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PSYCHICS

September 2013



Learn to Trust Again

History does not have to repeat itself

Make your Dream a Reality

Simple techniques you haven't considered

Your Lucky Stars

What's in store for you sign



Gwyneth Paltrow



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Now a devoted mother and acclaimed food writer, **Gwyneth Paltrow** enters a more mature and spiritual phase of life—but some people aren't convinced.

A few months ago, Gwyneth Paltrow topped a popular tabloid's list of the world's most despised celebrities. Only a week later, *People* named her "World's Most Beautiful Woman." Such a feat cannot be accomplished by just anybody—so what is it about this actress that inspires such a wide range of reactions, from outright hostility to complete adoration? Can astrology give insight into her enigmatic personality, and provide clues as to what the future may hold?

Gwyneth was born on 27 September, 1972, making her a **Libra** in the Chinese year of the **Rat**. Her place of birth was Los Angeles, and her parents were actress Blythe Danner and director Bruce Paltrow. At a glance, this seems like a

typical privileged upbringing, complete with the money and connections needed to fast-track a career in Hollywood. However, Gwyneth's Libra energy gives her a strong sense of **justice** and fair play, so that even if she did have a leg-up on the competition, her heart's desire would have been to pay her dues and **earn** any success that came her way.

Acting was always on Gwyneth's radar, but she took her time to commit. With a plenitude of family connections, and several roles in film and television before she even finished high school, acting seemed to just make sense. But Libra is known for being **indecisive**, and Rat can exacerbate this trait, adding an element of **restlessness**. Rather than choose a path and stick to it, the Rat wants

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Lucie
Reception,
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Lauren
Reception,
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to keep exploring. Gwyneth's moon in **Gemini** is no help here. But Libra, once it considers its options and decides on a path, has the **strength** to see things through. It was after her role in Stephen Spielberg's 1991 film *Hook*, and a successful turn opposite her mother in the TV series *Cruel Doubt*, that Gwyneth finally saw her career path clearly. She dropped out of the University of California, where she was studying anthropology, and devoted herself to acting.

Once she took the dive, Gwyneth's Libran **charm** and **physical beauty** began to win her more prominent roles. Meanwhile, her shrewd Rat energy led her to **work** tirelessly behind the scenes. Being born in the right place at the right time is a big help, but it's not enough for a long and illustrious film career. Many children of the rich and famous lack the impeccable work ethic which, in Gwyneth's case, comes from her Chinese astrological sign. The Rat uses everything at its disposal, casting a **wide net** of friends and contacts that might come in handy later on. Libra, in turn, gives a **radiant exterior** perfect for the screen.

As the 7th sign in the zodiac, Libra represents the half-way or opposite point. **Relationships** are therefore a strong suit for Librans, often playing a prominent role in their lives and careers. This was definitely the case for Gwyneth when, after working on the 1995 thriller *Se7en*, she and co-star Brad Pitt (Sagittarius) began a highly-publicized romance. It only lasted six months, but merciless tabloid coverage made sure that nobody would ever forget Gwyneth's name or face.



Meanwhile, her hard-working Rat energy **maintained** forward momentum, and by 1998 she found herself accepting an Academy Award for her performance in *Shakespeare in Love*. Although this is the most coveted achievement in the acting world, it is often described as both a blessing and a curse. Sure enough, after winning the golden statue, Gwyneth's career entered a nearly

decade-long slowdown. Now that she had her choice of roles, Libra's negative characteristics—**indecision** and the **desire to please everyone**—led her into a string of box-office flops.

Since then, Gwyneth has connected to a more grounded, family-oriented side of herself. This is a healthy influence for the Libra-Rat combination, as it provides a **rudder** to guide wayward tendencies and focus scattered mental energies. Her e-commerce and lifestyle business, Goop, has moved her public image somewhat in the direction of hard-bodied Martha Stewart. The Gwyneth Paltrow we see today is a devoted mother, spokesperson for spirituality and health, and maturing actress whose stock in Hollywood is on the rise. So, getting back to our original question, why are there so many divergent opinions about her?



