

Crystal Clear

PSYCHICS

July 2014



Talented
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On the Vibe
with psychic Mia



Jennifer Lawrence

Five easy steps to positive thinking

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Greetings from our editor

Hopefully, when you're reading this, you're also enjoying some sunny weather! But there are plenty of things to enjoy in life, even on the rainiest days. Take a look at our Five Easy Steps to Positive Thinking if you need a bit of a boost.

This month we feature a story on award winning actress Jennifer Lawrence, an action heroine who continues to challenge convention.

Our regular horoscope column offers guidance on what's coming up for you during July, Forewarned is forearmed!

And this month we talk to Mia (pin 7730), one of our most popular psychics. Mia has a wide range of skills, enabling her to pick up an astonishing amount of information about her clients' lives.

Thanks once again for being a valued client as we work hard to bring you the most respected psychic service in the UK.

Love and Light

Lauren x

On the Vibe

Psychic **Mia** explains how she covers all the details in a reading.



Contact Mia pin 7733

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

Mia: *I first discovered I was psychic at the age of 26. I was always really sensitive, without realising, but in my twenties I really began to have intense psychic dreams and experiences that would foretell future events and that gave me a sense of the bigger picture we are all connected to. It was tough trying to make sense of it all at the time, but I feel very blessed and lucky to have the vision I do now.*

CCP: *What are your talents and what do they mean? i.e. clairvoyant?*

Mia: *Real psychic awareness works through our natural senses; and in this way a genuine psychic can get a powerful connection to someone else's mind and emotions. This is how I work. Clairsentience means I can feel what you feel. Clairvoyant means I can "see clearly" and see what is around you, in your life. Mediumship means I can connect with your loved ones on the other side. All of this is natural, and this is how I work, so I can offer help to those who need it.*

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

Mia: *Because I've developed naturally, I don't need to use any tools.*

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

Mia: *Clients who speak to me are very kind, and often give positive feedback. One particular lady I spoke to recently mentioned how she couldn't believe the level of detail I picked up regarding her domestic situation and her partner. She exclaimed, "Do you know him?": I was able to give her very precise details about her past and future, to help alleviate her anxiety, and I was even able to pick up on her recently dyed hair colour, and her eating pattern – even the angels, and meditation colour she works with. This gives is a good idea of how the information I channel spans a broad spectrum, and is deep. My guides want me to cover all of who we are. No stone is to be left unturned. It is an absolute pleasure for me to have the ability to offer such detail.*

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

Mia: *Crystal Clear Psychics are quite simply a great company to work for, because they are so professional, and take the utmost care and consideration in taking care of their psychics so we in turn can offer a wonderful service to our clients.*

Contact Mia now! Call 0800-422-0422 pin 7733

Five Easy Steps to Positive Thinking

by Andrea [PIN 7726]



In our busy and hectic lives, we can find ourselves slipping easily into a negative rut. It seems so much easier to be pessimistic rather than optimistic when the waves of life come crashing towards us. As we feel overwhelmed with the far too many demands that life throws at us, it's easy to criticise and complain rather than appreciate what we have or what we've achieved. Life doesn't have to be this complicated or demanding and it is easier to achieve than you think.

Don't over analyse situations

When we have a problem, we tend to go over it again and again. We try to figure out the answers and to gain direction. But rather than clarity, this often leads us into only seeing the obstacles we have to overcome rather than the end result that we are striving for. Try to focus on what we can control rather than what we can't. You may not be able to control if today is going to be hectic, but you can control how you react and prioritise your workload.

Let go of your need for perfection

Trying to achieve impossibly high goals will only lead to stress, tension and frustration, whether in your workplace or within yourself. In today's society, with media coverage ready to criticise everyone and everything, we are quick to judge others and feel easily judged ourselves. We push to be the best, to get the next promotion or to get rid of that flaw we feel we have. Rather than live life in an impossible dream, embrace who you are. Stop setting out of reach goals, and allow yourself to grow as a person. Perfection leaves no room for improvement.

