

# OSCS

ONE STOP COSMIC SHOP

*When the world seems  
dark and forbidding,  
rejoice in the light  
and be guided*

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First I must thank you for having a look at our e-zine. It contains articles written by some very sincere and committed people, there to help you through a difficulty, suggest ways forward, or maybe, as in Bernard's article on self-hypnosis, to offer you a new way of moving your life onto a better track.

All our contributors would be pleased to hear from you with your thoughts, or maybe requests for help or advice.

One small change in the magazine is - the editor! For the time being I will be looking after the publication, and I would love to hear your comments on the content of the mag and I would also love to receive contributions in the way of articles, stories, and letters for publication. I can be contacted at the address below. I look forward to hearing about your own experiences and activities in this spiritual, psychic and holistic area of interest.

Sorry the e-zine is a bit smaller than the last one. The change-over has been a bit time-consuming! Still, with your contributions I'm sure we will soon be full of interest and help for our readers again.

Laura's Boyles excellent horoscopes are in the mag with their incisive and illuminating predictions, and a copy of our on-line directory of practitioners is also included.

Keith Birch's article on Sugalite is fascinating, and he will continue to be a regular contributor, giving us further insight into the world of crystal therapy, and Reikiray also enlightens our thoughts with his advanced skills as a Reiki healer.

Thank you to all our contributors.



Thankyou again for your interest. Enjoy!  
Ray.Marshall1943@gmail.com  
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Jan Gayle



Ray Goldy

See Ray's advertisement for his health and healing exhibition on page 24.



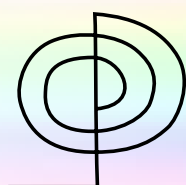
Clare Cusack, psychic surgeon, will be present at the mind, body, spirit event advertised on page 25.



Laura Boyle

Bernard Misell





A way of healing

Reiki

A way of life



Many of you will be familiar with the diagram here. It is of a human body with its energetic counterpart shown. The energetic counterpart is the system of Chakras, and the connections between them. So much of medicine of the East is based on a knowledge of this ethereal body and its profound effect on the physical body.

Holistic practitioners believe that the chakras, and the system of meridians joining them to all parts of the physical body need to be clear and without blockages so that energy can flow unimpeded round the whole

system. In this way the body can heal itself and maintain healthy, vibrant life.

In the previous edition of OSCS, I discussed the idea of Reiki as a non-invasive way of freeing the subtle energy fields in the body, so helping to heal any problems that may exist. I spoke of the likely procedures that a Reiki practitioner may undertake, although every practitioner will have his or her own process.

At the first level, Reiki can be used as a self-help activity. It is easy to ask for the help of the Great Universe and it will always be given freely. The hands become the guides for the energy which can be transmitted to any part of the body. In this article I will suggest a way in which any individual can use Reiki to apply healing.

Just to repeat some of the main ideas from the last article, one way to allow a body to live in harmony is to follow Dr Usui's five guiding principles.

**Just for today, do not worry**

**Just for today, do not anger**

**Show honour to your parents and teachers**

**Be honest in your work and your dealings**

**Be grateful for the gifts bestowed upon you**

Such simple ideas, but applied carefully and liberally in our modern world, a person can live happily and contentedly. Simply not letting events get on top of you will make for a healthier, more contented life. If anger is not the first response in a situation, peaceful solutions can be found that ease life's path. Honesty brings its own and other rewards. Your parents and teachers have nurtured you, taught you and still care for you. Honour is their just reward. They are simple ideas that still allow for the modern need to seek improvement, betterment and relaxation, but in a caring, compassionate way.

**A simple self-treatment**

- 1) The rule is that anyone wishing to carry out a Reiki treatment should be attuned by a Reiki Master. I think anyone can carry out a self-help treatment, but the greater depth and understanding that comes from a strong attunement would improve the efficacy of a treatment.
- 2) Try to make sure you won't be disturbed for half an hour or so. Make sure bodily functions are satisfied, and have a glass of cold water close by. Soft music, non-verbal, may set the mood, and aromatherapy candles of your choice may be burnt, or possibly an incense burner. Best to close off distractions, such as windows. Sit or lie down comfortably.
- 3) Whether it is necessary or not, I always ask for help from the Great Universe before starting. Just a simple invocation asking for help. "I ask the Great Universe to help me in my Healing Quest."
- 4) The energy enters through the crown Chakra, and is delivered by the hands. There are a number of hand positions that are pretty much the same in all publications, although the more adventurous may find others.
- 5) Face. Always the first position, lightly cup the hands and place them over cheeks and eyes. One to three minutes.
- 6) Ears. Cup hands over the ears. One to three minutes.
- 7) Back of head. Your hands should be cupped and rested on the back of your head with the fingers just touching. One to three minutes.

- 8) The third eye chakra. One hand on back of neck, one hand cupped on the forehead. One to three minutes.
- 9) The Throat chakra. One hand on back of neck, one hand cupped on the throat. One to three minutes.
- 10) The Heart Chakra. One hand cupped over the heart, one hand just below the breasts. One to three minutes.
- 11) The Solar Plexus chakra. Cup both hands and place them at the bottom of your rib cage, just below the breasts. One to three minutes.
- 12) The Sacral chakra. Cup both hands and place them at a position just below and either side of your navel. One to three minutes.
- 13) The Root Chakra. Cup both hands and place them at a position right at the pit of your stomach and either side. One to three minutes.
- 14) The lumbar position. Cup both hands and place them lightly in the small of your back and either side. One to three minutes.
- 15) The upper back. Place your left hand on your right shoulder towards your back, and similarly right hand to left shoulder. One to three minutes.
- 16) Finally place one cupped hand over your heart (the Heart chakra) and one cupped hand over the stomach, just at the navel. This balances the heart with the Hara, the powerful engine that drives the body. One to three minutes.

As secondary positions you could place hands on knees, ankle, feet. If you have a particular pain or ailment, as an extra place hand(s) over it.

17) Relax for a couple of minutes, and take a drink of water. The whole treatment may take from 10 minutes to half an hour.

It is a good idea to wash your hands after any treatment to close off all the free energies. It doesn't do harm to thank the Great Universe for its assistance.

**Links between the chakras and the endocrine system**

The endocrine system is a system of glands in the physical body that produce and control the production of many hormones which in turn control the body's activity and state of equilibrium.

The chakras and meridians of the subtle energy body accord very well with the endocrine system. Holistic practitioners believe that the subtle energy body exerts an influence on the endocrine system and so affects the way the body operates. This means that clearing and energising the parts of the subtle energy system has a direct effect on the health and workings of the physical body

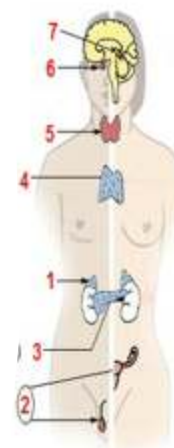
Below is a diagram showing the links between the subtle energies and the endocrine system.

**The Male Glands**

- 7) The Crown chakra (The pituitary gland)
- 6) The Third Eye chakra (The pineal gland)
- 5) The Throat chakra (Thyroid & parathyroid glands)
- 4) The Heart chakra (The thymus gland)
- 3) The Solar Plexus chakra (The pancreas)
- 2) The Sacral chakra (The testes)
- 1) The Root chakra (adrenal glands)

**The Female Glands**

- 7) The Crown chakra (The pituitary gland)
- 6) The Third Eye chakra (The pineal gland)
- 5) The Throat chakra (Thyroid & parathyroid glands)
- 4) The Heart chakra (The thymus gland)
- 3) The Solar Plexus chakra (The pancreas)
- 2) The Sacral chakra (The ovaries)
- 1) The Root chakra (adrenal glands)



# Stem Cell Healing - A Different Approach

The human frame is the most complex unit on the whole planet. The abilities we have to research, to postulate then prove, in fact to enlarge our wonderful knowledge about living tissue in all its forms leaves any thinking person speechless with awe.

The drugs and chemical interventions we have developed as a species are legendary, and yet still awe-inspiring.

Yet for all this knowledge and ability, we are still in the hands of a tiny minority of our species for help and succour in our time of need when our health and well-being is threatened. There is no doubt that these amazing advances have prolonged human life and improved the day to day health of nearly everyone. But as we have come to rely on the medical profession, we have lost most of the ability to heal ourselves as we were able to do in the past.

Until very recently there was no penicillin, no aspirin, no paracetamol, or any of the many other commonplace chemical interventions that we have come to rely on. How did we manage in the past?

Here is an explanation.

