

MERRY CHRISTMAS

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**SPIRITUAL
TRADITIONS OF
CHRISTMAS**

**THE TRUTH
ABOUT GOLD,
FRANKINCENSE & MYRRH**

**BRAD
PITT**

THE NEXT CHAPTER



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FROM THE **EDITOR**

The magical month of December is here. Christmas is in the air, the winter solstice is around the corner, and 2016 is nearly history. What personal transformations have occurred this year, and what lies in wait for the year ahead? The more we tune into our spiritual selves, the clearer our perspective will be.

Brad Pitt has a lot to process from this past year. 2016 brought the end of a major chapter in his life, and as he turns 53 this month, the page turns once again. What will the future hold? For answers, we look to the astrological symbols behind this screen legend's early years and rise to fame.

Continuing our celebration of Christmas, we cut through the commercialism and look at this holiday's most spiritual traditions. Our psychics also discuss the spiritual properties of gold, frankincense and myrrh—the three original Christmas gifts.

December is a brilliant month for spiritual awareness. Your monthly horoscopes are taken directly from the planets to give you personalised insight into your psychic world. Thank you for making us the most respected psychic reading service in the UK, and we can't wait to serve you in the year ahead.

Love and Light,

Lauren

Lauren X

WHEN DID YOU FIRST DISCOVER THAT YOU WERE PSYCHIC?

I joined a psychic development group when I was 23, and it was then that I realised I had had this gift all my life. It was so natural to me that I thought everyone could do it. I trained as a spiritual healer and I found that I would always receive guidance and messages from spirit for clients during a healing treatment. These messages always helped people with their healing process, and I loved being able to help people in this way.

WHAT ARE YOUR TALENTS AND WHAT DO THEY MEAN?

I have the gift of using several of the Clair senses, which means any type of psychic sensitivity which is linked to the senses: Clairvoyant (clear vision or inner sight), Clairaudience (clear hearing), Clairsentient (clear feeling). As a medium, I channel the spirit of people who have passed over, as well as angelic beings who bring me very wise guidance.

WHAT TOOLS DO YOU USE AND WHY? WHAT IS THEIR HISTORY?

I very much like to tailor a reading to each individual client. At times I will use a variety of oracle cards. The energy of each set is very different and I am guided to use a particular set with different clients. The original set I used, which is about 30 years old, are the Psy cards which have fantastic imagery on each

card. I also use a pendulum if I need a simple yes or no answer. I have three favourites, but the one I use the most is made of Jet. It is very beautiful and has an energy that is unique. In my healing I use a variety of crystals depending on the needs of the client. I also use crystal sound bowls, as sound is a very powerful healer.

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

A client who was wondering about changing her job really didn't know which way to turn. I told her that she would have a choice of three offers. She did not really believe me, but later informed me that two organisations were actually fighting over who could get her to work for them. One of the companies offered her a choice of two different roles—so she was indeed given three different offers. I helped with her decision and she is very happy with the outcome. They love her and she loves the company and is very successful.

WHAT DO YOU LIKE ABOUT READING FOR STAR TEMPLE?

From the moment I first started, all the staff have been so supportive and friendly, and have made me feel very welcome. I feel this is a company of real integrity, and I feel very lucky to work with such lovely people. The clients have also all been so warm and open. I feel really honoured to be able to help them.

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Let's be honest, 2016 wasn't the best year for a certain Hollywood icon. His storybook marriage fell apart, the world mourned, the tabloids went crazy with rumours. That's the dark side of being one of the most recognized faces on the planet. But will the actor known as Brad Pitt be able to weather the storm?

The answer is almost certainly yes. There are a lot of famous actors working today, and many of them are extremely popular. Very few, however, will be known as screen legends long after they depart this earth. Brad Pitt is one of them. Since audiences first noticed him in the early 1990s, he has come to represent something special in the collective psyche. It's not just the devastating looks; it's the quality in his spirit. By taking a closer look at his astrological signature, we might be able to describe what that quality is.