Gwyneth's Libra side can come across as too **detached** and **luxurious**. With a reported net worth of £89 million between her and husband Chris Martin, some say that her lifestyle and shopping advice is **presumptuous** and **out of touch**. Rat, meanwhile, will often turn a **deaf ear** to criticism, going about its business no matter what anyone thinks. Exotic foods, personal trainers and lavish getaways are all things that Gwyneth touts—yet for people with slightly less financial freedom, all of this advice can seem preachy, unsolicited and aristocratic.

At heart, Gwyneth genuinely wants to be a force of good in the world. She wants other people to **think and dream big**. Her Libran love of beauty and harmony, and her Rat-like tendency to **explore life to the fullest**, are becoming more fully expressed as she embarks on her 41st year. But if she is to continue her upward climb and win the hearts of her fiercest critics, she will have to convince them that, far from being distant and high-minded, she's only trying to help others by being true to herself.



Looking for your soul mate?

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Aries (Mar 21 - Apr 19)



Looking too far into the future may cause you to miss an opportunity right here and now. Start with

what's in front of you, knowing that the most fertile ground is beneath your feet. A new love interest comes on strong and has all the right moves—but does the connection go deeper than the surface? Sometimes there is only one way to find out. That recent health problem can be solved, but not if you keep it to yourself! Research your options and get a few trusted friends to help you. The right answers arise when you branch out and connect. Your greatest untapped natural resource is the wealth of people around you.

Taurus (Apr 20 - May 20)



You don't have to breach a difficult subject straightaway; if you let your heart lead, an

effortless way will open—and when things go smoothly, everybody feels like they are in the right place. Either you can wait for good luck to come your way, or you can encourage it by shining light into the world around you. The fact that your relationship is showing its serious side is healthy; pure fun and games can't last. Everyday care and maintenance is what makes a love affair into a partnership. Are you single? Staying that way might be a problem! There are more than one pair of eyes casting an interested glance your way.

Gemini (May 21 - June 21)



Which voice do you listen to: The visionary with its head in the clouds, or the pragmatist with its

feet on the ground? These may seem like contradictory points of view, but the shift from contradictory to complimentary is only a slight internal one. Use everything at your disposal to advance your cause, but do not allow people to go unrecognised or unappreciated. Humility is more powerful than pride; through humility, no goal is too great. When a first date comes up, keep things easy and light. Lack of expectation frees you up for a positive experience, whether or not it works out. Learn from everything and the universe will smile on you.



Horoscopes September 2013

Venus enters sexy Scorpio, giving a mystical edge to all things romantic.

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Libra (Sept 23 - Oct 22)



Be vigilant with your pocketbook, but generous and open with your ideas. Wealth

springs from a mysterious source, and tapping it is a matter of mining your inner resources. When you attend a routine social gathering this month, a love prospect makes itself known in no uncertain terms. Your introspective mood may tempt you to shy away, but it's worth keeping the line open, as the stars will be better aligned on your second meeting. Planning a lot of outward changes does not give you the result you want. Begin with the smallest step possible, and steadily close the gap between where you are and where you want to be.

Scorpio (Oct 23 - Nov 21)



It's true that some things are better left unsaid, but there is also a time for bringing hidden

feelings into the light of day. Healing and closure will come as a result of being direct and open with the people around you. Likewise, a new flame is discovered when you extend yourself into as many social situations as possible. Participating in the vast network of life, to the fullest extent possible, brings untold rewards. All of this activity creates a risk of over-indulgence. A little goes a long way, but too much weighs you down. When people see that you're in touch with that small voice within yourself, they will automatically respect you.

Sagittarius (Nov 22 - Dec 21)



The journey towards a real result starts with a faint psychic impression. Pay close attention to the

images your psyche is coming up with, especially in dreams and meditative states. A small practical step will then become obvious, and help will appear at the right time. That trip you've been wanting to take is more of a possibility than you might think. If you can afford it, now is a good time to make a bold move and put something on the calendar. As you well know, the best things in life require a leap of faith! When you come home to your partner, leave your cares behind. If you're single, a professional relationship could definitely become more.

Cancer (June 22 - July 22)



Things at home are feeling too pragmatic and routine to fill the deep emotional connection you need.