Imagine you are holding in your hand a handful of earth, or sand, or shale, or a lump of rock, in fact any part of the very material of the earth. Now imagine your own body. It is formed from exactly the same building blocks as the stuff in your hand. In the book "6 Roads from Newton" by Newton and Speyer we are told that 99% of the the stuff of the human frame is just the materials of the earth. "Ashes to ashes, dust to dust" is a remarkable confirmation of this.. The other 1% is the mystery of us all that makes us live, breathe, move, be intelligent. Controlling this £2 worth of chemicals and a few litres of water is our DNA, the blueprint that each of us lives by and dies by.

At our moment of conception, we are a single cell; a stem cell. That single, perfect cell contains the blueprint for the body that will be, and all its sizes, colours, intelligence, in fact every nuance of the life of that body. The cell divides and divides and differentiates so that it produces every cell in our body. Muscle, bone, blood, brain, skin, EVERY single thing that makes us live, move, be who we are all originates from that first, pristine stem cell.

Jeanne Ames found, out 12 years ago that the memory, and knowledge, of that original stem cell is locked deep in our brain. That stem cell frequency can be remembered and used in order to stimulate cellular renewal and repair of ALL FORMS OF DIS-EASE. Further, stem cell frequency healing also addresses the condition of the mind which that plays such a major part in the occurrence of the dis-eases that can ravage our body. Over time our body can be "tuned in" to its own specific stem cell frequency with correct coaching and exercises. The in-built "viruses" from our past, those events that have affected the computer-like DNA "hard drive" of our body, can be removed. Then we can return to stem cell frequency renewal and repair, which is an ability we have lost over many generations. Our bodies will behave as they were intended to since our appearance on this planet.

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In the web site

<http://learn.genetics.utah.edu/content/tech/stemcells/sctypes/> from the University of Utah a detailed description is given of what are called stem cell niches. These niches are membrane enclosed pockets of stem cells waiting to receive the signal to be released to begin their work on healing the physical body.

Therefore, if the brain has memory of the specific frequency of umbilical chord stem cells which it can transmit to these sites, dormant programmes of healing and cellular renewal and repair, can be re-established, creating perfect and rapid healing of the mind and body.

Here let's use another analogy. Human beings have an appendix which is no longer used as we evolved and changed our consciousness and our eating habits, so it sits there still part of the original human blueprint. Slowly this appendix, along with our tail (Yes the vestiges of a tail still exist at the bottom of our spine!) will disappear as the generations follow on.

Just like the stem cell niches waiting for us to wake up and realise who and what we are and to begin living as the original incarnations were intended all those thousands of years ago. We have the ability to create within self the correct frequency correlation to stimulate a stem cell regeneration via our very own brain/ body programme. What **CCDH** does is allow every individual to either visit a therapist to begin rediscovering self and healing self via a **CCDH** healing session or actually take a workshop and from workshop one begin the process of clearing old patterns and begin using stem cell frequency application techniques, which are simple and easy to use and are changing lives as we speak.

Jeanne can be visited at <http://www.ccdh.co.uk>



# Dream Interpretation

By Jan Gayle, Spiritual Consultant

Most people today are seeking to know more about themselves. They wish to know who they are so they

can be who they are. I can help you do this by enabling you to find the key to unlocking and interpreting the meaning of your dreams, in order to gain a better perspective on your life. Your dreams are unique and no individual can have the same background, emotions, or experiences as you. Every dream is connected with your own 'reality'. When interpreting your dreams, it is important to draw from your personal life and experiences. Remember that a dream unifies the body, mind and spirit. It provides us with an insight in to ourselves and is a means of self exploration. By interpreting the meaning of your dreams, you will have a better understanding and will discover your true self.

Here follows some recent dream interpretations that Jan has carried out for our readers.

## Dream

I was walking alone it was night and I felt I knew the road. A familiar house in the dream, I heard a bark and a growl followed by the sound of a running dog. I stopped walking but didn't seem scared. The dog came after me, but I didn't move. I was mad and put my arm into his mouth while yelling at him to let go of me and to go back home. He wouldn't let go, but didn't bite. Just held my arm in his mouth and looked at me. Out of frustration I started crying. I kept trying to get him to go home, but he wouldn't so I called for help

## Interpretation

It sounds a little bit like the story of your life right now. Things may have been okay in the past, now it feels vulnerable due to your father's illness and your job situation. It is as if life is trying to take a bite out of you, like the image of the dog bite in the dream, and you can't stop it. The dream mirrors the anguish and frustration you feel, how you can't instantly turn things around and make bad things go away.

The dream is about how life feels in general. From the dream images, there is an invitation to accept how things are rather than try to fight what is, right now (you can't fight the dog off). Things will change, they always do. But we can't always make it change when we want to, and how we want to. We have to let life unfold in it's own timing and way.

## Dream

I was staying in a hotel, my daughter was with me. We both went to classes and had to get things ready for the class. My daughter left something behind and I needed to take it to her teacher. The class was in a school. I went to the teacher and she said my daughter was doing well and I thanked her for being a good teacher.

Later we had to leave the hotel. I sensed there were some of my adults with learning disabilities there with whom I work. I remember having to hurry to sort my staff out and wasn't sure if there would be enough room on the minibus.

## Interpretation

Your daughter represents the young girl within you. Going to classes means there is something you either want or need to learn further. Leaving something behind makes me feel, you do not want to fail, however the teacher who is your higher self is telling you, everything is fine and believe in yourself more and realising your higher self has all the answers within us. You just need to tap into it.

Jan is now one of our regular contributors. She will be happy to interpret your dreams for you. Please get in touch on the contact details below and we will try to include some of your interpretations in the next issue.

Anonymity is assured.

**To have your dreams interpreted please contact Jan on:**

**info@divine-karma.co.uk**

**www.divine-karma.co.uk**

**Mob: 07956 873355**

The adult with learning disabilities represent impaired learning, so like earlier you are feeling incapable and wanting to rush the process feeling there will be no time, like no space on the mini bus.

Therefore the dream is saying to you to have more self-belief as you are doing well and all is going at its own pace.



## Dream

I went outside and noticed my car had been stolen. I was so upset. Then I found it all smashed up. The people who did it came to my front door (my house where I grew up in). I wanted the police to get them.

Birthday cards and presents arrived in the post with my name on, but my birthday is not yet. I felt so happy and excited about it.

## Interpretation

The car represents yourself. You feel people have taken something for you and left you feeling vulnerable and unloved. The police suggests you want justice, law and order for what has happened. Birthday cards and presents connect to being given something special and joy. Although it is not your birthday yet, the dream is saying you do not have to wait to feel happy and you will soon feel better about yourself.

At the moment you are feeling your security has been taken from you left feeling vulnerable. The need to put yourself back in order (hence the police) will allow you to feel better and more enlightened. Also by receiving gifts is sending you the message you are loved.



Jan



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Jan has been psychically aware since childhood and working professionally for over 10 years

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## Self Hypnosis Motivation

Simply the combination to your vault of 24ct gold bullion.

Self hypnosis, simply put gives you the ability to align your whole being, linking your conscious and unconscious mind, forming the bridge to your hidden potential. Your hidden potentials are your abilities and skills that for the most part, you are not even conscious of. Skills that perhaps you may use in other areas of your life, but have not thought of utilising from your own reserves, your hidden potential, which also includes the vast amount of information you have absorbed without your conscious realisation. When you align your intent with your whole being to achieve your goals through a process of focused meditation, you are then not only increasing the flow of communication between your conscious and unconscious mind, bringing into play your own creative solutions. You are supercharging your computing mind to find every bit of relevant information and analyse that information for you. Your brain is a unique super computer with more connections than the most powerful machine man has ever made. So let's put it to work. One of the main reasons for not following through to make the changes you desire are your fears and concerns. By addressing your deep concerns and fears you will then be able to use your intent to be totally focused. You can then effortlessly flow in the direction of your goals.

In short, self hypnosis is the most powerful tool you can use, when used within a framework that acknowledges every part of you. Self hypnosis can put you in the driving seat of your own destiny.

In this article I will lay bare the skeleton framework; what you need to identify for your evolution to begin. In follow up articles there will be a step-by-step guide to give you the building blocks for success.

This may seem a monumental task but bear with me.

So how do you eat an elephant? Understanding and learning to align your conscious and unconscious is your elephant. The answer is always one slice at a time.

In one of the eastern traditions there is story of an elephant and a man journeying along a mountain path. At the foot of the mountain the man is leading the elephant slowly. The story changes to the man walking alongside the elephant then eventually the man is sitting on top of the elephant. He has learned the value of this powerful animal and has trained the elephant to work together as one. The man is the metaphor for your conscious mind, the elephant, of course, is the metaphor for your unconscious mind.