Born on the 18th of December, 1963 in the U.S. State of Oklahoma, William Bradley Pitt is a Sagittarius under the Chinese sign of the Rabbit. As the eldest child in a middle-class family, his childhood and high school years were spent in classic Sagittarian form. He was active in everything from the forensics club to the debate team, and was a regular fixture in school musicals. Sagittarius is known for just this type of exploratory personality. The wanderer of the zodiac, it thrives on eclectic interests—but it's also liable to drift.

That's arguably what happened when, two weeks away from graduating with a degree in journalism at the University of Missouri, Brad Pitt made the well-trodden pilgrimage to Hollywood in search of a more romantic fate. Both Rabbit and Sagittarius are prone to sudden movements that leave people around them baffled, but as time would tell in Brad's case, fate was firmly in control.

The usual eriod of struggle ensued, including odd jobs and a string of appearances in TV shows and soap operas (there is a scene from *21 Jump Street* where the young Pitt sits across from Johnny Depp, both of them relatively unknown). Brad's preponderance of planets in earthy Capricorn—including Mars, Venus, Moon and Mercury—gave him an incredibly grounded and determined psychic basis from which to operate. Couple with his more lightfooted qualities (Sagittarius and Rabbit), plus his rugged good looks, it was only a matter of time before audiences responded.

It happened in 1991, when Brad was cast as a small-time criminal in Ridley Scott's *Thelma & Louise*. That combination of danger and sex appeal—something he would bring to many of his later characters—permanently seared his talents into the public imagination. But when you look back on those early films, it was his performance in Robert Redford's *A River Runs Through It* that convinced both the studios and the viewing public that he was more than a sex symbol. Brad Pitt was dynamic, sensitive, deep. He could carry a motion picture on his shoulders, not only because of his rare appearance, but because of his underlying psychic qualities. Brad's Rabbit nature contributed greatly to his emotive power as an actor. This sign is not known for staying quiet or still when it feels that something is amiss. When it cares about something, its reactions are often visible and powerful.

He turns 53 years old on the 18th of December. 2017 will commence a few days later. We may see a period of rest as Brad's spiritual and psychic energies find a new configuration; but let's not forget who we're dealing with. Mr Pitt is a strong Sagittarius with a never-ending thirst for exploration. His ability to redefine things has kept him relevant over 25 years, and despite recent changes, that's unlikely to change. As any Sagittarius will tell you, life is a journey. It's all about following your heart.

Horoscopes

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Aries

You storm into December with lots of exciting developments taking shape. Your ruler spends the first half of the month in a friendly and sociable location and is linking brilliantly to Uranus in your sign. This inspires you to take more risks and open up to new people. You can also see that your worldly aspirations are going to be important. Forging links with people and working co-operatively can really appeal, but you will need to have a clear plan of action.



Cancer

There are lots of things competing for your attention, but you have a marvellous opportunity to do something spontaneous—especially in work or business. To do so, you may have to go outside your comfort zone. Keeping the lines of communication open with loved ones is important too. With Mercury tracking backwards from the 19th, there could be some crossed wires when it comes to who will take responsibility for what over the festive period, Cancer.



Taurus

Don't be surprised if you take a leading role this month, Taurus. If you sometimes defer to others, you can make a real difference with your suggestions and your ability to think on your feet. Travel is likely this month. With Mercury twisting backwards from the 19th, it's important to make sure your plans are thought through, and there can be a sense that a change is as good as a rest. Between the 14th and the 24th, your thirst for new knowledge can be incredible, but Christmas Day is all about your closest relationships.



Leo

Your relationship zone is given a boost all through the month when Mars and Venus bring their dazzling energies to bear. Chances are you'll get chatting to someone somewhere, and you'll enjoy a good connection regardless of your relationship status. There will be practicalities to attend to, as is often the case, but you will feel less burdened and happy to do your bit for others. Your attention to detail can be absolutely superb.



