team. Being able to work with clients from all over the world is another factor that I appreciate a lot, as it is enriching personal experiences and understanding of different cultures.*

**Contact Loraine now! Call 0800 422 0422 pin 7776**

# Fiery Spirit



“My appearance has changed a lot over the years, but it has far more to do with how I feel about being a woman.”



*Emma Thompson's fiery Aries Sun is balanced by a number of more sensitive elements, giving her characters a wide range of feeling.*

At the age of 18, Emma Thompson had an epiphany. She dyed her hair red, bought a motorcycle, and set out to become a comedian. This may come as a surprise to those of us who associate her with Victorian sophistication and acting prestige—but like any good actress, she is a shapeshifter. And like any good Aries, she is always full of surprises!

Emma was born in London on 15 April, 1959. She spent much of her childhood reading female Victorian novelists; but it wasn't until the age of 18 that she truly embraced her fiery side. **Epiphany, conviction and impulsiveness** are all associated with the Ram, and as it turned out, the haircut and motorcycle and comedic flair led her into Footlights, a comedy troupe that included future luminaries Hugh Laurie and Stephen Fry. So it was that fate—along with a burst of Aries fire—set Emma on a course for stardom.

Concerning her breakthrough performances in film and theatre, critics were anything but tepid. “Exceptional,” “extraordinary” and “inspired” were some of the words used by major news outlets. Upon winning both the BAFTA and the Oscar for her performance in the 1992 drama *Howard's*

*End*, she found herself in the highest stratosphere of the acting world. A wave of further awards and nominations followed, in both acting and writing. *In the Name of the Father*, *The Remains of the Day*, and *Sense and Sensibility* are a few of the titles which defined these early golden years of her career.

So what exactly is Emma's secret to success? There are several clues in her astrological signature. Venus in Gemini affords her the **witty, eloquent speech** for which she is famous, while at the same time giving her considerable talent in writing. Mars and Moon in Cancer reinforce her performances with **emotional power**. The Ascendant—the constellation on the horizon at the time of birth—is Leo, a classic sign of **strength in the spotlight**. Emma's Chinese sign, Pig, sheds further light on her character. Pigs are often perfectionist, well-mannered, and even snobbish. But beneath this is a fundamentally **good nature**—one that sees the best in others and nurtures a strong sense of justice. Looking at the characters Emma has played over the years, don't these qualities sound familiar?

Of course, like any good success story, this one has ups and downs. Emma's chart shows signs that personal and professional relationships would be **mixed**, leading to problems. Indeed, her marriage to Kenneth Branagh, which ended in divorce, left her in a state of depression. Another afflicted area involves children; Jupiter is found **retrograde** in the area of her chart associated with child-bearing. Having achieved her first pregnancy at the age of 39 using IVF treatment, she and husband Greg Wise attempted to conceive again using IVF, but were unsuccessful. However, the pair went on to adopt a second child.

There can be no doubt that Emma's unique psychic traits have shaped her journey as an actress, writer and humanitarian. While the sensitive elements in her chart provide depth and passion, her firebrand Aries Sun gives her a bold and fearless quality, willing to seize any opportunity that comes her way. Emma Thompson may be a refined personality, but she will always have something of the pink-haired rebel in her...

# Horoscopes • April 2014



## Aries

When the planetary energies are gathered in your sign like this, the world looks to you for inspiration and new ideas. Don't let them down! Creative solutions abound when you trust your inner-voice. This goes for business and career, as well as relationships. Your inhibitions are on holiday, so don't be afraid to turn on the charm and see what happens. Communication with others may also be unusually psychic. Intentions are powerful, so the more conscious of them you can be, the better.



## Cancer

The confidence arising from a job well done will uplift you—particularly in the world of friends and lovers. In other words, focus on the task at hand and you won't regret it! Seemingly disparate things are related. Solid eye contact is a reflection of how you feel about yourself. A heated exchange at home is easily diffused when you take a deep breath and see the bigger picture. Meanwhile, in your downtime, let your mind roam to a topic that fascinates you. Don't be terribly bothered by what someone else might think.



## Taurus

A close friend seems distant, but in reality they crave your involvement in what really drives them. Making yourself available as a dedicated support reaps spiritual and material rewards in the long-term. In the mood for romance? Take a difficult piece of advice. It's tempting to say yes to all of the social opportunities coming your way, but choosing selectively gives you more quality time with yourself—something that is highly beneficial right now.



## Leo

Although your inner-compass is clearly pointing in the right direction, taking that first step is not necessarily easy. Rely on the support of a trusted friend to get you going, then swing with the momentum. Words have a tendency to come out hot. This works in your favour when you need to define your own boundaries, but can land you in trouble if you overstep those of others. Let your big heart show with gestures of kindness, and someone special will notice.