Whatever you want to bring into your life or change the process is always the same.

The easy part first. Identify your top priority goal, that's the first thing that you want to work on. Remember the elephant, one slice at a time. Okay, you've got your number one goal, it may be to stop smoking, or change the way you feel about yourself, a healthier life style, or perhaps it may be something in your career, the process is always the same.

Now let's look at motivation; everything you do is motivated by a combination of pain and pleasure. If you enjoy doing something, you will do more and become better at what gives you pleasure. Conversely, if you do something because you have to, in other words it gives you no pleasure, you will only perform that task to a standard that avoids the pain that you would experience for not

completing that task. Once you accept that everything you do is a combination of these two factors you will start to understand the work before you.

You have your goal. No airy fairy ideas. I want you to be very specific about what you want. For example, 'I want to be rich', (this is a very global statement), 'I want to have enough money to.....' 'I want to be able to.....' 'I want to stop.....'. The important thing is to be very clear and have a precise picture of your goal.

You have your goal let's look at motivation in more depth. What are the benefits you will have when you have achieved your goal? What would it mean to you every step along the journey of achieving your goal? Write down a list of all the benefits you will have when you have achieved your goal. Then produce a list of benefits you will enjoy for every step of your journey that will lead to you achieving your goal. Be very specific as to what those benefits will be and how you will know that you have achieved them. Make your lists as long as possible, make your lists personal to you. For example "I'll be healthier" (this is a global statement) "I'll have much more energy and be able to....." "I will have....." "I will enjoy....." Just take the time to get it all down on paper, so you can be clear of all the pleasure that you will enjoy with every step you take towards your goal.

The important thing to remember is in order to continually motivate yourself you need to feel good about what your doing, as well as feeling good about any sacrifices you may be making. You need lots of pleasure to keep up the momentum.

Accept that at some level there is a reason you have not yet achieved your goal. You may not know or understand those reasons at a conscious level. However your unconscious mind does.



These issues must be identified and worked through, because these are usually the reasons that lead to self sabotage. Put simply, your unconscious mind always wants to protect you and keep you safe.

At different times of your life, you have learned beliefs and ideas of how you should behave, what you believe and what is possible for you. We learn through all our experiences and connections; parents, aunts, uncles, teachers, friends, work colleagues. We unconsciously take on the views and opinions of the influences that surround us. The great news is you learned it. So you can unlearn it. Once you identify those faulty behaviours, beliefs and ideas you are able to take ownership of them. Once you own them, you can change them.

What are all of the fears which might be attached to achieving your goals? Here are some common examples; "I'm not good enough to....." "I haven't got the confidence to...." "Other people will not like me", "I might fail". Create a list. Just sit in the quiet and start writing, allow all those emotions to come to the surface. Write it all down even if you cannot think of anything to start with. Make a start with your feelings and begin to look at where they come from. Spend some time producing your list. Give yourself a break of a day so, so that your unconscious has time to process the information,

then go back and add to your list. **These are your limiting beliefs.**

Now you need to identify any perceived benefits that you might lose if you were to achieve your goal for example. 'Smoking helps me relax', 'drinking helps me to socialise', 'I have more in common with...as I am'. Again, just as before make a list of all these perceived benefits. These too will need to be addressed before you can move on.

These statements serve to show you that you need to bring new skills in to your life, that will serve your needs in a more appropriate way, or utilise the skills you already have from other areas of your life, to satisfy all the needs of your perceived benefits. Part of the human condition is that we all have conflicting needs. We need to grow and expand. (we get bored and want excitement). But, we also need for things to remain the same (to feel safe and secure with what we know and feel comfortable with). These needs are always in conflict and serve to keep us in balance. Each of us have these needs in different proportions, which is why some people are drawn to dangerous sports and other people prefer less adventurous activities. In order for us to move forward and not feel conflicted and self sabotage our own efforts, everything in your negative lists needs to be addressed. In the next article we will be looking at the list of limiting beliefs and the list of perceived benefits, preventing you from achieving your goal, laying down the foundations for your success, before moving onto the building blocks of visualisation and affirmations from your first list, to create your very own powerful self hypnosis meditation.

Bernard Misell



#### Author's Bio

Bernard Misell is a Strategic Master Clinical Hypnotherapist. With over 15 years experience, drawing on a variety of disciplines within the therapy field that are effective in resolving issues within a few sessions with long term results.

<http://www.experthypnotherapynorthlondon.com/>

Bernard Misell has been involved in spiritualism and spiritual development for over 30 years. Currently chair of a local healing centre in North London dedicated to helping new healers.

With his wife and life partner Adele Bernard runs a spiritual development circle. Bernard writes and produces Spiritual Guided Meditations that are designed as personal developmental tools, to inspire and guide the listener on their own spiritual journey to experience their very own, unique journey within each and every meditation.

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*Free At Last To Live My Dreams*



# Witchwater - A sad tale (with a happy ending)

The day was airless and sultry. A faint sea breeze coming from the nearby coast did little to ease the discomfort, and her light summer dress stuck to her back like a wet dishcloth. Her case got heavier and heavier the further she walked; only another half a mile to go and she would arrive at the cottage she had rented for the rest of the summer.

Her book was nearly finished, or at least was more than half completed. She had promised her publisher it would be ready for him by the end of August. Her earlier novels had been easy to write and quite successful, but this one kept getting bogged down in tiny details that she seemed to have no control over.

The peace and quiet of this corner of Devon with its tiny population and almost non-existent roads seemed the perfect retreat for sorting out the recalcitrant storyline! Sadly, the absence of buses and the very unreliable taxi service caused this two and a half mile walk to the cottage complete with case, handbag and laptop.

Finally the tiny cottage, with its pretty country garden and sweeping views across the moors came into sight. What a relief! As she got closer she saw a man in the garden. With some trepidation she approached and asked him if this was, indeed Rose Cottage.

"Yes milady. You must be Joanne Strawton, the new tenant." He spoke with a pronounced local accent that Joanne found enchanting. He was probably in his mid seventies with crinkled skin on his arms and face browned to a rich mahogany by the baking sun. He looked very fit, and the garden was beautiful with a green lawn bordered by pansies guarding tall hollyhocks, redhot poker, micklemaass daisies and so many other old-fashioned country flowers and plants. The other side of the garden was filled with roses; red, yellow, white all perfectly pruned and heavy with blooms. Joanne stood entranced at the sight and the heady scents of this welcoming place.

Old Alf, the gardener looked at her a bit quizzically. "So you're here for the next three months?" There was a slightly cynical look on his face, as if he didn't believe her. "The last tenant was only here for three days and cancelled the rest of her stay. She was the first tenant in the place for two years." He looked round at the pretty little cottage, almost as if he expected someone to be looking out of the window.

Joanne, quite sensitive to people's moods, suddenly felt a shiver run down her spine. "Must be the sweat drying on me. It is very hot." She thought.

"Mrs Duggan has laid in some supplies for you. There's no telephone, but you've probably got a mobile." He said with a slight note of disapproval in his voice. Mrs Duggan was the owner of the cottage. Without making it obvious, Joanne silently berated herself for forgetting her mobile! She hadn't worried because there was bound to be a land-line, wasn't there?

Later she would phone from the village and get Sally, her flat-mate, to send it down. She would get it in a couple of days. A few days of complete incommunicado might be just the thing to get the book back on track.

Although it was still early Alf started to pack his tools in the little shed. Then he clipped his cycle clips on and made for the gate with his old, trusty Rudge cycle that had seen many years of stalwart service.

"Leaving already?" Joanne asked lightly. She had been hoping to learn more about her little Devon hideaway from the pleasant but taciturn old gardener.

"Never here after dusk." He drawled in his strong Devonshire accent as he munted his bike. "I'd rather be at home when darkness falls." Joanne wondered what he meant. He didn't look the type to be afraid of the dark!

With a final glance at the cottage, Alf cycled off down the lane leading to the village of Witchwater, about three miles away. Joanne walked the final ten yards of her journey to the cottage door. The key had been sent by Mrs Duggan some days before, and Joanne let herself in. The cottage felt cool inside. There was no central heating and no electricity supply, but there was kindling and fire-lighters and a scuttle of coal by the huge inglenook fireplace.

"Right, now for a lesson in fire-lighting!" She said to herself. Suddenly the cottage felt much colder, and the light from the window, already fading, went quite dark. Joanne looked round but could see nothing out of the ordinary. The momentary loss of heat and light she put down to her tiredness after her long walk. Or maybe a very rare cloud had obscured the sun for a brief moment.