Being direct with your significant other, and spelling out your feelings in clear terms, gives them a fair chance to adjust and fill the gap. The urge to expand your presence in the world is best expressed through small, meaningful actions in your neighborhood. A social outing with a bit of a serious side can spark something new in terms of relationships. Avoid getting caught up in workplace intrigue; staying neutral is a better bet. New romance is playful on the surface with a magnetic attraction beneath—this just might be a recipe for success.



Leo (July 23 - Aug 22)



The tendency to rush into things when you're not ready could land you in an uncomfortable

situation. There's nothing to worry about as long as you tune in to your emotions first, and let your actions flow from there. In relationships, your partner wants to feel protected. Do the little things to help soothe their nerves, and your connection will become stronger and healthier. The financial side of things is taking a turn for the better—just remember, attention to detail is everything. The more meticulous you are, the greater your success. If you're looking for new love, a quieter prospect stands out from the crowd.



Virgo (Aug 23 - Sep 22)



Is any aspect of your life really separate and independent from the others? Your internal and

external worlds seem to be pulling you in two different directions, but it's really one in the same movement. Regular doses of meditation and quiet time help you cope with a busy outward schedule. When someone gives you the cold shoulder, the temptation is to over-think it. Give them the benefit of the doubt and bring out the best in everyone. A positive change in your daily routine will help you look and feel younger, but forcing the issue is no good. Wait for the right move and act decisively. You'll then feel the strength and resolve to carry things through.



Capricorn (Dec 22 - Jan 19)



A partner or close friend is tuned into you on a deep psychic level. You may not like some of

their suggestions, but the proof is in the pudding! Instead of putting up a fight, go with the flow and produce a small gift to thank them. Strive for situations in which everybody wins. A romantic relationship, whether new or established, thrives on open-mindedness and new discovery. Take the road less-traveled to refresh your bond and gain new insight. Avoid using social situations as an excuse to compromise your principles. If you demonstrate your resolve when temptation is high, your confidence grows.

Aquarius (Jan 20 - Feb 18)



Thrill-seeking is a dead-end, but trying new things with a constructive purpose will lead you

out of the maze. Rather than focus on distant horizons, think on what you can do today, in this moment, to nurture your spirit. When it's time to hit the town with that special someone, don't skimp on the details. Glamour and goes a long way, especially if the relationship is new. There is a logic to the way someone close to you is behaving, even if it's not easy to see. Thinking there is only one right way will set you up for a fall. Just as birds use the wind to fly, you will get the result you want only if you use human nature to your advantage.

Pisces (Feb 19 - Mar 20)



Work hard and play hard if you want to get the most out of your stars this month. They are

positioned in such a way that serious undertakings only run smoothly if balanced by plenty of fun. This higher level of energy, in which the best of both worlds is possible, can always be accessed—provided you get enough sleep! The body's needs are related to your psychic energy. There is plenty going on in the love department—if you can tune into the psychic current running beneath words. Some things must be expressed in another language. Beware the tendency to be talked into things. Take a deep breath and consider what's best for you.

Make your Dreams a Reality



The universe is a network of countless beings and energies. Rather than see yourself as one against the rest, consider the cosmic community of which you are a part. Think about all the other people who will benefit from the realisation of your dream. When it's not just for you, but for the upliftment of everyone, positive energies will move rapidly toward you and your cause.

Another challenge is the resistance of those who have not opened to their own dreams. As you begin to seek your highest calling, this resistance will appear in the form of negativity and nay-saying. People will tell you that you can't do it and shouldn't bother trying. The key is knowing that this negativity is not about you—what these people are really saying is that they do not believe in themselves. Rather than playing into this negativity, find out what inspires them, and empower them to go after it! If negativity remains, respectfully go on your way.



The spiritual and psychic growth we experience in the process of chasing our dreams is worth even more than the euphoria we get from finally achieving them. So as you work toward the realisation of your dream—whether it's writing a book, taking a trip or meeting your soul mate—enjoy the scenery along the way, knowing that life is not really about conclusions down the road, but bringing joy into the here and now.



For most of us, the hardest step is the first one. So many questions arise at this point: Am I being realistic? Do I have what it takes? What if I fail? The trick to overcoming these early doubts is to visualise your dream in specific terms. What kinds of shapes, colors, and sounds are associated with it?

What kinds of feelings will you have when you reach it? Remember—your dream already exists in the spiritual dimension. The more you are able to sense it, the more you will believe that it can be brought into the physical world.

