

Crystal Clear

PSYCHICS

August 2014



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Meditation

Dream up Your New Love



On the Vibe
with psychic Nicole

Sandra Bullock

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



Contact Nicole pin 7704

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

Nicole: *I don't remember a time when I didn't 'feel' and 'sense' things way back from being a young child. My father was a very gifted sentient, so it was a way of being for us. When I was in junior school, around 7 or 8 years of age, I realised not everyone did things this way and I asked my form mistress why. She looked at me as though I wasn't quite the full shilling!*

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

Nicole: *As a clairvoyant, clairaudient and clairsentient, I rely on all my senses. It's as if I have a film running through my head – sometimes the words aren't in synch with the pictures, and sometimes I can be overwhelmed by a feeling.*

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

Nicole: *I work not just only with cards – tarot, oracle and angel – but also with numerology, which is great for giving people a focus of what is happening and when. Numerology involves taking the numbers that make up someone's birth date and time, and reducing them down to a single digit between 1 and 9 for a Life Path Number. This can also be used in conjunction with names or places. I also use Eastern and Western astrology, using the planet's sign positions and alignments at the time of birth in conjunction with what is going on now in the universe. This gives insight into any situation and helps me to give the client a well-rounded and understandable reasoning to what can often be a difficult and trying time for them.*

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

Nicole: *A client said her ex-husband had realised that he had made an error as I predicted and had come home. She had been ecstatic and thought all her problems were behind her. However, after less than 6 months she decided she'd been happier and more balanced on her own. She pointed out that I'd said to her the previous year, 'Be careful what you wish for'. She was so unhappy it made my heart ache. I told her now she was free from the memories, a new person would sweep her off her feet at a wedding or large family gathering – also I could see the number 105. Last week I received a picture message of her looking peaceful and happy with the message, "You were right. Second time lucky. 1052014". She had met a man at a family gathering and they'd got married after a whirlwind romance on the 10th May this year – that was why I had the number 105 (10/5)!*

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

Nicole: *Working for Crystal Clear is always a joy and a privilege. Connecting with their clients is uplifting and at times challenging, but ultimately rewarding. Moving clients from one place in their lives to another, helping them to see that opportunities that around them, and realising that their dreams are not out of reach is a job that will never cease to give me great pleasure and contentment.*

Contact Nicole now! Call 0800-422-0422 pin 7704

Meditation

by Andrea [PIN 7726]



Whether we are living a spiritual life, or just looking to reduce life's stresses, we have all heard about the importance of meditation. This process of taking ourselves to a calm and tranquil place allows us to be in touch with our higher selves, which leads to greater knowledge within.

How many of us just can't do it? Many struggle. Well it may surprise you that I for one am right there among you all.

Leading busy lives, our minds are in a constant state of flux. We're always turning some idea over, or making a list of things to do. The moment you find that impossible half hour to sit in a quiet place, hoping the kids won't barge in or the telephone will stay silent, every little thing in the recesses of your mind floods forward like a tidal wave and you're unable to stop it. Before you know it, you've made a shopping list for your groceries, rearranged your schedule to include the last minute appointment that came out of nowhere, or even decided to paint the wall you have been staring at in a lovely shade of duck egg blue to help with a calming atmosphere. Sound familiar?

Simply try just 'being'. This is a calm state of just being in the moment, doing nothing, but at the same time not trying to fight any emotion or thought that comes into your mind. An easy way to start this process off is to take a nice warm shower. While standing there, close your eyes and enjoy



the warm spray of water flowing over your body. Concentrate on each and every single drop. Just live in that moment, enjoying the calmness that overcomes you and the peace that it will bring. Don't worry if thoughts or feelings pop into your head. The key here is to not do anything with them. So if you start thinking that you need milk or bread, just let that thought be and don't start then mentally going through your cupboards adding items to that list. Once you have practiced this many times, move it out of that environment and into everyday life.

Whether at your office desk, or in a busy hectic family home, if possible take yourself to a quiet corner. Sit or stand, but place your hands on a solid texture, like a table or desk. Slowly concentrate on the wood beneath your fingertips, letting your breathing become calm and steady. You will find that the noises around you have filtered away, but may still be there. That is OK. This is just about being in the moment,

whether that moment is just a few precious minutes or even a lucky ten. Follow the same principle as when you were in the shower, let thoughts and feeling come and go, but do not allow your mind to act upon them. Just simply 'be' in the moment, right as you are at that present time. You will feel the tension flow out of you with each and every breath, leaving you feeling lighter, fresher and most importantly less stressed. Do this as many times in the day as you feel you need to. With practice you can do this anywhere, just putting your mind in a calm state and you will start to get the benefits that any quick meditation will bring.