## Gemini

Now is the time to light up the social scene and take your contact book to the next level! Your natural capacity to charm and intrigue is shining brightly; getting what you want is only a matter of harnessing this power. Where romance is concerned, the story is a little different. Let go of the arguments and ideas, and tune into the sensual and direct. What makes you attractive is not only your beautiful mind, but your ability to let go and just enjoy.



## Virgo

A highly-psychic current runs between you and a potential or existing lover. Take advantage of this to open yourselves to one another on a deeper, more spiritual level. Sunshine is especially good for your soul this month, and helps balance your energies, so get outside while the weather's nice. Getting yourself in the best physical shape is more like marathon and less like a sprint. Strategize for gradual improvement rather than a miracle fix.



# Call 0800 422 0422 for psychic guidance



## Libra

They say yours is a sign of deliberation and fairness—but what they don't know is that you also have a decisive side! The ability to get things done and deliver results is enhanced all month, but don't neglect your bodily health in the midst of all that moving and shaking. Holistic practices like stretching and dancing keep you limber and focused when the pressure is on. As a matter of fact, if you in the dating game, a yoga or pilates class is a great place to meet someone interesting.



## Capricorn

You'll find it much easier to communicate with your friends this month than with your lover. In fact, gestures may be a more effective way to maintain balance between the two of you. Don't worry—words will soon become easier again. It's tempting to push ahead on a business or financial decision, but worth waiting until the final detail is straightened out. Take extra time for your bodily health, as your busy schedule can sometimes mask your physical needs.



## Scorpio

Don't let the daily grind throw you for a loop. Extraordinary and magical things are happening all around you; it's just a matter of adjusting your perspective to be able to see! When a stranger appears with timely advice, take it as proof that your psychic antennae are active and ready. Embracing your own spiritual growth brings your desires—including new love—directly to you, instead of having to chase them far and wide. A friend seems intent to rain on your parade, but a compassionate smile transforms the situation.



## Aquarius

Your unusually smooth powers of communication pave the way for a surprise development on the career-front—as long as your confidence doesn't go too far. Physical health is a strong point this month, and your efforts in exercise and diet will bear greater fruit than usual. In terms of love and romance, you catch the eye of potential mates quite easily—but what happens after that depends on whether or not you're willing to push your comfort-zone. Don't let long odds prevent you from throwing the dice at all.



## Sagittarius

An increased psychic sensitivity gives fresh significance to everyday interactions, and your inner-voice finds a door where none appeared to exist, uncovering a fruitful business opportunity. New love has a tendency to show up in a burst of passion, but could it also be a long-burning flame? Asking directly might clarify things. It will be easy to forget a birthday or other important event, so if you want to avoid awkward situations, hedge your bets by setting extra reminders.



## Pisces

The need for rest and recuperation is at odds with an influx of activities and obligations. The key is deciding when to work and when to rest, rather than trying to mix the two. Quiet time spent in nature is worth its weight in gold—the positive effects will be tangible! Meditation and reflection can invigorate you just as much as a good meal or cup of your favourite tea. A possible love-interest is as busy and dedicated as you are. Providing mutual support and encouragement may open the door to something else entirely.

# Call Your Spirit Guides



As a working psychic, spirit guides are an important part of my everyday life. In fact, I seek their guidance on virtually every reading I do. Often times, these guides (I have known them since I was a child) help me to connect with the spirit guides of the client. This allows greater wisdom and insight to flow through the reading. In my experience, this has been proof that we all have spirit guides—not just those of us who work as psychics, mediums and channelers. Some people are highly-attuned to their spirit guides, while others don't believe that any such thing exists. Nevertheless, we all have them.

This leads to an interesting question I have been asked quite often over the years: How can I connect with my own spirit guides?

The truth is, it's easier than you might expect. Nine times out of ten, what I find is that people are actually trying too hard to make these connections. Since our guides speak through us (rather than "to" us), we can hear their voices more clearly by simply tuning into our hearts and intuitions. But first, it doesn't hurt to improve our understanding of what spirit guides really are.

## **What are spirit guides?**

There are various definitions of what a spirit guide actually is. Some say we choose our guides before we are born, in order to help us through the lifetime on which we are about to embark. Whatever the case, most people who work with spirit guides agree that these beings are at different levels of consciousness themselves. One guide might be highly-evolved and stay with us throughout our entire lifetime. Another may come and go, and be equipped to help in specific areas or activities. What makes them spirit guides is that: 1) they are ethereal or 'disembodied' beings; 2) their help is offered selflessly; and 3) they deliver the goods. That is, they show up at different times when help is needed, and their help is useful.

