

July 2016

# Crystal Clear

P S Y C H I C S

**RUBY**  
FIRE IN JULY

**ON THE VIBE**  
with psychic jennifer

**AYURVEDIC  
SECRETS**  
for summer balance

the astrology of  
**WILL  
FERRELL**

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## FROM THE **EDITOR**

There's no better month to be active, stretch your body, and nourish your spirit with creative activity. Our quest to help you on your spiritual path is ongoing, and we've put together a dynamic issue to help you make the most of the beautiful month ahead.

Our talented psychic Jennifer is getting some great buzz with our clients, and it's easy to see why! She shares some of her wisdom and psychic insights in our interview—plus, she discusses the psychic tools she uses to bring insight to the people who reach out to her.

Next, we have an exclusive story on Will Ferrell, one of the funniest and most likable entertainers working today. How did his psychic and astrological signatures shape and develop his talents, enabling him to reach such heights of success?

We bring you insight on ruby (July birthstone) and its surprising spiritual properties. Our team also explores Ayurvedic medicine, and how its principles can help you maintain balance during Summer.

As always, your monthly horoscopes give specialised guidance for the month ahead. Thanks for trusting us to bring you genuine insight, and for making us the most respected psychic reading service in the UK.

Love and Light,

Lauren X

# On the Vibe Jennifer



## WHEN DID YOU FIRST DISCOVER YOUR PSYCHIC TALENTS?

*My parents told me that I was psychic as a child. I used to say things totally out of the blue which alarmed them. I thought I was unlucky, and that I brought things about because I knew about them before others did—which was quite scary! There was a huge realisation when I lost our little kitten, Timmy. I said goodbye to him the night before we lost him. He was hit by a car and it was very upsetting. I realised then that in some ways I had something different going on!*

## WHAT ARE YOUR TALENTS?

*When I attune to my clients, I often see what I can only describe as a movie which is played out, showing me pictures and symbolism of what is happening in their lives. I have learned to trust my intuition totally over the years, and however bizarre these images are, they often portray (in a simple way) the energies surrounding my client at present. I also see strong colours and I may then recommend that a client utilize that colour in some way to raise their energy.*

*I often find that my higher guidance, which I see as both guides and angels, can also be very direct in their manner. Angels like to tell me that they hear clients who ask for help, by way of an acknowledgement to them. They often say that they have left feathers or other signs. In some situations I can connect to individuals who have passed over through my higher guidance. This depends on if the information is appropriate to the reading, and is not something I can control – it is governed by the people upstairs!*

## WHAT PSYCHIC TOOLS DO YOU USE?

*I use the tarot cards for general readings because they tend to provide more information about individual circumstances. I first came across the tarot when I was a teenager. I would listen to a couple talking about the tarot every time I got the bus into town, and was fascinated. Tarot cards have evolved from archetypal energies. They were said to come into use in the 1400s but*

*have Egyptian origins. I also use angel cards because I connect really well to angel energy, and they bring some lovely light positive information to my readings.*

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

*I told a client that she needed to wear the colour turquoise because it was good for her energy field. She said that she had bought a turquoise blouse a couple of days prior but her husband didn't like it. I told her to get it out of the bag and put it on because it was exactly what she needed! Turquoise represents the throat chakra and communication—wearing blue or turquoise or having a crystal around the throat area can help open this chakra. Perhaps her husband was afraid of the power that she would have by speaking her truth?*

## WHY DO YOU ENJOY WORKING FOR CRYSTAL CLEAR PSYCHICS?

*I like working for Crystal Clear Psychics because they are such a lovely team. I enjoy my calls and I feel supported in my work. I also really loved having the opportunity to work at the MBS at Olympia recently as part of a team. I feel that the combination of team energy and positivity is the road to success.*

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**F**irst came the “rat pack”—a fraternal group of entertainers in the 50s and 60s. Then came the “brat pack,” a group of female and male actors who epitomized teen angst in the 1980s. Then came Will Ferrell and the so-called “frat pack,” dominating Hollywood’s comedy scene in the early 2000s.

What do these groups all have in common, aside from rhyming names? They’re all made of up iconic performers. And few comic performers in the last twenty years have become as iconic as Will Ferrell. He’s a regular fixture on “funniest people alive” lists by Rolling Stone and other publications. He’s been nominated for and won a stunning array of awards including Tonys, Emmys, Espys, Golden Globes, and even the esteemed Mark Twain Prize for American Humour.