Gemini

Jupiter continues to sparkle in your creative realm. This can be helpful for you in terms of choosing Christmas gifts. The link with Saturn that Jupiter makes all month, along with Uranus, suggests you'll be dealing with some relationship issues this month. People often accuse you of flitting from group to group, but more meaningful involvements hold greater attraction. Between the 14th and the 24th, your ability to tease out what's really important can be extraordinary.



Virgo

Your ruler moves early this year on the 3rd into the most buoyant part of your chart. With Mars moving mid month into your relationship zone, and the Sun supporting Mercury (along with the passionate Pluto from the 21st), the stars are aligning to make this a bright and sociable Christmas season. A meeting of minds is possible in week three, but plans can change at the last minute. Just go with the flow.

December

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Libra

Some bright and breezy conversations are sparked this month. Some of them may happen in the comfort of your own home. When you play host to others, some very interesting conversations develop. In general you can be very much in the mood to open up and share your hospitality with those that count. You may also be thinking about ways in which you can use your home more efficiently, especially around your work or a small business.



Scorpio

Don't be surprised if you find yourself making some last-minute changes to where you live. As ever at this time of year, people will be popping in and out. With Mercury retracing his steps from mid-month, mix-ups and misunderstandings could blight plans—particularly with siblings. Work hard at being clear about what you want and expect. Your creativity has enormous potential as the year winds down!



Sagittarius

The last couple of years may not have seen your energy quite as buoyant as you're used to. Well, great news: A new dawn is shaping up for you. In truth, this has been building up for some while. December can be a time when you start to feel livelier and more progressive. Enjoying the traditions of the season will be good for you. There's also a chance to think carefully about your finances, and how you can transform things for the better in 2017.



Capricorn

A real sense of excitement around the 3rd when Mercury sweeps into your sign. As usual at this time of year, there may be people you want to catch up with, and some are from your past. With Mars switching into a fast paced zone on the 19th, you could find yourself moving around quite a bit over the holiday. Not everything will go strictly to plan, but try to take things in stride. A real sense of renewal reverberates through your life as 2016 ends.



Aquarius

With Mars in your sign until the 18th and Venus joining you on the 8th, what makes you you—and your unique approach to life, love and even laughter—are going to be front and center. Very often you want to retreat somewhat during the festival season, and whilst this is possible, those you feel truly comfortable with will want to spend plenty of time with you. For single Aquarius, there's likely to be a flirty moment, and perhaps a full on clinch under the mistletoe.



Pisces

There is fantastic potential to enjoy good company and all the cheer this time of year can bring. To you, it really can be a case of the more the merrier. Still, you may be surprised by how nostalgic you feel about someone from your past, particularly an old flame. There could be a Christmas card, or even a face-to-face meeting. Once Mars moves into your sign on the 19th, your energy and focus can sharpen up in preparation for the year ahead.

Spiritual Traditions of Christmas

Christmas is the single most celebrated holiday in the world behind the New Year. It centers on the birth of Christ, but its symbolic and spiritual roots go deeper than any one faith. Long before Christ was born, cultures around the world held feasts and celebrations around the 25th of December. For many people, this doesn't take away from the fact that Christmas is about the birth of Jesus. In fact, it makes Christmas more spiritually dynamic.

But there is one aspect of Christmas many people have begun to question: Commercialism. A heavy focus on material goods has developed in recent times, to the point where retailers and corporations around the world exploit Christmas for profit. Is this what the birth of Christ is supposed to be about? Whatever your views, it's always good to come back to the five most spiritually profound traditions of Christmas.



Giving

Offering food, money or shelter to those less fortunate is arguably the opposite of Christmas commercialism. Scrooge learned this the hard way when psychic spirits came to instruct him. This holiday is closely related to the concept of home, warmth, love and care—but not everybody has these things. Christmas is a time to bridge the gap between yourself and others, set differences aside, and focus on essential values. Christ is also a profoundly karmic figure. His birth reminds us to generate good karma through charity and “the golden rule.”