So next time the phone won't stop ringing, your project is overdue, or the kids are running around shouting loudly – stop! Breathe! And put into practice what you have just learnt. It will calm you down, reduce your tension and most of all make you a happier and content person, more able to face life's challenges. Go on, give it a try.



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



Sandra Bullock



Some actors fall into their profession by accident. Others have it in the blood. Passionate and fiery Leo is the sign most linked with acting, and acting is Sandra Bullock's life.

Sandra's links with the theatre run deep. Her father was a US army employee and a part-time voice coach and her mother was an opera singer and voice teacher. Sandra's Moon is in the 9th house of travel – the Moon describing her relationship with her mother. Sandra's parents met in Germany while her father was stationed there, and Sandra spent her first twelve years in Germany. She now holds dual American and German citizenship. Emigrating or living temporarily in a foreign country is common among those with the Moon in the 9th house. Additionally, the Moon in Aquarius suggests an unusual mother or unusual upbringing, and Sandra's Gemini ascendant describes a childhood in which adaptability and flexibility are needed.

Sandra's Moon in Aquarius is also linked to Neptune (planet of music and fantasy) showing that the worlds of theatre, music and imagination played an important part in her childhood. Sandra often followed her mother on her opera tours and sometimes had small parts in these productions. This moving around is consistent with the Moon in Aquarius and her Gemini ascendant.

The link between the Moon and Neptune also suggests a compassionate nature. She is a strong supporter of the American Red Cross and has donated \$1 million to them on a number of occasions, including the \$1 million she donated to relief efforts in Haiti following the 2010 earthquake.

Neptune is in the 5th house, which is the part of the chart linked with creativity and children. The way in which she expresses her creativity is obvious in her career, but there is more to this 5th house Neptune. Neptune shows us where our compassion and empathy lie. When it's in the 5th house, odds are that there's a soft spot for children. While married to Jesse James, Sandra supported him in his custody battle with his ex-wife over his daughter. They won the battle and later decided to adopt a child. The adoption process continued despite their subsequent divorce and she continued the adoption as a single parent.

The Sun in Sandra's chart is in the 2nd house. This is a house associated with money and possessions. People with the Sun in this house often need financial independence in order to feel a sense of self-worth. Making money is important to them and they are good at it. This does not mean that they are selfish or greedy, merely that they understand that in order to have security and influence in the world, money matters. Sandra runs her own production company, *Fortis Films*. She also started her own restaurant and has another business, an upmarket bakery, restaurant and flower shop that also offering services such as event planning. The 2012 edition of the *Guinness Book of World Records* lists her as the highest paid actress in the world (\$56 million).

With a string of BAFTA and Academy awards, Sandra Bullock was born to be an actress. Her repertoire is varied and she is destined to entertain us for many years to come.

Reach our psychics today on 0800 422 0422

Horoscopes • August 2014



Aries

The focus this month can be both light-hearted and intense, as a blend of energies in Leo encourages relaxation, romance and creative exploration. However, shared finances may need careful attention as Mars links with testing and restrictive Saturn. Yet, a practical approach swiftly acted upon, could help free you of anxiety and stress, paving the way for peace of mind.



Cancer

Feelings run deep as Mars in Scorpio heightens desires and intensifies a romantic attraction. However, try to avoid manipulating a crucial situation, or allowing someone to do the same to you. Along with this, a focus on the sign of Leo enhances your financial savvy. This may see you motivated to explore money-making options as a way to earn extra income.



Taurus

You may find the company of family and friends a positive boon, especially if important matters seem overwhelming at times. A Full Moon in your career sector midmonth might help you showcase your skills and abilities. Later, relationships or a key partnership could intensify, encouraging the chance of a meaningful breakthrough.



Leo

You may be in your element this month, particularly as Jupiter, newly in your sign, can bring confidence and a sense of adventure. Yet, life at home could be complicated. Perhaps you'll need to untangle knotted feelings by being open to compromise. Later, a New Moon in Virgo can spotlight an opportunity to purchase a coveted item.



