

June 2016

Crystal Clear

P S Y C H I C S

ALEXANDRITE

June birthstone

opening your

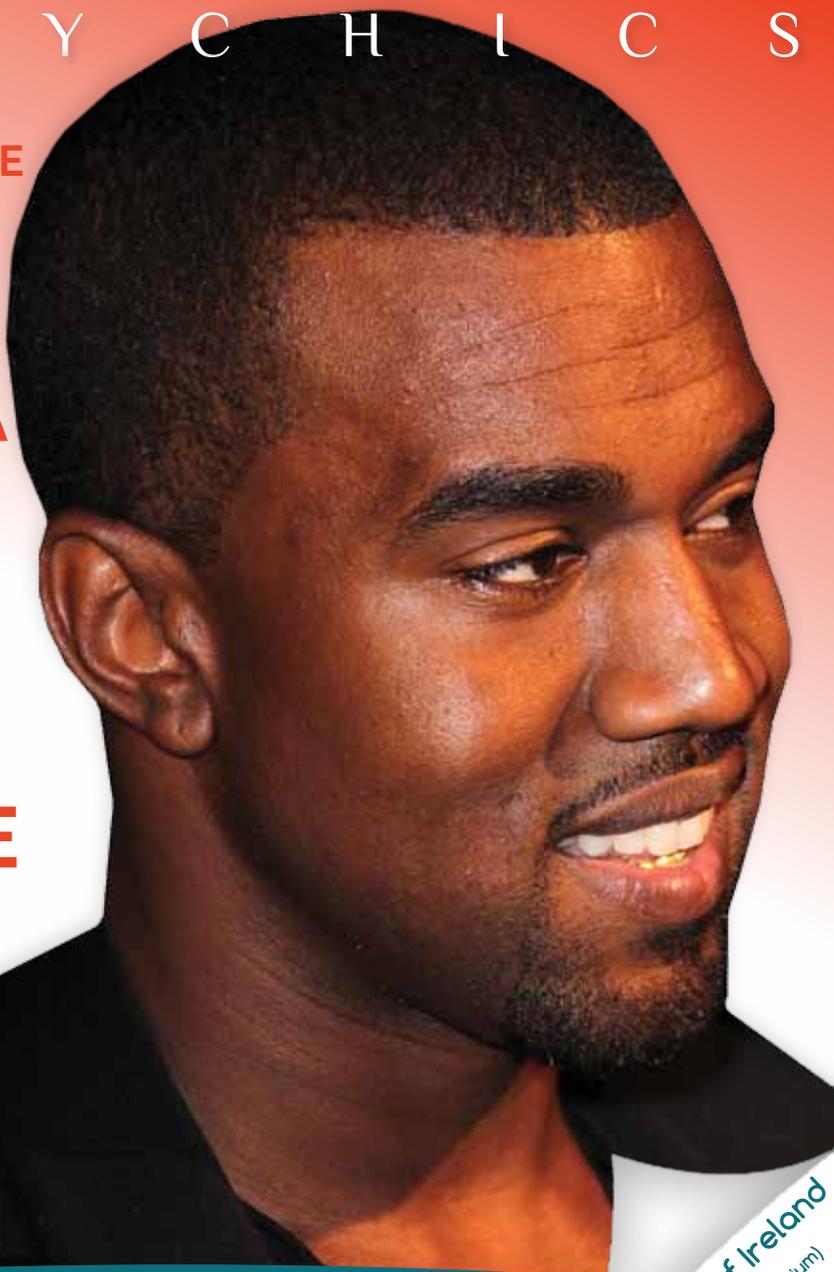
HEART CHAKRA

ON THE VIBE

with psychic maria

the astrology of

KANYE WEST



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On the Vibe Maria



FROM THE EDITOR

Welcome to Summer! As we approach Solstice and the beginning of this magical season, our psychics are celebrating the spiritual connections all around us. Our goal is to provide unique insights that bring joy and inspiration!

Our talented reader Maria is proving to be very popular with clients, so we've asked her to share her unique story and explain her psychic methods. Then we turn the spotlight on Kanye West, who turns 39 this month. What astrological forces have turned this unknown Chicago-based producer into a hip hop mogul, fashion icon and tabloid sensation?