But unlike many of the world’s funniest people, Will Ferrell was not a prankster or comedian right out of the gate. In fact, he was a distinctly quiet and content child. So what happened? How did his psychic energies shift and change, guiding him toward his fate as a comedic icon and successful Hollywood player?

John William Ferrell was born in Irvine, California on 16th July, 1967—which makes him a Cancer in the Chinese Year of the Sheep. Cancer is a sign of many different shades, but Cancerian children often have a shy and dreamy disposition, content to roam in their own imaginations. Ferrell’s own parents have, in fact, described him playing quietly with toy cars for hours at a time. He wasn’t a loud, disruptive or even rambunctious child. The Sheep, too, must have contributed to this early personality—it enjoys set routines and careful plans, and isn’t usually inclined toward risky or spontaneous behaviour.

But there are different kinds of Cancerians, and there are different kinds of Sheep. By the time Ferrell reached high school, he was coming out of his shell and beginning to show flashes of the brilliance that would later catapult him to stardom.

In interviews, Ferrell says it was in primary school, around the age of 10, that he became aware of his comedic talents. He found that physical comedy—banging his head against the wall, or tripping on purpose—would make his peers laugh. Interestingly, he credits these stunts with making him a lot of friends. Both Cancerians and Sheep put a very high premium on social connections, and it could be that Ferrell’s early comedic instincts were driven by the impulse to connect with the children around him.

And what about that serious side? Ferrell must have used two fire aspects of his astrological signature—Jupiter in Leo and Saturn in Aries, to compete. He was a kicker on the varsity football team; he was captain of the basketball team; he played on the soccer team; he was involved in the student council. By the time he graduated high school and entered the Sports Broadcasting Program at the University of Southern California, it was clear that Will Ferrell had a dynamic personality, a highly social nature and a competitive edge.

As you learn more about Ferrell’s life before fame, you realise he could star in a very funny biography of himself. He finished the four year degree in sports broadcasting but didn’t enjoy his internship at a TV station. As a valet man, he drove under a low beam and ripped the luggage rack from the roof of a hotel van. He worked as a bank teller but was fired for making too many mistakes (can you imagine Will Ferrell as your bank teller?).

Then a very telling thing happened: Ferrell’s mother encourage him to do what he really wanted to do in life, whatever that was. Before long, he had moved to Los Angeles and joined a local comedy troupe. The audition with Lorne Michaels of Saturday Night Live was soon to follow, and the world was introduced to the uniquely funny countenance of Will Ferrell.

The sensitive elements of Ferrell’s astrological signature are definitely prominent, but there are other important elements in play. The moon in watery Scorpio adds bite and attitude to the sensitivity of Sun and Mercury in Cancer. Part of what audiences find so funny about this performer are the ways in which he takes offense or expresses anger. And what about that trademark physicality? Venus in Virgo and Mars in Libra may in fact give Ferrell his considerable stage presence and sheen on camera—but neither his image nor his psychic nature appear to be those of a “tough guy.” There is a good-natured warmth and desire to make people laugh roiling beneath the surface, which explains why Ferrell can be funny even when he doesn’t say anything.

At the same time, Ferrell is a competitor, a performer and a star. He proves that all astrological signs and combinations have amazing charismatic powers—it’s just a matter of being yourself!

**Reach out to our talented psychics for personal insight today!!**

# Horoscopes



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## Aries

The first week of July can see you with some kind of conundrum to deal with. Your first instinct may be to proceed with the greatest compassion and care, but if you find that in order to please and look after the needs of others you are undermining your own needs, you may have to become much more assertive. From mid-month, things become much more social.



## Cancer

You are in pole position to make an impact this month Cancer, and can dazzle people with the strength of your ideas and the power of your personality. The New Moon in your sign on the 4th can also boost your imagination hugely. You may decide to embark on a new hobby, interest, or exotic travel plan. Finances can take a turn for the better on the 12th.



## Taurus

Conversation can be very intense in the first half of July, but equally could be riveting. Someone may really resonate with you in the first few days, and their self expression can prove compelling, and perhaps even persuasive. What can be less helpful later in the month is if you get involved in battles of will. Home, family and garden projects appeal more later on.