Feasting

Can eating and drinking really be a spiritual activity? One of the predecessors to modern-day Christmas, a pagan celebration known as Saturnalia, was characterized by abundant feasting. The idea was for humans to experience the bounty of the earth without struggle and toil. This symbolizes the Golden Age in Roman mythology, or the Garden of Eden in Christian lore. In the depths of our souls we are all children of divinity. Celebrating the abundance of nature through feasting can be a profound (and pleasurable) way of recognising that!



Singing

The first known Christmas Carols were sung in 4th century Rome, but it's likely that singing was part of Christmas from the beginning. Even before Christmas commemorated the birth of Christ, song and dance featured strongly in winter pagan festivals throughout Europe and the middle-east. Singing releases endorphins, cleanses the 5th chakra, and connects us to the sacred. Collective singing, as in the tradition of public caroling, adds a powerful and transformative social element to the mix.



Decorating

Evergreen represents eternal life and the timeless nature of divinity. Angels are sacred messengers who appear in religious symbolism and psychic visions throughout the world. Bells have been used throughout history for their purifying and protective vibrations. Candles represent the return of divine light, while holly and ivy symbolize renewal and life. Reindeer are a shamanic symbol that represent visions and mystical flight. Stars, mistletoe, yule logs—all of these are more than just decorations. They're spiritual symbols with real psychic power.



Reflecting

Occurring just after the winter solstice and just before the New Year, Christmas is a psychic moment for peace, quiet, and inner reflection. If Christ is an important figure in your spiritual journey, it's possible to strengthen your grasp of his universal teachings. Whatever the nature of your spiritual life, the wisdom of meditation, prayer, and psychic expansion transcends the boundaries of any one group. Through Christmas, we pause to rediscover an important truth: Love is the true nature of the soul.



Looking for Higher Guidance?

Gold, Frankincense and Myrrh: Psychic Properties

As the story goes, three wise men embarked on a long journey, guided by a star in the east. They've been called kings, magi, mystics—but who were they really? Some scholars believe they were Zoroastrians and astrologers who intuited the importance of Christ's birth. Others say they were simple shepherds guided by a vision of light. We may never know which version is closer to the truth. One of the only clues we have is the gifts they laid at the special child's feet: Gold, Frankincense, Myrrh. Why did they choose these gifts to commemorate the birth of a spiritual leader? Was it simply because they held monetary value, or do they have spiritual properties? If we examine them one at a time, we might be able to understand why they were chosen—and how we can use them today.



Gold

Gold has one of the most complicated histories of any physical material, and it had spiritual connotations long before the birth of Christ. Gold artifacts dating back 4000-5000 years BC have been discovered at Nahal Qana cave in modern day Israel, and virtually everywhere since. Numerous cultures—including the ancient Egyptians, Romans and Greeks—associated gold with royalty, divinity, purity, and indestructibility. In terms of psychic properties, gold has long been used in protective charms and talismans. It's said to activate the crown chakra and open channels to universal wisdom that transcends space and time.



Frankincense

By the time of Christ's birth, this fragrant resin had already been in use for thousands of years. The Hebrew Bible and Talmud describe how to use Frankincense ritually as incense, and traders actively dealt it throughout the middle eastern regions. Many people are surprised to learn that Frankincense is also edible, and has medicinal properties. Eastern Indians call it dhoop, and have long used it as a treatment for arthritis amongst other things. The most common way to use Frankincense is to burn it, releasing a unique and mystical fragrance which is thought to intensify meditative states, reduce stress, and open a connection to the sacred.



Myrrh

Like Frankincense, Myrrh is a fragrant tree resin with a pleasant fragrance and range of ritual and medical uses. It has a long history in both Traditional Chinese Medicine and Ayurveda, and we see it everywhere today: Herbal toothpastes, salves, tinctures and mouthwashes. Psychically, Myrrh facilitates clarity and psychic openness, strengthening the flow of energy between the base and crown chakras. It also helps people awaken to the present moment. Myrrh was also the only one of the three gifts that was also present at Christ's death. According to John 19:39, two devotees brought a blend of aloes and myrrh to the tomb of Christ in order to wrap the body.

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