Alexandrite may not be as well-known as other types of crystal, but it's rare and valuable. What's more, this birthstone of June also has unique physical and psychic powers. Finally, we explore the the heart chakra. Known in Sanskrit as Anahata, this important feature of psychic anatomy connects us to the world around us.

You'll also find personalised guidance for your astrological sign with monthly horoscopes, and special offers for psychic guidance in June. We hope you enjoy Summer as much as we do, and we thank you for making us the most respected psychic reading service in the UK!

Love and Light,

Lauren X

WHEN DID YOU FIRST DISCOVER YOUR PSYCHIC TALENTS?

When I was nine years old, after my grandmother passed away, I used to see her around the house and garden. Having no preconceptions at that time, I didn't think much of it until one day I told my mother that I had been seeing and talking to nanny. Her response at the time was "don't be silly, nanny is in heaven." This made me stop and think. Maybe I had just been imagining things, and maybe the angels I used to see were also imaginary. In my teens I started hearing spirit as well. This terrified me; I took myself to the GP and told him I had voices in my head. Of course there was nothing clinically wrong with me, but I didn't have the emotional maturity or experience to deal with what was happening. So, it wasn't until my late twenties that I began to properly understand, focus, develop and accept my gifts. Oddly enough, my mother was indeed very psychic. Eventually she admitted that she too had seen nanny, but was too frightened to explore her own gifts.

WHAT ARE YOUR TALENTS?

I am a natural clairvoyant and medium. Put simply, clairvoyance means seeing. A medium is a go-between from this world to the spirit world. I am also blessed with clairaudience (hearing) and clairsentience (feeling). An example of clairsentience is the work I do with psychometry, which involves holding something that belongs to a person (e.e. jewelry). I also use clairalience, which involves the sense of smell. Sometimes these senses all work together, and sometimes one or more is predominant. ering insights and guidance to clients.

WHAT TOOLS DO YOU USE AND WHAT ARE THEIR HISTORIES?

When I am working, I tend to use all of the senses and tools available to me at the time. These tools might include crystals, tarot cards and angel cards. The cards, whether they are tarot or angel cards, serve as a

guide. They can be helpful with timescales; and if a person wishes to concentrate on a specific matter, they are quite good for getting to the heart of things quickly.

Crystals are one of my passions. One of planet Earth's natural gifts to us all and very powerful for healing. Crystals have very fixed energies, they vibrate in the same way we do and as science says all matter has a vibration. When crystals are placed within our own energy fields they aim to match our vibration to theirs, so can be very beneficial to the human body, mind and soul.

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

I recently read for a lady who had difficulty with an unhealthy work environment. Her energy was low, and she felt like she was at a standstill in life. I picked up on these problems immediately. Her mother, in spirit, gave me a very specific message about one of her bosses. I talked her through her self value, self respect and self worth. She had reached a turning point where a decision needed to be made; her truth needed to be spoken and heard. Often a reading is about what you already know. You need somebody on the outside, who does not know you personally or anything about you, to say: here is your life, these are the issues, take a look at them and above all trust your gut instinct or intuition. The client in question recently called me, saying she had two wonderful job opportunities on the table.

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K A N Y E

In 1997, Kanye West was an English student at Chicago State University, where his mother was a professor. Before that, he had received a scholarship to study painting at the American Academy of Arts. But academia, he soon realized, was not a fast track to the life he wanted. In fact, it was slowing him down.

So he dropped out of school to pursue his musical dreams. A few years later, the first Kanye West album appeared. He would later explain that the album's title, *The College Dropout*, was not a statement about being lazy or degenerate, but rather about authenticity and the decision to trust his instincts. Since then, Kanye West has become synonymous with speaking one's mind and laying one's cards on the table.

You may love him and you may not—there are plenty of people in either camp. But it's impossible to deny the impact his creative, unpredictable persona has had on popular culture. Going beyond the controversies and the fashion statements, what can Kanye's astrological signature tell us about his perception of the world? Can the Zodiac offer clues as to how he attained such a high level of success, and where he might be headed in the future?