## Leo

Something may come to light in the early parts of the month which require you to rethink very personal or sensitive matters. Once you've grappled with this and Venus and Mercury join with you on the 12th and the 14th, followed by the Sun on the 22nd, you can start to take a much firmer grip on things. And all sorts of new starts can light up your situation, Leo.



## Gemini

If you are involved in charitable activities, a fundraiser early in July can be very successful. Romantically, someone could seriously attract you too. It could be at some kind of public gathering that you get talking and a great deal of magnetism can be exchanged. Points of view will need to be shared with a deft touch though, especially on the 19th's Full Moon.



## Virgo

You may find yourself thinking very carefully about your future plans and hopes. If you are ultra clear, July can be a month of real progress. If you are less sure, the points of views of others can see you think again about what you exactly want to do. And sociable though early weeks are, creating a more peaceful and therapeutic space later on, can become more important.

# July

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## Libra

Someone influential can make you a very tempting offer as July begins. The trick is going to be in deciphering whether there are any strings attached to what they are proposing. Part of you can feel conflicted in the early parts of this month between your ambitions and what you want, to your own personal situation. Fortunately, the last half of July can be much more playful.



## Capricorn

Relationships come powerfully to the heart of this month's possibilities. Single? You could find yourself smitten with someone new. In any ongoing tie, there could be a bit of a change between you and yours, and just subtly a new way of being together can unfold. Business, property and financial issues demand your attention more in the second half of July, Capricorn.



## Scorpio

Your words can have a tremendous impact upon someone you encounter as this month begins. So, if you have something to say which is really important to you, the chances are you can pick the right way to express this. Even so, it is going to be important to hear out what others have to say to you too. Career opportunities burgeon later in the month, with a key goal within reach.



## Aquarius

Politics are possible at work, but by developing a more virtuous lifestyle, you can help to ward off the potential for any stress. Romance can sparkle in the second half of the month, especially with your modern ruler Uranus creating some unexpected changes. Be flexible, because the course of true love may not run smoothly, or someone new can emerge for you.



## Sagittarius

Passion power sparks early in the month, but a battle of wits is possible too, especially if you feel that someone is being unfair over finances or money owed. If you are going on holiday from mid-month, you can be particularly receptive to new places, local culture or history. A new course or training programme can help open up your life from the 22nd, Sagittarius.



## Pisces

It really can be a lovely start to July for you Pisces as the Sun in the most expressive of areas followed by Mercury, angle brilliantly with your co-ruler, the dreamy and idealistic energies of Neptune. Let your imagination run wild, but also be conscious that this can be a new beginning for all sorts of fresh possibilities. Dare to believe your highest hopes can unfold.



# RUBY

## Fire in July

**F**or thousands of years ruby has held a special place in hearts around the world. Ancient people believed it was more virtuous than all other stones, even the diamond. Ruby has been particularly treasured by royalty: It's been said that Catherine of Aragon wore a famous ruby and it supposedly turned dark and dull the day before Henry VII announced his plans to divorce her; the Chinese emperor Kublai Khan was reported to have offered a whole city in exchange for a large ruby. Hindus believed that the stone's red glow came from a flame inside of it that no human could extinguish. Ruby is also thought to be one of the most powerful gifts that can be given to honour Krishna and Buddha. In Burmese legend, it is said that inserting a ruby into the flesh would make a person invulnerable. Often called the Stone of Nobility, ruby has long been a talisman for prosperity, protection from disease and danger, and passion.

Ruby is a type of sapphire; specifically, it is a Corundum. These are aluminum oxide silicates that get their color from iron, chromium, and/or titanium. Chromium is what gives stones their pink or red color and these stones are classified as ruby, while Corundums of other colors are classified as sapphire. The most valuable and sought after rubies are of a shade called "pigeon's blood"—which is a pure, deep red.

Metaphysically speaking, ruby represents the sun and is thought to bring fire into one's life, lighting the darkness and inspiring people to follow their

happiness. Ruby is also associated with prosperity and wealth, helping its bearers to find work or stabilise finances. Ruby brings clarity and wisdom, helping one stay motivated and follow the best path. A high energy stone, ruby also stimulates the Base Chakra, boosting vitality and chi or prana. It can also bring a sense of adventure to the wearer.