Be grateful

As simple as that sounds, many of us are too blinded by what we want and unable to see what we already have. In a materialistic world, we lose sight of the simple, more important things in life. We forget how lucky we are to have choices. Instead, we complain there are too many. Don't forget we are in control of our own choices on our life's path. Choose to express your gratitude for everything that happens to you, and you will quickly find you're grateful for all around you. The more you are grateful, the less stressed and tense you will be.

Live in the now

In our need to push ourselves to find happiness and contentment, we forget we have to learn important steps along the way. It's not always about results, but rather the process we chose to get there. By accepting how things are now, rather than how we want them to be, we can learn to be happy and content in the present, which makes it easier to look at issues realistically and practically. By engaging in the now, we learn more about ourselves and those around us, which can lead to a fuller and more content existence. With practice, your problems will soon start to disappear.

Be happy

You'd be amazed how many of us don't afford ourselves this simple luxury. We're always doing more for others, and can be seen as selfish if we dare to take time out for ourselves. Allow yourself to just be and go with the flow. This will slow you down and give you time to appreciate the little wonders that exist around you. By engaging in the now, we will learn more about ourselves and those around us, which can lead to a fuller and more content existence. With practice, you'll realise your problems will soon start to disappear.

Call now to speak to one of our psychics 0800 422 0422



Jennifer Lawrence

Rolling Stone magazine has referred to her as “the most talented young actress in America.” What makes Jennifer Lawrence stand out?

Being a Leo, Jennifer’s choice of a career comes as no surprise. This is the sign most linked with acting and performing. It’s a sign of great creativity. Yet, it’s the intensity of some difficult roles that she’s played that has brought Jennifer Lawrence great acclaim. In *Winter’s Bone*, she played a 17-year-old girl who cares for her younger brother, sister and their mentally ill mother. This performance led to a nomination for the **Academy Award for Best Actress**. She was the second youngest actor to be nominated for the category at the time. She was also given the National Board of Review Award for Best Breakthrough Performance for this role.

In the recently released, *Serena*, Jennifer plays another intense role, that of Serena, a woman who discovers that she can’t have children and so proceeds to go out to kill the woman who bore her husband a child before they were married.

Intensity and a penchant for dark roles are evident in Jennifer’s chart too as the **Sun is in a challenging link with Pluto**. This is the planet we associate with death, fighting for survival, rage and power. When the Sun is linked with Pluto in a chart, it indicates an individual who has through their experiences attained a **great understanding of the darker side of human nature**. It can also indicate a fascination with what makes people tick. It is no wonder then, that Jennifer can play such roles from quite a young age.



The **Sun** in Jennifer’s chart also has another **challenging link with Mars**. Mars is the planet we associate with war and **assertiveness**. It is a very masculine energy linked with action, competition and sport. Jennifer Lawrence is also well known for her role as Katniss Everdeen in *The Hunger Games*. She had to take on the challenge of training for a very physically demanding part. This included training in archery, climbing, doing stunts and running. Although difficult, this is a very healthy way to release Mars energy.

There is another side to Jennifer’s part in this film. Prior to *The Hunger Games*, films built around a **female action hero** have been almost non-existent. Through the role of Katniss, she has become an action star. The film received good reviews, but the best praise was saved for Jennifer’s portrayal of Katniss. According to Todd McCarthy from the *Hollywood Reporter*, Jennifer is Katniss, “just as one might imagine her from the novel” and “anchors” the whole film “with impressive gravity and presence”. Kenneth Turan from the *Los Angeles Times* says Jennifer is the “best possible performer as Katniss.”

With **Aquarius as her rising sign**, Jennifer Lawrence is always going to be seen as unusual. Her roles are likely

to challenge convention and provoke strong reactions. Whether as the first female action hero on the big screen or playing dark, intense roles, she is playing out themes and stories that are the stuff of life. She is expressing themes very present in her birth chart.

Horoscopes • July 2014



Aries

The Sun and Pluto go face to face in week one, and balancing your emotional needs with worldly demands may not prove easy. It's also possible you'll encounter a dominant character this month, and you'll need to stand your ground. Yet bubbly Jupiter and the Sun will give you an enormous boost later in July, and propel you forwards.