After twenty minutes, and on the third attempt, the fire was crackling merrily and casting dancing shadows around the little room. The idea of no electricity caused her to raise eyebrows. No TV, no modern kitchen appliances, no phone charger, this could really be fun, she thought. The house was lighted by gas lights fed from large gas bottles outside the kitchen window, and the cooker in the neat old-fashioned kitchen was also on the same supply. A kettle was soon singing happily on the hob and Joanne quickly made scrambled eggs on toast and a large mug of tea. That was followed by a slice of delicious fruit cake kindly left by Mrs Duggan.

Sat in front of the welcoming fire which was probably a little larger than was strictly necessary, fed and watered, Joanne felt relaxed and happy. Surely her decision to come down here and isolate herself from all her usual distractions had been exactly

right. The soft, yellow light from the gas mantle made the room cosy and warm. Already the story-line in her book was beginning to disentangle itself.

There was a sharp knock at the door. Joanne was jerked out of her reverie, heart pounding. Who could be visiting at this time? Joanne contemplated arming herself with the fine iron poker in the fireplace, but thought better of it. She went to the door and in a voice that was less stable than she would have liked shouted "Who it it?"

"It's Mrs Duggan from the village. I just wanted to make sure you are alright." came a friendly voice from outside.

Joanne opened the door. A small, rather homely lady of middle age stood there. Her apron was still on, and dusted with flour. Her hands were clean, but there was still evidence of her recent baking. She was smiling uncertainly and Joanne asked her to come in. Maybe Mrs Duggan could tell her a bit more about the cottage.

"Would you like a cup of tea? Thank you for the cake you left me. It was delicious." Joanne headed for the kitchen.

Mrs Duggan sat in one of the armchairs. She seemed on edge and kept looking at the door leading to the bedrooms. "Are you happy with the place?" She called.

"Absolutely! This is perfect for what I have in mind for the next few months."

Joanne carried a tray with two mugs of tea and two slices of the fruit cake.

"I'm trying to finish a book and the isolation is going to be a real help." Joanne poured tea and Mrs Duggan sipped hers, still ill at ease.

"You seem a little on edge." Joanne looked at her wondering what could be the problem.

"You haven't noticed - anything unusual?" Mrs Duggan seemed to be trying to learn something without giving anything away. "Only the last tenant left very suddenly. She said something about the little girl."

Joanne was intrigued. Did the previous tenant have a daughter? Was there a child living close to the cottage?

"There's been rumours about this place for many years. I've tried to sell it, but buyers come and look then they never come back. I tried to let it, but the tenant just left. Old George, the station master in Witchwater, said she looked terrified as she boarded the train. I just wondered if you had - noticed anything?"

Joanne thought back to the sudden cold and darkness. Could that be . . . No! It was just a little cloud, or me being tired. "No, everything is perfect for me thanks. I'm looking forward to my stay."

"Well, I'll get off then. I'll pop in tomorrow to see if there is anything I can do for you."

Mrs Duggan climbed into her little van and with a wave drove off towards Witchwater.

"Witchwater. Funny name. I wonder where it came from? Might make an interesting research project." Joanne mused as she made her way up the steep stairs with her case and laptop bag.

As she reached the top of the stairs the sound of footsteps came from the room on the right. After Mrs Duggan's questions Joanne was feeling slightly less sure of herself. She pushed the door open, but could see nothing. "Probably just my imagination." She thought, with less conviction than she would have liked.

There was only one bedroom and the bathroom was across the landing to the left at the top of the stairs.

Joanne quickly changed into her nightwear. The rest of the unpacking could wait. She crossed the landing and quickly prepared for the night.

She returned to the bedroom and to her horror she found her case upended and all her clothes scattered. Her laptop bag was open and her computer was teetering on the bedside table. Her heart was pounding and sweat started to prickle on her forehead. As she reached for the laptop she thought she heard a child's laughter fading away.

Joanne was made of stern stuff however. If this was a poltergeist she would deal with it tomorrow! She quickly gathered up the contents of her case and put them in the wardrobe and drawers, then climbed into bed. It was still early but she was tired after the journey. Within two minutes she was asleep. Brave lady!

Next morning she had an early breakfast then set off for the three mile hike into the village. She wondered if someone in the village might lend her a bicycle for her stay. She determined to ask Mrs Duggan when she saw her.

She passed the name plate of the village feeling quite warm from her walk. "Witchwater. Mmmmm!" She thought to herself.

There was an old man taking his ease on a bench overlooking the pond on the green. Joanne sat beside him in silence for a few moments. "Good morning! It's going to be another lovely day!" She said, hoping to get into conversation with this local man who may well know any history of the area, including Rose Cottage.

Without looking round and with no indication that he had seen Joanne approach he said "You're the young lady staying in Rose Cottage?" His voice was thin and reedy,

but his eyes shone with intelligence. "Yes. I'm going to be there for a few months." Joanne was taken by surprise. How efficient was the local grapevine?

"Strange place, that cottage. Many years ago, back in the days of the witch-finder general, the woman who lived there was accused of witchcraft. Her name was Sarah. For many years the local people had gone to her for cures for their woes and ills and she was well thought of. When a new woman moved into the village Sarah's problems started. The interloper set about Sarah the witch with dreadful stories. The story goes she was also a witch and wanted Sarah's trade.

The local population, Sarah's clients, turned on her and under the influence of the interloper they accused her of witchcraft. They first dragged her down to this very spot, and beat her in an effort to make her confess. Then they half drowned her in there," he pointed at the pond "Finally they took her to the churchyard and burnt her. Sadly her daughter, still only a baby, had been left in the cottage. It was some weeks later when the vicar plucked up enough courage and went to the tiny isolated little house. There they found the baby starved to death. Her hands were torn and they had been bleeding where the child scratched and scabbled at the front door trying to get out.

Joanne sat spell-bound with tears in her eyes. She thought of the pretty little cottage and the dreadful things that had happened there.

"I suppose you're wondering about the village name. Most visitors do. Before old Sarah was killed, it was called Springvale. But as the story spread, all the people in local villages and towns started to call it Witchwater. The name seems to have stuck."

Joanne made her goodbyes to the kindly old gentleman. She was now convinced that the cottage was being haunted by the spirit of the poor, dreadfully treated daughter of Sarah. Armed with this knowledge, she wondered if she could help the poor, frightened spirit that was trapped in the cottage by the appalling events in her past.

Arriving at the door, she quickly opened it and walked in. "How can I talk with this girl?" She asked herself. As if her thoughts had been overheard, the light in the cottage dimmed and the room became intensely cold. "Is she trying to frighten me away, or is this the only way she can attract attention? I'll make a cup of tea and see what happens."

She went to the kitchen and picked up the tea caddy. She flinched as the caddy was torn from her grasp and tea leaves were tipped all over the table. Calmly, she used her finger to make a question mark in the spilt tea. The kitchen became suddenly bright and friendly.

"That's progress!" She thought, showing no concern. She wiped out the question mark and replaced it with a crude image of a child; sausage body, stick arms and legs.

A feeling of elation came over her. The poor lonely spirit had finally found someone to talk to. Joanne made her cup of tea and sat at the kitchen table to drink it. Although she showed no outward sign she was more excited than she had ever been. She was developing a picture in her mind of the tiny child as she had been in life. She imagined a small blonde haired child of three or four dressed in the shift and pinafore of the day. Her sweet smile captured Joanne's heart and again she found herself near to tears.

The spirit was growing stronger as Joanne sat there desperately trying to find a way of communicating. Ouija board? Cards? Crystals? Find a true medium? Ideas flew through her head. Finally looking round at the kitchen she noticed a slight haze in the corner near the back door. She knew this was the spirit trying just as hard as she was to make contact.

Joanne walked slowly towards the back door. The feeling of euphoria grew stronger as she approached. Clearly the spirit was leading her somewhere. She opened the door and the tiny haze flew out and zoomed around the garden like a demented bumblebee!

Joanne waited until the liberated spirit calmed down. Near the bottom of the garden was an old, gnarled apple tree. The spirit flew down to it and settled over a spot just a few feet from the trunk. A strange feeling of melancholy settled over Joanne as she walked down the garden. Just beneath the spot where the spirit still hovered was an almost invisible depression in the ground. With a feeling of dread, Joanne cleared the tousled and unkempt brush from the spot. Still the spirit did not move.

Just then Alf, the gardener came round the end of the cottage, ready to work on the back garden. The spirit had vanished, but Joanne knew exactly where it had been, and she knew what she had to do.