## **Lowering the bar**

In my years as a psychic reader, I've found that people tend to place the bar too high in terms of what qualifies as a message from spirit. Although these messages sometimes do take the form of audible voices or visible images, this isn't always the case. In fact, the most common type of message from a spirit guide is a clear but subtle impression—one that comes like a bolt out of the blue. The answer to a problem you've been turning over in your mind will suddenly arrive while you are distracted by something else, or you'll wake up one morning with a new idea that meets a specific need. In my experience, spirits guides speak when our minds are quiet. They are more involved in our lives than we know, and trying too hard to communicate with them is a bit like searching for a pair of glasses that are perched atop your head!

## **Identifying individual guides**

Many people, as they become more attuned to psychic energies, begin to recognise individual spirit guides with names, voices and even faces. Personally, I work with three spirit guides regularly. A friend of mine has ten guides, and has no trouble determining which one is talking to her at a given time. Interacting with spirit guides on this level usually requires some time and practice—but the most important thing is intent. If you have an altar of some kind, try offering incense to your guides and asking them to reveal themselves more clearly. Check in with them throughout the day, and involve them in your decisions. You'll soon get used to asking their advice about things. Don't worry if you don't know their names and can't discern their responses; this will change as you strengthen your intent to communicate with them.

Lastly, no matter where you are in terms of your ability to communicate with spirit guides, be sure to thank them, just as you would thank a friend who lives in this world. After all, spirit guides are ultimately nothing more than friends and teachers who are devoted to helping us on our way.



## Connect to Spirit!

Reach our psychics today on 0800 422 0422

# PsychicSpaDay

## Visualisations for Inner-Pampering

### Peels and Exfoliations

Our psyches, like our skin, can accumulate unneeded waste. This can take the form of uncomfortable memories, heartbreak, or subconscious impressions that leave us feeling limited and weighted down by the past. During an actual treatment, or alone in quiet place, envision yourself undergoing an energetic peel. All of the thoughts and impressions which limit and block your spiritual growth are hardened into an external layer, which is slowly peeled off, leaving only young and strong energy beneath. Visualise the entire process, from beginning to end, any time you feel guilt or regret over the past.



### Manicure & Pedicure

As the old saying goes, what goes around comes around. Our actions in the world have the power to foster our spiritual and psychic growth, or to set us back. During a real-life manicure or pedicure, or any time you are feeling down on your luck, envision your psychic hands and feet being pampered and beautified. Your actions become more conscious and mindful. You see good opportunities and gracefully make use of them. You find yourself in situations that are healthy and stimulating, and people are attracted by your natural charms.



### Massage

Physical massage allows toxins to be worked loose and flushed out of your system. Psychic massage can do the same thing! During a physical massage, or simply on your own, envision spiritual hands gently working the knots from your energetic body. Wherever you feel tension or resistance, envision the area being pressed and massaged until the blockage melts away into love and acceptance. Allow the visualisation to continue until your various discomforts feel distant, far away, and you are left with a relaxed and rejuvenated spirit.



### Lasers & Waxing

Sometimes there are parts of ourselves that we just wish were different. In the physical world, there are special procedures we can undergo to address these parts. Well, the psychic world is no different! If there is something you want to change—a particular aspect of your psyche that you consider negative or ugly—envision a special kind of psychic laser directed at the problem. This laser operates on a high frequency of love and acceptance. As it focuses on the problem area, it removes everything old and unsightly, leaving that part of yourself fresh and pure. You accept yourself, and feel wonderful about who you are. Envision this procedure any time the old feelings come up—until they stop altogether!



Crystal Clear  
PSYCHICS



# Tell a friend and get a **free** psychic reading!

Recommend a friend to Crystal Clear Psychics and get a 20 minute reading **absolutely free!** Your friend gets a 20 minute reading at **half price!** See [www.CrystalClearPsychics.co.uk](http://www.CrystalClearPsychics.co.uk) for terms and conditions.

## Psychic Directory

<b>Alaine</b>	7788	<b>Jeannie</b>	5506
<b>Alison</b>	7706	<b>Jessica</b>	7777
<b>Amber</b>	5500	<b>Karena</b>	7703
<b>Amethyst</b>	7790	<b>Lorraine</b>	7776
<b>Andrea</b>	7726	<b>Mae</b>	7702
<b>Athena</b>	7748	<b>Meredith</b>	7720
<b>Christine</b>	5502	<b>Neelam</b>	7743
<b>Deborah</b>	7757	<b>Priscilla</b>	7717
<b>Eric</b>	7742	<b>Rachel</b>	7722
<b>Gill</b>	7796	<b>Rico</b>	7716
<b>Gitte</b>	7787	<b>Selina</b>	7727
<b>Gwyneth</b>	7735	<b>Stevie</b>	7718
<b>Helen</b>	7715	<b>Tayo</b>	5501
<b>Honorine</b>	7778	<b>Wendy</b>	7701
<b>Jane</b>	7721	<b>Yvonne</b>	7785
<b>Janette</b>	7711		



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