Gemini

Confiding in friends and family may be one way to offset the pressures of work, particularly if you find yourself feeling a little on edge at times. Plus, efforts to negotiate and perhaps to work out a compromise could help ease any day-to-day stresses. Later, a Virgo New Moon on August 25th can encourage a DIY blitz or at least a chance to declutter.



Virgo

You seem to be in a natural phase in which relaxing and recharging your batteries could be helpful. Dreams can be vivid, especially around the time of the Full Moon on June 10th, and one might contain useful guidance. Later, Mercury in your sign, along with a New Moon on June 25th, encourages a new start that could prove quite liberating.

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Libra

Your social life increases in activity with both Mercury and Jupiter adding a lively element. Enjoy partying, celebrations, barbecues and general fun. However, on a more serious note, you may be keen to get financial matters sorted, and could even feel pushed into doing so. Once you make a start though, relief can quickly follow.



Capricorn

Shared finances look positive, with a chance to explore ways of making your money work harder for you. August 2nd can be a good day for applying for a loan or extra funds, as you might be considered. Later, you could feel like adding to your skill set, perhaps by upgrading your knowledge or getting a qualification that better your prospects.



Scorpio

You seem to be in the spotlight and loving it, even though it may clash with a need to uphold your privacy. However, a Sun, Jupiter and Mercury presence at the top of your chart, hints that goals can now be achieved, or perhaps a career move hints at success. Though this might necessitate being courageous, it could prove to be very much worth it.



Aquarius

Relationships may be a source of fun, romance and financial good fortune, as Jupiter continues to find its feet in Leo. People can seem to support you, and this could lead to the potential for lucrative opportunities. August 25th offers the chance to make a fresh financial start, plus you might find yourself in the spotlight for all the right reasons.



Sagittarius

On the one hand, adventurous options appeal, particularly if they invite a leap of faith. A blend of expansive energies encourages you to consider travel or study options. Yet, besides a chance to enjoy life, you might feel motivated to tackle an ambitious personal project. If so, opt to make a start on or just after the New Moon of 25th August.



Pisces

There seems to be a lot of positive activity associated with your lifestyle sector that can heighten the feel-good factor. Let your creativity flourish and you could be rewarded by being given more work or money. Later, the New Moon in Virgo enhances the potential in a key relationship. Whatever your status, a new beginning may be possible, Pisces.

Dream up your new love

William Shakespeare knew a thing or two about love and he knew how dreams could shape the outcome of our love interests. Just look at the fun he had with *A Midsummer Night's Dream*. Oberon, king of the fairies, sends the mischievous nature sprite, Puck to sprinkle love-in-idleness (wild pansy) into the eyes of his fairy queen, Titania. Oberon wants to teach his queen a playful lesson by making her fall in love with the first creature she sees when awakening. She falls for Bottom, a hapless thespian wearing an asses head. He then interferes with the tangled love relationships of four young lovers sleeping in his forest. All kinds of drama is unleashed and is only settled when Oberon lifts the spell from Titania and makes the cast of characters believe all the strangeness that occurred was just a dream. Shakespeare blurs the line between dreams and reality and he gives us an ending where everyone is happy with their match.

Folk tales and herbal lore have long associated certain plants with properties to help us enhance romance and find our true love. The Celts were known to have used pansies in their love potions. But, rather than swallowing risky potions, a far safer and fun way to bring romance into your life is to dream up your new love with the aid of herb pillows. Dried rose petals and vanilla have traditionally been used to heal heartbreak and bring prophetic dreams of the love match awaiting us. Jasmine and sandalwood can also put you into a sensual and seductive mood that permeates through your dreams making them vivid and memorable. Fall asleep with your mind and senses tuned to love and the universal law of attraction says you will attract to you people, events and experiences that match your inner state of being. You may even catch a glimpse of your lover to be in your dreams. The more you are able to focus with gratitude on the love and joy in your life and believe in the power of your own dreams, the more you will radiate your positive intentions and bring in more of the same energies into your life.



Dreams deal with all the emotions you experience in your daily life. It is important to create the emotion of what it would feel like when you have your desired love in your life. Feel it is real and know the universe is full of abundance. Then let yourself slip into dreaming and let the universal laws work their magic as you dream. Demonstrate you are ready for the change a new love will bring to your life. Change your routines and prepare yourself for your lover. Act as if you know change is coming and it will happen because knowing is a more powerful energy than thinking or believing.

Remember, when you find your soul mate you will know it. Not only will you will feel a deep and powerful connection, you will feel you have found your way home and are at one with yourself.



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