"Alf, would you go back to Witchwater and ask the vicar to come here please." Alf wasn't pleased but he realised that Joanne was clearly upset and spoke with urgency. He quickly climbed on his old bike and pedaled off. Meanwhile Joanne collected a spade and shovel from the shed and waited for the arrival of the vicar.

An hour passed before the sound of the vicar's moped could be heard. Joanne had spent the hour trying to work out how to tell the story she was sure she had pieced together.

She spoke to the vicar quickly, explaining the odd manifestations that had occurred in the last two days. The vicar was oddly quite easy to convince. He also knew of the local lore, and was keen to release any spirit trapped here. Joanne was pleased that he would be there when she opened what she thought was going to be a grave.

Alf returned, but he was having none of it and took himself off back to the village. Joanne started to dig. The ground was soft and easy to move. She was about three

feet down and feeling very tired when her spade hit something solid. Carefully she lifted out a tiny thigh bone, quite badly damaged. The vicar opened out a sheet and carefully placed the bone on it. In the next two hours the rest of a skeleton was unearthed. It was of a girl child of about three years old.

Joanne spotted a fine haze hiding behind the trunk of the old tree. She said nothing. Carefully and with some reverence the vicar covered the bones and took them back to his church.

Joanne sat in the kitchen contemplating the day's events, but they were not over yet. The tiny haze came right up to her and she felt a tug on her sleeve. She was compelled to follow the haze up the stairs, and opening the hatch into the loft space she climbed up. The haze was already there, hovering over an old trunk well hidden in the corner.

It was in good condition and not too heavy, so Joanne got it to the hatch and down the steps. It was wooden, with fine iron bindings on the corners. There on the front were the initials S. L., in faded but beautifully formed letters. "What was your second name Sarah?" She wondered as she placed the trunk on the kitchen table.

She opened the trunk with some trepidation, but she need not have worried. The happy spirit was positively quivering with anticipation. In the trunk were a number of beautifully hand written books. They were the recipes for potions, creams and spells used by Sarah, the past occupier of the cottage to heal, cure and soothe her clients. Under the books was hessian sack. It was quite heavy. There as a reassuring clinking sound as Joanne lifted it. With trembling hands Joanne carefully tipped the bag. There were many coins including sovereigns and half sovereigns.

There were also many exquisite gold rings, bracelets and other fine jewellery. The rings and bracelets were decorated with exquisite precious stones, diamonds, emeralds, rubies, in fact so many it was difficult to comprehend. Some of the stones were huge; Joanne guessed some of the diamonds were more than four or five carats! Joanne just gazed at this scintillating pile in awe. Sarah's clients were obviously not only the local peasants!

The spirit came close to Joanne, and there was a powerful and undeniable thankyou in Joanne's mind.

Then the most frightening part of the day occurred. Drifting down through the roof of the cottage came a brilliant light, much like a rainbow but so much brighter and more intense. The feeling of gratitude intensified as the little spirit was gathered up by the light. Then the words "Goodbye and thankyou" rang in her head, and the light was gone.

Joanne knew the spirit, so long tortured and alone, was now in its proper place. It would never manifest again in this world.

The poor child, being the daughter of a witch could not, according to the laws of that time, be buried in consecrated ground. The innocent child had been buried in a tiny unmarked grave in the back garden of the cottage.

The trunk had to be reported as treasure trove, and Joanne, as the finder, was awarded £235,000. She immediately bought the cottage, and had erected a fine headstone over the grave of the little child that had been so cruelly treated.

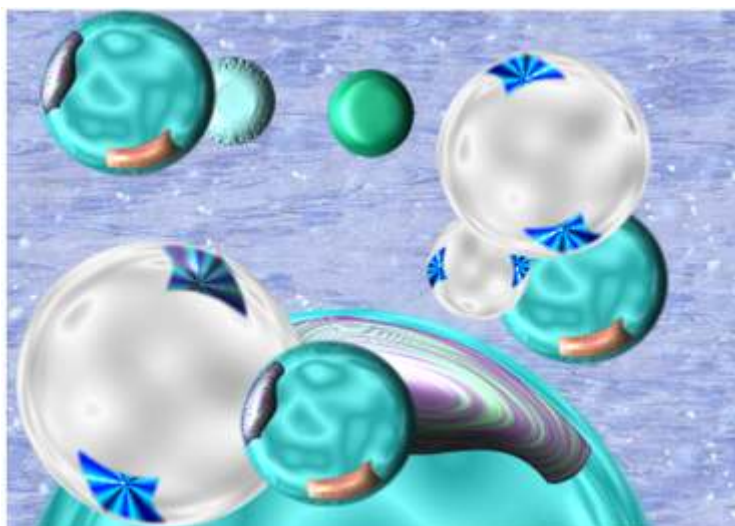
The vicar found a quiet spot in the graveyard and at his own expense re-interred the bones in a suitable and heart-felt service. Many of the villagers attended the funeral.

Sarah's books proved to be an absolute treasure trove themselves. They were taken by a university, and many of Sarah's simple herbal remedies pointed the way to real advances in modern medicine.

Joanne's book? Finished on time and a brilliant success.

Her next book? No title yet but it concerned the life of a kindly and wise woman who used her gifts of healing to help people in pain or in trouble. It also told of the greedy and fickle nature of her clientele and of her untimely death at their hands. Finally how her three year old daughter was also cruelly treated and how after three hundred years justice was done.

Witchwater? No matter how many times the locals tried to change the name back to Springvale, the name stuck. Maybe that is the retribution on the village!



# Absent/Distant Healing

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How does “sending” healing to someone or something really work? Well firstly we don’t actually need to “send” healing or energy, it just helps us mere mortals to get our heads around it more acceptably if we think we are “sending” it.

The Indian Blessing “**Namaste**” gives us a clue to what the ancients knew all along.

Namaste is used at the end of a Reiki treatment as a sign of Respect, and of a Thank You to the person’s Spirit for allowing us to Meld and be within each other’s Aura and Personal Space. You may hear me say Namaste and Om Shanti at the end of meditations and attunements also.

So what does this mean? **Quite simply, we are all connected.** Some may call it The String Theory, or The Big Bang Theory. This explains how many people will have thought of someone they haven’t seen for along while, and seconds later the phone rings and it’s them! Sometimes you may think of a person and later that day you bump into them at a supermarket, or in a large city and even sometimes, a foreign

country! “Two minds think alike”, what does that really mean? The thought **ACTIVATES** a switch as it were, perhaps even into the future. Twins are really very close souls and are usually even more strongly

connected, often feeling each other’s thoughts and feelings, although they may be miles apart.

An amazing experience I had many years ago, was when one Sunday I thought to ring a Kodak rep, John Chapman who I hadn’t seen for several years about something photographic. As it was a Sunday, I decided not to disturb him at home and to wait until the next day. The following morning I went out on my delivery round and by mid afternoon I called in to a photographer in Wigan. As I got out of my van, guess who pulled up behind me? John Chapman! What are the chances of that happening! That also begs the question of the possibility of moving forwards and backwards in time.

So if we accept that we are all connected, then we can begin to realize that all we have to do is to flick the switch and it’s done. It’s rather like your house is all wired up to the light bulbs at one end and the source (wherever that is) at the other end. Then you make a conscious effort to turn the lights on by flicking the switch. This is how Reiki and Healing works, I call it Little Souls connecting to The Universal Big Soul, who in turn is connected also to all the other Little Souls. I also refer to a Reiki Healer as one who connects a

Little Leaky Battery to The Big Battery of the Universe in order to “charge it up”!

**How do we “flick the switch”? It’s so easy, just intend to do it and it’s done!**

You can do it in all sorts of ways; using a surrogate is just one way. When

I email out requests for healing for people, pets, living things and even things like job interviews etc, just having dozens of people reading the email sends out an intention to the Universe and it works wonders. I’m even beginning to get a reputation for helping people to pass their interviews for job applications!



equally!

It is the all important **INTENTION** that makes it work, this is why when doing hands on healing you may for example need to put your hand on the back of a chair when wanting to do a person’s rear heart chakra. I used to think the Reiki would go through anything, as I had evidence that healing took place even when there was an obstruction between my hands and my client’s body. Now I know that it doesn’t need to “go through”, it simply **IS** where you **INTEND** it to be. You can, if through necessity, i.e., a bed bound person, place your hands on one side of a person’s body, with the intention that both sides be done

**Just for Today,**

**I let go Anger,**

**I let go Worry,**

**I am Grateful,**

**I Work Honestly,**

**I am Kind to all Living Things**

**We are One, Namaste.**

**Ray has an event planned in September.  
Go to page 24 for more information**

## Laura's Horoscope for September

### [VIRGO August 24 - September 22](#)

You may feel that someone is trying to pull the wool over your eyes, and they probably are. The danger is that because of indecisiveness and impatience in your own actions, you could become susceptible to their scheming and plotting. Someone could be trying to set you up, possibly even forcing you to act against your own will.