Kanye Omari West was born on 8th June, 1977 in Atlanta, Georgia. That makes him a Gemini born in the Chinese Year of the Snake. Sometimes a person's primary signs illuminate aspects of their character, but it's necessary to look deeper into their astrology to get a clear sense of who they are. In Kanye's case, Gemini and Snake are phenomenally accurate in describing his enigmatic personality.

The Snake is traditionally seen as the most intuitive (and one of the luckiest) of all signs. It has killer instincts and knows how to be in the right place at the right time. It may have been that Snake energy that caused Kanye to cross paths with the DJ (known as No I.D.) who would become his early mentor. From there, his talent in production landed him in conversations around the late '90s hip hop scene in Chicago. The big connection came in 2000 when he began working as a producer for Jay Z's Roc-A-Fella Records. Kanye worked hard, but as it often goes in show business, he also appeared to have luck on his side.

When his public persona and rap style began to take shape in the public consciousness, Kanye had Gemini written all over him. Mercurial, unpredictable, constantly changing and eclectic. He grabbed elements from soul, jazz, pop, rock, and just about every other genre imaginable. Using these tools, he sought to craft sounds that left people scratching their heads and cheering for more. On top of everything, he often employed narratives that were brash and heady—a outrageous combination of Gemini and Snake energy.

W E S T



Another aspect of Snake—something Kanye regularly affirms with his often baffling public statements and media incidents—is self-determination. The Snake bases its actions upon his own judgements and calculations, despite what seems appropriate or what others might think. This can be an enormously positive trait, as it keeps Kanye authentic and true to himself. On the other hand, all psychic and Zodiacal energies are a question of balance. Moving too far into hedonistic or narcissistic territory is a potential pitfall for both Snake and Gemini, and many people argue that Kanye West has blurred the line between authenticity and distasteful, egomaniacal tantrums.

With a Pisces moon and a Cancer ascendent, West harbours a watery, sensitive energy beneath his airy and fiery exterior. This gives him an emotional touchiness bordering on the extreme, and it works in baffling ways alongside his strident creativity and artistic confidence.

One thing's for sure: People want more. Even in an age of tabloid sensations, Kanye is one of the all time biggest media sensations of the 21st century. Is he truly the greatest artist of all time, on the level of DaVinci or Shakespeare? Most people laugh when Kanye makes such claims. But they also wonder. If there were nothing substantial or material behind his abrasive persona, there would little cause for fascination. But knowing that a real person—and a vulnerable artist—lurks beneath the outrageous exterior is what makes his life path so fascinating to millions around the world. Whatever the future holds as West celebrates 39 years this month, it probably won't be boring.

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Horoscopes

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Aries

Your ruler Mars is now rewinding through Scorpio once more. Ring an astral bell? Well, this occurred from the turn of the year to early March and can stir your desires, quite literally, as well as see you going over old ground around property or financial issues. However, by the month's end, something brighter can emerge and you may even spruce up your abode or move.



Cancer

Your sector of travel and exploration is strongly influenced by Neptune this month, and if you are lucky enough to be going on a holiday, it could prove to be an especially positive experience. But don't be surprised if there are also times when you find yourself craving for peace and quiet. It may not be until the 21st when you find yourself that much more outgoing.



Taurus

Mercury continues with you until mid-month, but it is now helping you to steer your moves with greater clarity. Finances and creativity are both looking brighter and some kind of windfall can occur. Though in love, different values can be a stumbling block early in the month. In general, relationships of all kinds will require added patience this month, Taurus.



Leo

The most sociable side of your situation is going to be boosted hugely this month, but you may find yourself with a key decision to make in week one, when there could be competing demands or people seeking your attention. This is also a month when you need to show care around your finances. Any projects you undertake need to be properly costed and executed.



Gemini

Look beyond surface impressions, and you'll discover so much more - especially in the first two thirds of the month. It is true there is a tense influence between the 21st and the 24th, which could be important around a key relationship, but you are going to start to sparkle brightly once your ruler goes forwards on the 22nd, and the Sun and Venus enter Gemini.