Nothing worthwhile is easy. You don't know how tall you are until you get in over your head. If there's no chance to fail, there's no chance to succeed. Sayings like these may fall into the 'cliché' category, but the wisdom behind them is real. Manifesting your dream is a matter of breaking down barriers within yourself. So find the things about your dream that make you feel squeamish. Then, take a deep breath and dive in. You'll find that most of these things aren't nearly as tough as you thought, and the exhilaration of facing your fears will instill greater confidence in you!



Need help realising your **dream**? Call our psychics on **0800 422 0422**



Learn to Trust Again

As spiritual, mental and physical beings, we humans are constantly adapting. Just as our bodies reflect things like climate, food and exercise, our spirits and psyches reflect the people and events that come our way. On one hand, this adaptive power helps us to deal more effectively with future situations. On the other, it can prevent us from embracing new possibilities. Instead of seeing a person or situation as something new, our past experiences dictate how we act. Our memory ends up using us, instead of the other way round.

Perhaps the best example is trust. When a friend betrays us, when a business partner short changes us, when a lover is unfaithful, it wreaks havoc on our ability to trust. The next time a friend makes a promise, a business partner lays out a proposal, or a lover tells us where they've been, our subconscious minds suspect an undercurrent of deceit. Even if we pretend everything is alright, our view of the situation is clouded with the residue of the past. What's worse, carrying this psychic residue can prevent us from attracting healthy new connections—whether in friendship, business or romance.

So how can we learn to trust again? Is it possible to vanquish the voices of the past and truly open up to other people? The answers are simpler than you might think. Through regular practice and adherence to a few basic principles, you'll find yourself viewing people and situations through a clearer lens.

Be aware

Far and away, the most important step in learning to trust again is watching your own reactions with care and attention. You don't have to judge yourself, or try and change your behavior from this to that. Simply observe. What are the events in the past which you hold on to? When you feel distrust, where specifically does it come from? As past feelings come to the surface, you will have greater insight into why trust is difficult for you. This insight will inspire action.

Trust yourself

A huge amount of distrust in others is actually the inability to trust ourselves. When somebody hurts or betrays us, our subconscious minds assume responsibility. "I attracted this person into my life. I was dumb enough to believe them. It's my fault." While it's true that we co-create our realities, the fact is that many things happen that are beyond our control. Forgiving ourselves, and learning to be confident in our decisions, is key aspect of restoring trust in others. Simple affirmations are a great place to start. In a quiet place, think or say to yourself, "I trust myself. I trust my ability to make the right decisions. I trust the universe to guide me where I need to go." Using whatever words and techniques feel right to you, repeat these affirmations as often as possible.

Find your natural state

In our hearts, we trust life completely. We know that we are already on the path that is right for us. But our psychic and mental energies do not always share this feeling. Restoring trust is a matter of connecting to our hearts and opening up the source of love within us. Whether in the bedroom or the boardroom, we naturally want to feel relaxed, confident, and able to trust other people—and we can. It may take forgiveness, affirmation and some good old-fashioned hard work, but the rewards of being able to trust again are truly priceless.



Talk to Debbie today!
Call 0800 422 0422 pin # 7744

When I was 16, I was with my grandmother as she was passing over after suffering lung cancer. I was with her as she took her last breath, and it was so peaceful. The next moment, she was standing at the top of the stairs looking radiant, and in no pain. I could hear her saying, "I am alright. "I am not dead." This was the start of my work with spirit, and fulfilling my life purpose to help bring hope and peace, and the knowledge that life is Eternal.

I have had many great experiences whilst giving one to one readings. One that comes to mind was around 8 years ago. My client was upset and desperate, and as I connected I saw a young lady in spirit telling me she was her sister. She told me her name and said she was sorry she didn't say goodbye, but was now with their grandmother. The client was comforted and thanked me so much. After the reading she told me that her sister had passed away 3 days earlier. That reading has never left me—the client was happy to know her sister was alright and not alone.

For me a good psychic reading provides the client with reliable information from the outset, without hesitation or doubt. A good psychic connection allows the reader to access past evidence and future predictions, and pass these on to the client in a friendly and supportive way.

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