What about physical or medical applications? Ancient records indicate ruby was used to remove toxins from the blood, protect people from the plague, and prevent starvation. In fact, it is still thought to detoxify blood and is used by many healers to help treat fevers and infections. Because it increases blood flow, ruby is great for the heart and circulatory system. It can also be good for bones and joints, stimulate the adrenal glands, and cleanse the spleen and kidneys.

Ruby's power extends to the mind and heart. This fiery stone is thought to increase passion and attract and increase romantic love. It can bring integrity and devotion to romance. It has the ability to release emotions, reduce guilt, increase sensuality, and bring honesty.

Relatively few people may be aware of the metaphysical, psychic and healing properties of this dazzling red gemstone—nonetheless, its visceral beauty and profound red colour makes it one of the most highly sought-after stones in the world. Cancerians and Leos born in July are truly lucky to have ruby as their birthstone!

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# AYURVEDIC SECRETS FOR SUMMER

**A**yurveda contains an awe-inspiring depth of wisdom and knowledge. How far back into history does it reach? Far enough for its origins to be somewhat lost in the murky waters of history. Some experts argue that Ayurvedic principles appeared in prehistoric times; others say it began in the Bronze Age (3300 - 1300 BC) during the Indus Valley Civilization.

Whoever may be right, it's obvious that Ayurveda goes deep. Its medicinal principles were expounded by ancient Indian sages over the course of many millennia, and understanding the full breadth and depth of those principles is a life's work.

That being said, it's possible to get a very basic grasp of Ayurveda in just a few words. As a system of health and wellness, it's all about balance. There are many branches of Ayurvedic medicine, including special pediatric and toxicological practices, as well as a whole branch for increasing intellectual power and longevity. The body is divided into eight essential tissues, there are eight ways to diagnose an illness, and there are many other terms to cover. But perhaps the most rudimentary components of Ayurveda are the three doshas.

The understanding is like this: The three doshas—Vata, Pitta and Kapha—are energetic qualities that comprise the human body and spirit. Each human being has a unique combination of these three doshas, but one or two are normally dominant. Each dosha is associated with two elements.

Vata is a combination of ether and air energies. It governs physical motion, circulation and respiratory functions. Vata is a cold, dry, light and mobile energy.

Pitta is a combination of fire and water energies. The body's digestive systems, temperature, and ability to absorb nutrients are governed by Pitta. Pitta is a liquid, hot, fiery, pungent, oily energy.

Kapha is a combination earth and water energies. The immune system, the body's growth patterns, and the presence of water in the body are expressions

of Kapha. Kapha is a heavy, thick, slimy, slow and cool energy.

How this knowledge can help you over the Summer:

Each dosha has its place in the natural order of the body and spirit, and each individual has a different combination of these three doshas. Fiery people usually have a lot of Pitta. Wild imagination is often ascribed to Vata. Deliberate, careful decision-makers might have a predominance of Kapha.



The seasons also highlight and give greater expression to different doshas. Summer is Pitta territory. The days are hot and fiery, metabolisms run high, and people embrace the warm rays of the sun. The risk for most people will be an overabundance of Pitta. This can result in physical symptoms such as sunburn, fatigue, stomach problems and even hot flashes. Psychically, it can generate anger, impatience, or envy.

Fortunately, there are things you can do to bring your Pitta energy into balance, and even transform it into higher vibrations. Drinking plenty of good water is perhaps the most important thing you can do. Cooling fruits and vegetables are also good from a dietary perspective. This keeps your energetic body light and cool throughout the dynamic heat of the day. Your skin may also need extra moisture to keep your Pitta energies in balance. A healthy, natural moisturizer is good for that.

Catching rays of sun in the morning, before the day heats up, is another trick prescribed by ancient Ayurvedic doctors. It gives you a healthy dose of Pitta energy, but in a higher energetic vibration (known as Sadhaka Pitta) that isn't liable to overheat your system.

It's natural to have more Pitta energy (activity, heat, metabolism, creative fire) during Summer, and staying indoors too much can throw your doshas out of balance. So embrace the fiery, creative energy of Summer—but take measured steps to keep your Pitta energy in balance. You'll be glad you did!



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