### [LIBRA September 23 - October 23](#)

Feeling more mentally alert, your thinking processes should more clear and concise. Due to increased enthusiasm, energetic initiative and the ability to cope under pressure, you could now make a positive, lasting Impression on people in authority. If you have something important to say, then now is the time to get that message across. Expect to make or receive numerous telephone calls or letters.

### [PISCES February 19 - March 20](#)

Business deals and negotiations with others should go quite well during this time, as you will be able to communicate your needs in an assertive, confident and yet diplomatic manner. Physical activity such as sport could help burn off some extra energy, but most of your work now is likely to be of an intellectual nature. Reading or studying should all take up much of your time.

### [ARIES March 21 - April 20](#)

You will also have to find a satisfying outlet for frenetic and extremely high energy levels. It could almost seem as if you have lost a sense of control over your actions, no matter how tired you feel, an inner voice will be urging you to carry on regardless. This would be beneficial if you have projects and tasks to complete, either at home or at work but especially anything that involves hard physical work.

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### [SCORPIO October 24 - November 22](#)

Work could seem arduous as every step you take forward you may take two steps backwards. This will obviously just add to your frustration but don't expect much co-operation from colleagues as your own intensity and unsympathetic way of behaving could both threaten and alienate them. Also, this period often indicates a ruthless determination and ambition with the subject not caring who they trample along the road to success. Not a way to win friends!

### [SAGGITARIUS November 23 - December 21](#)

Changes to your life will be made easily during this period, instead of looking to the past, you will be eagerly anticipating the future. This could be a beneficial time to consider retraining for a new career or simply change jobs. Whatever you do, you are going to insist on asserting your individuality, and following your own path. You should be able to work as a manager or team leader, with enthusiasm and motivation that will be contagious.

### [CAPRICORN December 22 - January 20](#)

With energy levels, enthusiasm and self confidence running high there is very little that will get you down or stand in your way as you diligently strive towards reaching definite goals and ambitions. You know exactly what you want and intend to get it. For now, split second decisions can be made accurately and quickly and with excellent timing, there will be no dithering. Success will create more motivation and that in turn will bring more success.

### [AQUARIUS January 21 - February 18](#)

September could be summed up in three words; positive, relentless energy. However as over confidence could be a problem, beware taking on more than you can handle and do not promise more than you can deliver! If you give the impression that you have all the answers then you just might overstep the mark. Allow time for rest in order to avoid exhaustion.

### [TAURUS April 21 - May 21](#)

Promotions, pay rises and greater responsibility is likely to come your way. A person in authority has been keeping a close eye on your work recently, and they value what they see. Many people have also been known to start their own businesses at this time. You may even give yourself a promotion or pay rise. In any case, finances and cash flow should improve. Health should improve and you may even take up a new sport or physical regime.

### [GEMINI May 22 - June 21](#)

This is a time to help others. Increased psychic sensitivity should now give you a deeper instinctive understanding of the needs, emotions and wants of others. Your outgoing and happy nature will be contagious, and should draw friends and loved ones to you. This could therefore be an extremely pleasant and active time for all social activities.

### [CANCER June 22 - July 22](#)

Practical, common sense combined with clear, logical thought should enable you to make well ordered, positive and constructive plans for the future. Having planned all the intricate pieces of your life, and then slotted them in a rational order, you should now be able to see the whole picture of what is ahead, rather like completing a jigsaw puzzle in your mind. However, this is not the time for radical change.

### [LEO July 23 - August 23](#)

Avoid anything which could upset you or disturb your routine or equilibrium during the month of September. Unable to properly defend yourself, you may find it difficult to cope with any disputes or strife. You may become the victim instead of the victor. Problems in both your love life and social life are likely, so perhaps it is best to keep your head down and out of the firing line.

## Laura's Horoscope for October

### ARIES [March 21 - April 20](#)

This is not a time to make wild, unfounded accusations as they are likely to backfire. Your unpredictable and erratic way of behaving will certainly baffle others. Be extremely careful in how you express yourself as misunderstandings and confusion could now lead to chaos. Important decisions should therefore be temporarily postponed until emotional stability is restored.

### TAURUS [April 21 - May 21](#)

Mental activities rule your life at this moment. Your words will come out as intended now. Your affairs will be quickly dealt with. Think positively, because you have the energy to tackle all sorts of hard mental work. Now is a good time to ask for a raise, speak in public, and to come out with your own opinions. You will have more confidence in your own ideas.

### GEMINI [May 22 - June 21](#)

Low energy levels could leave you feeling drained of all vitality during this time. Work and career productivity could also suffer through failure to perform duties efficiently and competently. Business matters should proceed smoothly as well, so if there are any important contracts to be signed, or contacts to be made then now is the best time to get the ball rolling.

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### CANCER [June 22 - July 22](#)

An unusual amount of communication through visits, meetings, letters and phone calls should keep you very busy over the month of October. However, mental overload could lead to headaches or raw and frazzled nerves. If your opinion is asked, then state it. If your opinion is challenged, then defend it, but beware being too inflexible. If necessary, be prepared to compromise.

### LEO [July 23 - August 23](#)

Take advantage of any sudden and unexpected opportunities, they just may be the chance you have been waiting for. Do not dither, now is the time to be quick and decisive, to be willing to take a few risks, grab the opportunities and make the best of them before they disappear. Travel is likely during this time. There may also be an unexpected windfall!

### VIRGO [August 24 - September 22](#)

Problems within personal relationships should be resolved during October. You may also be called upon to give emotional or financial support to a close friend, lover or member of the family. Social life should improve, but beware over-indulgence. The temptation to spend on beautiful objects, clothes or adornments will be hard to resist.

### LIBRA [September 23 - October 23](#)

Freedom and independence will be of utmost importance to you during the days of October. You are likely to rebel against any type of authority and this could cause conflicts with those closest and nearest to you. Stale relationships are likely to end. Unexpected disruptions to your life should be looked upon as a challenge.

### SCORPIO [October 24 - November 22](#)

This is a lovely period when you will be feeling very loving, affectionate and looking for fun. Do not be surprised if small gifts or presents come your way. Health will be good, as long as you are not too self-indulgent. The magnetism of Venus will attract love and this could be a happy, fun loving and sociable month ahead.

### SAGGITARIUS [November 23 - December 21](#)

Low energy levels could leave you feeling drained of all vitality during this time. Work and career productivity could also suffer through failure to perform duties efficiently and competently. Beware financial extravagance. Personal and love relationships could also find themselves in the firing line. Perhaps this would be a good time to take a short break or holiday, but do not spend too much.

### CAPRICORN [December 22 - January 20](#)

Feeling restless, daring and extremely receptive to new ideas, you will now be looking to do something completely different you will now be looking to completely change your life in some way. Freedom and a sense of independence will be of utmost importance to you so there will be the temptation to break free of any restrictions whether personal or professional.

### AQUARIUS [January 21 - February 18](#)

You will now be capable of extremely hard work, with a concentration and intense energy that will drive you onwards and upwards. You will see each task and project as a challenge, one which must be completed at all costs. The exact amount of energy required will be expended on each task with no time or precious energy wasted.

### PISCES [February 19 - March 20](#)

New beneficial friendships and business contacts could also be formed, their influence leading you along a completely different path. You may now be presented with golden opportunities, which definitely should not be ignored, as chances like this only come once in your life. Be aware of what is happening around you so these opportunities are not missed.

## Laura's Horoscope for November

### SCORPIO October 24 - November 22

November is a month when life's lessons can be more easily absorbed and much could be accomplished with seemingly very little effort. Relationships with family, local residents and close friends should also improve. The possibility of travel is likely as there is likely to be some contact from distant friends or family or business colleagues. An element of luck may also be working for you.

### SAGGITARIUS November 23 - December 21

Feeling more mentally alert, your thinking processes will be much clearer during this month and early December. You will now be able to impress superiors who will be impressed with your enthusiasm, initiative and ability to cope under pressure. If you have something important to say, then now is the time to get that message across. Expect to make or receive numerous telephone calls or letters.

### CAPRICORN December 22 - January 20

A month of significant changes. Cultivate contacts, especially with older individuals or people in authority. Now is the time to start thinking about moving up the career ladder or starting your own business. Your logic and intuition should be well balanced, creating a greater self understanding of your own personal needs, motives and goals.