Virgo

Neptune continues in your sector of relating, and goes into retrograde on the 13th. This is particularly important for you, because Jupiter continuing in your sign is in opposition for the whole of the month and Saturn, the planet of structure, is in a square for all of June. These can be draining influences so choose your associates with care. But one creative plan can burgeon.

June



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Libra

It's going to be important this month to know when to say no. You can be one of the most accommodating of all the Zodiac signs, and a spiritual journey increases in its intensity, which can push you to do even more for others. Whilst this can be a very good thing, it will be less edifying if you feel inclined to please anyone laying a huge slice of guilt on you.



Capricorn

Mercury continues to give you a fantastic imagination as it begins the month, still in your Earth sign of Taurus. This can help you to prepare detailed plans, but with your ruler checking both the Sun and Venus, not everyone may seem particularly co-operative. However, once Venus moves on the 18th, more harmonious possibilities can emerge for you, Capricorn.



Scorpio

Mars continues to rewind through your sign, but the great news is that this will come to an end on the 28th. Okay, this is late in June, and it's possible that you may experience a sense of frustration that certain plans are not really shaping up as you hope. But if you step back, the big picture can be absolutely marvelous - and one network or friendship truly key.



Aquarius

With the Sun and Venus forging a glorious conjunction through to the 17th, you have the chance to really wow people with the power of your personality. This could be a genuinely fortuitous time for your love life and if you're hoping to enjoy a more sociable time this can revive too. However, you may find yourself rethinking some issues around career and money.



Sagittarius

Career and financial prospects are boosted hugely by a month long connection between your ruling planet, and the planet of transformation. Of course, the more effort and perspiration you invest the more rewards you can achieve. But balancing any ambitions and goals against home, family and emotional needs may prove to be a much more complex task.



Pisces

You can find yourself particularly sensitive this month about how people view you and how you interact with them. Professional obligations could feel particularly weighty. However, there is also a fantastic opportunity to forge one key alliance, which can have a tremendous impact on your future. As the month unfolds, so you will feel more and more outgoing.

ALEXANDRITE

gemstone of June

If the history books have it right, human beings haven't known about Alexandrite for very long. Geologically speaking, it's been around as long as any other gemstone; but it remained a secret until 1831, in Russia, where it was discovered by a Finnish mineralogist and named for the future Czar of Russia, Alexander II.

This account of how Alexandrite was discovered is not without critics, and it may be impossible to know who actually discovered it and when. What's clear is that in the 185 years since it came to public attention, Alexandrite has remained an elusive and rare specimen in the gemstone world. Large specimens (over 5 carats) were originally thought to found only in the Ural Mountains of Russia, but have since been discovered in Brazil, India, Sri Lanka and Madagascar.

WHY IT'S SPECIAL

So why do collectors, healers and gemstone enthusiasts cherish and revere this precious stone? Perhaps the main reason is the stunning colour profile—or more accurately, profiles. Alexandrite is a type of Chrysoberyl—but unlike other varieties, it has the rare ability to change colours depending on ambient lighting. Specimens collected from the Ural Mountains are often deep green in the light of day, and deep red in artificial or incandescent light. Other specimens might take a pink or yellow hue in natural daylight and a bright red or scarlet colour in other types of lighting. The more dramatic and clear the colour change, the more desirable the gemstone.

THE SCIENTIFIC EXPLANATION

The internal structure of the Alexandrite crystal contains chromium ions that allow different types of light to reflect differently to the human eye. Experts might tell you about the chromium absorption band, which for Alexandrite is 580 nanometers—right between the ruby (550) and the emerald (600). Basically, this enables the stone to appear reddish or greenish depending on ambient lighting. Human eyes are highly sensitive to green light; hence the green appearance of the stone in natural daylight. When the lighting is incandescent, Alexandrite will suddenly look more like a ruby than an emerald.