Cancer

Although the Sun starts this month in your sign, you may not feel as outgoing as usual. A relationship issue can be intense throughout, and it won't be until Mercury moves on the 13th and Venus on the 19th into your sign, that you will feel bubblier. Yet, your earthy prospects are given a wonderful boost with the help of Jupiter, from mid-month.



Taurus

You may find yourself in a fierce exchange of views at times, so be careful not to be too dogmatic, or stubborn. Your financial picture however, is boosted marvellously through to mid-month, and extra funds can head your way. This may see you making some key changes to your abode, or even moving to your dream home.



Leo

If someone offers you the deal of a lifetime this month, be very sceptical of why this is. Yet, it can be a surprisingly sociable start to the month, though quality not quantity should be your mantra when it comes to friendships. A new beginning is triggered by the pulsating energy of Jupiter, which joins you for a year, on the 16th.



Gemini

With Mercury and Venus blessed in your sign early in the month, your sex appeal can absolutely sparkle. Expect to be in demand Gemini. In fact, this is a trend that will pick up pace as the month goes on, and you will also be boosted with some financial fortune in the last half. Your word and mind skills will move into top gear.



Virgo

Networking is going to be important to your prospects this month, and this can be just as crucial to your professional hopes as in your personal sphere. You may also find yourself starting to think about life in new ways. A course you attend, or the wise words you read, can be especially significant in the last week of July, Virgo.

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Libra

You can find yourself on the move this month, or yearning for some kind of change. Yet, this could prove to be rather unsettling, yet exciting all at the same time. Work demands can also be high this month, so do give yourself time to relax. Loved ones will need to be reassured over your commitments. Watch spending in week five.



Capricorn

This can be a month when relationships are much to the fore. With Pluto still moving slowly through your sign, it clashes with the Sun, Mercury and Venus in turn, suggesting that some key decisions may need to be made with the 12th a key date. Business and pleasure are unlikely to mesh well in the last week of July.



Scorpio

You can find yourself in a powerful clash early in the month. This may relate to a contract or agreement which needs completing. Take your time. With the right person, a deal could be fortuitous. Expect to be travelling mid-month, and if you head off on holiday then, a splendid time is possible. Energy rises as July ends.



Aquarius

Deeply buried emotional issues, or a lack of vitality, can sabotage your career prospects this month, so it will be important to allow yourself the time to rest and contemplate. Playful vibes are there, but you're best spending time with those you trust. Relationships can revive later in July, but a boss can prove to be tricky in week five.



Sagittarius

Your love life can be intense all through July, but it can also be a time when you connect with a special someone, who has a particularly magnetic aura. Property developments can unfold mid-month, but your love of adventure, variety and new experiences, comes powerfully to the fore in the last half of the month, creating a real buzz.



Pisces

You need to feel creatively fulfilled. A humdrum job could leave you feeling particularly bereft, but if you consider a change, it may cause stresses and strains. Someone can be very strident in expressing their views in week three, but don't be browbeaten. A new health regime at the heart of the month, will really spur you on.

Flower Remedies



In the 1920s, Dr Richard Bach noticed that patients with physical complaints often had emotional or anxiety problems, and concluded that in many cases this was the root cause of the physical problem. Disappointed with orthodox medicine, he searched for a more gentle treatment and discovered thirty-eight remedies using tree and flower essences, now known as the **Bach Flower Remedies**. They include a rescue remedy, made of several plant and flower extracts, to be taken when under stress or shock.

Flower remedies reputedly promote feelings of well-being and emotional balance. They are safe and harmless and you can either place a few drops of the essence directly onto your tongue or put them into a small amount of water and sip it.

Flower remedies are made by leaving freshly picked blooms in spring water so that the water receives the essence of the flower. This water is mixed with brandy, which acts as a preservative, and stored in a dark bottle to maintain its essential properties.

Bach's theory

Floral energy is tightly connected to the human soul and it can provide spiritual harmony in individuals. Flower energy releases blocked negative energy and eliminates it. Everything in the universe vibrates at a certain frequency, as do emotions, diseases and soul qualities. When we come into contact with a flower essence, the parts of us that vibrate at the same frequency as the flower essence are activated and can express themselves.



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