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### AQUARIUS January 21 - February 18

Financial extravagance and blind optimism could also deplete cash flow. You may feel as if your luck is in, but do not be fooled by superficial gloss and dubious get-rich-quick schemes. Money could also be squandered through being over-generous. Generosity is a virtue, but not when it is clouded by ulterior motives.

### PISCES February 19 - March 20

Now is the time to sort out problems in personal relationships. If you are unattached you could now be drawn to a new relationship with the promise of a stable, secure and lasting love. One of you is likely to be more mature than the other, either in age or experience. A connection with the past could also stir old memories.

### ARIES March 21 - April 20

November could either be a testing time for your emotional or physical strength; or it could represent the successful culmination of many years hard work. Either way, it could be a time of learning and maturity. But do not start taking yourself too seriously. Just because you take on more responsibility does not mean that you have to lose your sense of fun.

### TAURUS April 21 - May 21

There is a certain amount of tension and confusion in your mind as to what to do next. One minute you could be feeling elated as if you could conquer the world and the next minute plunging into the depths of depression questioning and doubting your own abilities. However, do not reject any changes in your life, no matter how disruptive.

### GEMINI May 22 - June 21

Being more concerned and sympathetic with other people's needs rather than your own, you will be willing to devote much time and energy to lending a helping hand to anyone who needs it. Thoughts are also likely to turn to more spiritual and religious matters. Be aware of your dreams, they could disclose hidden messages.

### CANCER June 22 - July 22

Unexpected news could affect your love life and personal relationships. Although this may not necessarily be bad news, it will cause a certain amount of disruption to your daily routine and temporarily shatter the peace and calm of your home. Beware power games, ego conflicts or gossip during the month of November or the consequences of words spoken or action taken could backfire.

### LEO July 23 - August 23

November finds you involved in a completely different social circle, or make new friends who in time will introduce you to areas of life never experienced before. This would be the right time to make any necessary changes in your life as these changes could now be made without disruption or trauma. Instead of looking to the past, you should now be eagerly anticipating the future.

### VIRGO August 24 - September 22

Because of increased perception and understanding, now is the time to plan for the future. Feeling an insatiable desire to study and expand your horizons, everyday will bring new knowledge and valuable lessons learned. You may decide to retrain into a completely different career, with travel being another strong possibility. Either way, take advantage of any unexpected financial opportunities.

### LIBRA September 23 - October 23

Personal plans and ambitions could now become reality. But before you rush headlong down new previously unexplored paths and avenues make sure it is what you really want to do rather than what someone else wants you to do. Allow more time for meditative thought, sit quietly and listen to the voice of your inner self.

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# Crystal Therapy

Our regular feature with the healing properties of crystals in mind

We thank our good friend Keith Birch for this article that sets out the valuable properties of the

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This stone also helps communication to stay neutral and clear in situations where tension has risen.

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Sugelite makes a remarkable palm or finger stone, often also called a worry stone. This stone works closely and bonds strongly with all beings. Use this stone to curb a temper and reduce anger.

This stone is very advantageous when used in chakra treatment; Sugelite repairs “leaks” within the chakras and helps in alignment.

Guidance from this stone is always at hand. It is when one accepts this guidance that a hurdle has most definitely been overcome.

This stone brings about the connection between well-being of the mind and well-being of the body. It provides a flow of energy and opens chakras from the crown to the base allowing movement of kundalini. It also protects against the harsh realities of this world, eliminates hostility, anger and jealousy. If you have feelings of discouragement or despair, place Sugelite over the third eye. For headaches choose a piece containing black manganese and hold it to your head allowing the negative energy to be released onto the manganese.

**Keith can be contacted at**

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**Keith’s website is at**

**<http://www.kscrcrystals.com>**

# LAURA BOYLE

International Spiritual Medium & Tarot Consultant

## “Ask the Psychic” - Laura Boyle

Laura uses her wonderful gifts to answer questions from our readers. She can be contacted at [laura@lauraboyle.com](mailto:laura@lauraboyle.com) quoting reference ‘One Stop Cosmic Shop’

Here are some of the many questions she received and her detailed replies.

Dear Ask the Psychic

A friend has given me your email address as at the moment I feel a little lost in direction and wondered if there was anything you could tell me through your work to aid me in my thought process. If I were to be specific about my concerns I would say I am unsure as to whether to sell my property in the UK in order to offer a more secure future as at the moment I am working and not sure how secure the business is that I work for or their plans. I feel like I'm floating around in a vacuum just waiting to decide on which of the branches of life I should begin clinging too to move forward. I really hope you can help me with any information.

Yours hopefully L

Dear L

*I see their being discussions to do with your work situation coming up for you, there may even be an offer of money or a new contract. You will be put in a situation where you will have to make a decision. The decision will be yours alone I'm afraid but the Star card indicates that you will make the right decision for you at the time. Things will start moving again whereas at the moment, as you say, you feel like you're floating around with little if no direction in life. I feel you will be doing two of the same things – be it getting your income from two different sources, doing two jobs at the job you're doing at present, but the Two of Pentacles indicates doing two of something. This you will continue to do out of necessity but it is not really where your heart is. You feel like you are ready for the next adventure in your life & to be honest where you are in life at the moment is not really cutting it. There is support around you & I feel your friend is a lovely person who wants to see you making those changes which you so desire. You will be going on a trip for a reason – a reconnaissance? & that will herald the changes. The process of change has already started for you, you have decided that you need change & it really is just a matter of time as to when you decide to implement those changes. You will be more assertive as time goes on but you know that you have to ensure that your finances are stable before making any rash moves. In the not too distant future, there will be a new home for you & it will be around friends. You have worked hard in life & it is almost time for you to start reaping the rewards – note I said almost..... I have drawn you a Meditation card for you to ponder on. It says 'As one door closes, another opens – go through fearlessly'*

Dear Ask the Psychic

Your column says that I can ask you a question. Does my girlfriend love me anymore. We have been arguing recently and are spending less time together as a result. What do the cards say? My date of birth is 28<sup>th</sup> September 1979. Thanks C

Dear C

*As you have not gone into any real depth I have done a general spread of the cards. I have also taken into account your astrological sign but of course not your girlfriend's as I don't have any of her details. I believe that you have gone into a vicious cycle with your girlfriend, the more arguments you have the more you will argue. This has upset your Libran scales & I feel that you are having problems regaining a sense of balance. The resulting periods of time apart are not really helping the situation from your point of view. I feel that you need to ask yourself a question... do you really love your girlfriend? If the answer is yes, then you need to spend time trying to analyse what is going wrong in the*

*relationship. I sense there is a feeling of stagnation in this relationship. Is there something that you can do (or something that you can both do together) to inject some new energy here? I feel that she does love you but at the same time I feel that she is viewing the relationship from a slightly negative stance as a direct result of the arguments. I also believe that you need to take into consideration your needs as well which I feel have been sidelined recently. I am sure that you will be able to get this relationship back on track.*

Dear Ask the Psychic

I am a man in his late 50s who is trying to find a soul mate. My wife died of cancer a few years ago and since then I have been on my own. I had tried all the usual things, internet dating, putting ads in the paper but so far have not had much luck. I am overweight which does not help. The women I meet just want to be friends, nothing more. I have a lot of love to give and consider myself to be a friendly outgoing sort of person. My question Laura is will I meet someone to spend the last of my years with? Where will I meet them and will it last? Thank you for taking the time to read my email. from L

Dear L

*I am sorry that you feel so lonely. It is always harder to meet someone when you are looking for someone special. I feel you are still very emotionally attached to your wife & you are unconsciously projecting this. I think this is the main reason why these women you meet just want to be friends – they are picking up that you are not completely ready to share your life with someone new. The good news is there is someone out there for you. There will be an unexpected communication from someone you have previously met. I believe the person has not been in your life for sometime but will return. You will be pleased to see them again & if you wanted to move this friendship into a relationship, this will be possible. I have drawn the Sun card which always indicates a happy outcome. I would advise you not to put too much pressure on her to commit, just take your time. I wish you every happiness with your new romance.*

Dear Ask the Psychic

Last year I wrote to you, as a gay man, I had strong feelings for a friend who at the time was going through a divorce. You advised not to make any advances to him at that stage. I eventually came out to him, but stopped short of explaining my feelings. He was Ok about it, and we are still the best of friends. My problem is, although I am really happy with my life, I have a nice home, and made many friends. Mostly straight, as I am not really into the gay scene. It would be nice to have that certain someone in my life. Do you see anything developing with my friend, or do you see me finding a soul mate, to make my life here complete. Regards R.