THE PSYCHIC EXPLANATION

Alexandrite is associated with the month of June, and the Zodiac sign of Gemini, for good reason. There is an obvious and visceral connection to the magical, chameleon-like ability of people born under this enigmatic sign. In a world where the only constant is change, the power to adapt is something we all need. Alexandrite embodies the energetic power to transform, adapt, and "go with the flow."

So much of our stress and tension stems from the inability to accept change. Holding to set patterns often leaves us frustrated and alienated; but Alexandrite teaches us placidity and confidence in the face of shifting elements. It shows us that our inner light is beautiful no matter what the external situation.

Recovering from illness or injury is one of the physical strongpoints of this rare stone. Gamblers and businesspeople also use it to augment their luck and bring them constructive changes of fortune. Creatives employ it to make them more imaginative, and scientists use it to help them think of new solutions to stubborn problems. Looking at a quality piece of Alexandrite, it's easy to make these connections. But overall, the calming and optimistic properties of the stone—especially in the face of change—are the star of the show.

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understanding your HEART CHAKRA

When people talk about the heart, there are many possible meanings. There is the physical heart, the strongest muscle in the body and the center of the body's physical strength. There is also "heart" in terms of the symbolic essence of character or spirit. When we admire or adore someone's nature or personality, we often say that she 'has a good heart'.

Somewhere between the physical and the symbolic is another aspect of heart: The 4th chakra, also known as Anahata in Sanskrit. Skeptics say it doesn't exist. Cardiologists can find no trace of it. And yet, this spiritual force in the center of the chest has been recognized for thousands of years by sages in the ancient Hindu and Buddhist traditions. There is also a corresponding energy center in ancient Taoist practice. Most importantly, people from diverse backgrounds testify to the existence of the heart chakra (and other chakras) through their experiences of awakening and spiritual transformation.

So let's assume for a moment the ancient Hindu and Buddhist sages are right — there is a heart chakra. What is it supposed to look like, and what purpose does it serve?

The appearance of the heart chakra is described very clearly in ancient texts. Imagine a shimmering green lotus flower with twelve petals. The inner section of the flower contains two intersecting triangles, which represent the dance of earthly and divine energies. In Hindu cosmology, Shiva and Shakti are associated with this inner section. The twelve petals of this green lotus flower are each inscribed with a Sanskrit syllable, corresponding to twelve different *vrittis* or aspects of consciousness. Depending on who you ask or what text you read, the heart chakra may have numerous other features.

That still doesn't answer the question of what Anahata actually is, and what it's there for. The first thing to understand is that chakras are based on the knowledge that human beings, apart from having a physical body, also have a "subtle" or energetic body. This energetic body is comprised

of a network of energy channels called *nadi*. These channels carry prana and vital energy throughout the subtle body much like the veins carry blood throughout the physical body. There are seven main points in the subtle body where these *nadi* intersect, and these intersections are called *chakras*. The heart chakra is the fourth and middle chakra, with three chakras above it and three below. It is the center of the spiritual anatomy. It represents wholeness and integration.

Chakra studies are deep and expansive. Scholars and mystics spend their whole lives investigating these energetic centers and what they mean. At the same time, understanding the heart chakra (and chakras in general) is very simple. It's not necessary to get your head around *nadi* and other terminology that may seem confusing. What you need to know is this: When the heart chakra is open and the energy is flowing freely through it, you are saturated with a powerful sense of wholeness, love, compassion, peace and togetherness. You love others for who they are. Most importantly, you love yourself.

So what happens when the heart chakra is closed? Isolation, conflict, resentment and fragmentation arise. People often report feeling constricted and tight through the chest when they experience these negative emotions; but when they experience openness and love for life, they feel open and expansive through the center of the chest. Have you ever experienced either of these sensations?

One thing is for sure; taking somebody else's word for it is not worthwhile. Like all spiritual and psychic phenomena, the heart chakra is something each of us must consider and investigate. Its authenticity is something we must explore and discover for ourselves.

We can start by practicing forgiveness in our lives. By smiling and accepting others for who they are. By accepting ourselves. The heart chakra is opened and nourished not through profound mystical exercises, but through daily actions in the ordinary world. Who knows — it might have the power to show us that the "ordinary world" is quite extraordinary after all.





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