Dear R

*I think you have to accept that your friend wants you as his friend rather than his partner. If he had been interested in anything more, he would have confided that he too was attracted to members of the same sex – but he didn't. I wouldn't broach the subject again with him – he obviously has a live & let live philosophy so don't jeopardise your friendship by making him have to spell it out to you. I'm now going to consult the Tarot cards for the rest of this year. They are showing me that you have been pinning your hopes on your friend eventually coming round to the idea of having a relationship with you – this you have to*



*completely dismiss to enable you to move on with your life. I feel you're going to have to be quite strong with yourself here & despite feeling in a rut start formulating Plan B. The Five of Cups indicates the emotional loneliness that you're experiencing. The Two of Pentacles tells me that you will be doing two of the same thing simultaneously towards the end of the year. Whether it is working in two jobs at the same time, dividing your time in two areas, but you will be doing two of something simultaneously & this seems to be the way forward for you to meet someone with whom you can form a lasting bond with. The Ten of Cups indicates you will be feeling much happier & more fulfilled next year.*

Dear Ask the Psychic

I am writing to you to see you if you can offer some assistance to my son who is having major problems in his life at the present time. He has been living with his girlfriend for several years and he is father to her 2 children as well as their 2 children together. She has now met somebody else and has told P she wants him out of the house. It was her house before they got together but P has spent a lot of money and time redecorating, building an extension and the like. He has treated her 2 like his own as their natural father is in and out of jail on a regular basis and from what I can gather is doing a long stretch as we speak. He has spent most of his savings on this family and it breaks my heart to see him so despondent. Apparently she has been seeing someone at work for quite awhile and they have both decided to leave their partners and start afresh. P is devastated and to be honest so am I. He doesn't have the money to buy somewhere to live and with his work arrangements he wouldn't be able to look after the children and anyway it would not be right to split the children up. What I want to know Laura is what is going to become of P? Do you see he and J getting back together again? I know he'd do anything for the children. The relationship has been all but over for sometime but neither he nor I imagined it would be her to leave him. His eldest son is about to start secondary school next year and I am worried how this is going to affect him emotionally. He is a very sensitive boy and very fond of his mother. I don't know if she's said too much to the children yet but I am concerned she'll make P to be the baddie in the situation which is just not so. I am living in a quiet village over 100 miles away from him and would happily offer P a roof over his head for as long as he needs but I'm not sure this is the lifestyle for him. He is still young and needs to work. What sort of work could he do? I worry so much about him and his future. What do you see happening to them all in the future?  
Kindest regards S

Dear S

*Sorry to hear your tale of woe regarding your son P. The past shows that he was happy with his family despite you saying that the relationship has been over for some time. I think that was probably because she was seeing someone else & your son was unaware of the situation – he was picking up something was wrong but he didn't imagine she's cheat on him. The Chariot card tells me the meltdown of this relationship has happened very suddenly & it is more the shock element which has sent P reeling. If he is honest, I don't think he feels this relationship has much more mileage in it but of course there are the various children to consider which is a major problem. I feel the pair of them will manage to make a go of their relationship again. At the moment the Hierophant indicates a stale mate. No-one is prepared to move out & no-one is prepared to give way which in a funny sort of way will force them both to accept the situation as it is & come to a conclusion. The Sun followed by the Three of Cups indicates to me that this is a glitch in the relationship & through positive actions & discussions these two people will be able to get their life, not only back on track but make it better than before. They need to recognise what the problem is with the relationship, why your son believes the relationship has been all but over & why his partner has felt the need to form a liaison with a person from work. From where I am standing, there seem to have been a few crossed wires, a few signals which have been misinterpreted along the way & unless people talk on a regular basis, however long they have been in a relationship these apparent 'slights' can be extremely damaging & erosive to the stability of a family over time. I think your son needs to be more assertive, if he wants his family then he must fight for it. He also needs to be aware that this is not a sticky plaster job. He needs to get to the root of the problem, not only what she has done wrong but what he has done wrong in the relationship too – the law of cause & effect. The Two of Cups indicates tells me that this pair have a strong bond, they have a Karmic link*

*which is incredibly strong. They are destined to be together but have gone off track. With some effort this relationship can be mended & this time I'm sure it will be stronger than before. I have drawn you a Meditation Card to help you stop worrying too much about the situation. Worry never really helped solve anything – you need to focus on staying positive & trying to get these two people to sort their life out, to recognise what is important & to help them with positivity to get their family back together.*

*It says 'Positivity feeds positivity, negativity feeds negativity'*

Dear Ask the Psychic

I have been contacted by an old boyfriend of mine via Facebook... He doesn't have his picture on the website but he says he's in a relationship. I have always had a soft spot for R and I am wondering what his intentions are? Do you think he wants to go back out with me? We were together for almost 2 years and then he moved away. I have been with my partner for 5 years and although I love my partner, I am not in love with him. He is a good man and has been brilliant helping me with my children but I feel there is something missing. We haven't slept together for several months. R was very complimentary in his email. He told me I hadn't changed at all and that I was still the person he fell in love with. I would love to believe him but I am frightened of ruining what I have already got plus my partner would be devastated. I can't seem to get S out of my head at the moment as thoughts of him are with me night and day. Do you think I'm being silly letting my heart rule my head? I still feel like madly in love and would so love to have a fling just to see if the magic can be rekindled. Am I just being silly or do you think I should go for it? Can you consult the cards for me to find out what his motives are and whether I should follow my heart?  
Many thanks T

Dear T

*I don't think S really knows what he wants. He has turned his back on something – I believe this to be his existing relationship. He may well still be with her but I don't think his heart is in it. If he could have a relationship on the side, an affair, I think that would give him the best of both worlds. Meaning he could still be in his relationship & what he's not getting from his existing relationship he can get elsewhere. I think he is hoping to meet you again & everything will work out just fine. I don't feel he will leave the person he's with so potentially he is very bad news for you. I have 2 different men showing themselves in the cards – one more solid & dare I say boring? And the other more dynamic, more the life & soul of the party. You need to think very very carefully whether you allow J into your life as you could, very easily end up alone in the not too distant future. Maybe, this is the time to reflect on your existing relationship & see if there is anything you can do to make it more exciting? The Star would indicate that this is the best way forward for you. I have drawn you a Meditation Card which says 'When in trouble ask for guidance from above'*





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Saturday 3rd & Sunday 4th September 2011

10.30am until 6.00pm

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*Ros Coleman*

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*Parveen Smith*

Angelic Reiki



*Pat Massey*

Psychic Tarot Reader



*Melinda Cooper*

International Clairvoyant



*Robin Lown*

Master Palmist



*Laura Boyle*

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**Parveen Smith - International Angelic Reiki Master Teacher Join The Meditation Workshop 10.30am Both Days**

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**Pat Massey - Psychic Tarot Reader**

Pat has been a psychic since a child and was drawn to Tarot cards in her late teens. She has been reading Tarot Cards now for over 35 years and has gained a reputation for having an outstanding gift to allow her to give help and guidance for people in all walks of life check out testimonials on her website [www.TarotfromPat.webs.com](http://www.TarotfromPat.webs.com) you can book your appt in advance.

**Melinda Cooper - International Clairvoyant**

Melinda is featured in many articles magazines and newspapers such as Take a Break's Fate & Fortune, Full House, Spirit Destiny, Womans Own, The People, and The Daily Express, she will be available for consultation so book early.

**Robin Lown - Master Palmist - Demonstrating Palmistry Both Days 1.00pm**

Celebrity Palmist Robin Lown, President of the British Astrological and Psychic Society will be demonstrating his uncannily accurate talents in the performance area, with a gift for palmistry that is quite unique. Robin's many television appearances include, The Paul McKenna Show, This Morning and Granada TV's Psychic Show. Television personalities who have had their palms read include Carol Vorderman, Dale Winton and Trevor McDonald, he will be available this weekend for individual consultations.

**Laura Boyle - Tarot Reader & Spiritual Reader**

Laura is an international psychic based in London & in Spain with over 30 years experience. A weekly columnist, a regular magazine contributor & a consultant to the British Astrological & Psychic Society. Laura has built up excellent reputation over the years & prides herself on her accuracy with past, present & future. She reads for international celebrities, models, rock stars, bankers & members of the aristocracy amongst her clientele & appears regularly on television & radio. She offers personal, telephone & email readings, all of which are conducted in the strictest of confidence. All readings are recorded for the client on a CD or as a computer download unless requested otherwise. [www.lauraboyle.com](http://www.lauraboyle.com)

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