

February 2017

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SYMBOLS OF
St. Valentine's
Day

Elevate
YOUR LOVE LIFE

Emily
Blunt

psychic readings

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FEATURED PSYCHIC Amanda



FROM THE **EDITOR**

Now that the holidays are over and 2017 is underway, it's time to turn the spotlight on love and relationships. St. Valentine's Day is a chance to connect with an existing lover, or take steps to find someone new. It's also a powerful moment for reflection on the nature of romantic love.

We look at the symbolism behind this special day and explore its deeper spiritual aspects—something that often gets lost in the shuffle. Our psychics and editorial team will also look at ways to elevate your love life and find new inspiration in all types of romance, whether you met five minutes ago or have already been married for decades.

But first, we'll explore the astrology and psyche of one of the finest acting talents working today. Emily Blunt celebrates 34 years this month, and her acting career is hotter than ever. But it wasn't always easy, and a subtle blend of astrological elements may have helped her overcome the obstacles in her path.

What are your hopes, dreams and inspirations this February? Our talented psychics are here to offer insight and guidance on your life-path, whether it's a specific question about love or career, or a general yearning for guidance. Have a great February and a Happy St. Valentine's Day!

Love and Light,

Lauren X

WHEN DID YOU FIRST DISCOVER THAT YOU WERE PSYCHIC?

I was in Primary 3 and feeding the neighbour's cats while they were out of town. As I was leaving, something caught my attention, a knowing. In that moment, I clearly knew (claircognizance) my grandmother had passed away. I stood there in what seemed like unlimited, undefined time and space knowing she was gone from this world, yet knowing she was directly communicating with me. When I arrived home, my mother and father shared the news of my grandmother's passing.

WHAT ARE YOUR PSYCHIC TALENTS?

Claircognizance or "clear knowing" is my primary gift. This is my go-to ability to "tap in" and access information energetically. Often my claircognizance opens an vibrational portal and I have the ability to Relay Channel (I am aware of my body and act as a "facilitator" of information). It was through my gift as a Medium, delivering messages from people who have passed, that I recognized my gifts as tools for healing and empowerment. I am also a Clairsentient, Clairvoyant and Telepathic.

WHAT PSYCHIC TOOLS DO YOU USE?

I have worked with crystals throughout many lifetimes. They have a vibration that is free of resistant energy patterns, and are among the most balanced natural structures on our planet. Crystals are brilliant keepers of intelligence and are often eager to share their knowledge and healing. I also utilize Oracle Cards, Animal Medicine Cards and Fairy Cards when guided. Astrology and Numerology speak through the language of vibration and characteristics. Often in readings I reference these tools because they offer the collective a blueprint or road map for individual and universal energies.

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

I was reading for a man who was quite the skeptic, yet seeking general information. I immediately connected with a well-dressed man in a three-piece brown suit and a pocket watch sitting in what looked like a library or

study. As I shared this with the client, he got very quiet and admitted the man was his uncle, a professor who died many years ago. I told him that his uncle was tremendously proud of his professional success and what a good father he is. There were many other strong connections and details in this reading, including a message from the client's grandmother who encouraged him to get back to his cooking. At this point the man began to weep, saying that his years in culinary school were the happiest of his life. It's in these moments, when messages from Spirit ignite the soul's passion and empower us from the other side, that I know I am right where I am supposed to be.

WHAT DO YOU LIKE ABOUT READING FOR STAR TEMPLE?

I love connecting with people on a physical, mental, emotional and spiritual level. Through my work with Star Temple, I am able to tap into people's energy and offer clarity and confirmation around life's many circumstances. Most importantly, it's an opportunity to inspire and empower from a Soul Perspective. As a reader and a healer, my intention in this lifetime is to raise the vibration of the planet and all of its inhabitants, one reading at a time. Namaste!

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The Voice Of Fate

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Emily Blunt has a way with words. On screen, she conveys a stunning range of emotion. On talk shows, she charms audiences with casual banter. And a string of animated films shows that her voice and personality are enough to hold our attention.

It wasn't always that way. Faced with a stuttering problem as a young girl, she felt trapped inside herself—full of ideas with no way to express them. According to Ms Blunt, this problem reached its peak around the age of 13. She could hardly say her own name. If you'd have meet her during that time, you probably wouldn't have guessed that in just a few years, at the age of 18, she would make her debut on the London stage opposite none other than Dame Judy Dench. But that's exactly what happened.

Emily was born in London on 23rd February 1983, which makes her a Pisces in the Chinese Year of the Pig. You already know that Pisces is one of the most psychically and emotionally sensitive signs of the zodiac. This made it more painful when other kids judged her; but it also gave her profound inner depths to explore. At the same time, Emily's Pig nature lended a protective layer of calm and grace as she faced the struggles of growing up with a speech impediment. This is a good-natured and focused sign that navigates social adversity better than many.

Pisces is known for its capacity to explore other worlds, to the point of sometimes appearing "disconnected" from what's happening around them. One of Emily's teachers, knowing about her challenges, suggested she try out for a school play and speak in a different accent. The prospect of performing in front of an audience was terrifying, but Emily found that she could indeed step outside of herself.

When she spoke in an accent other than her own, and allowed her Piscean qualities to move her into character, the stutter was nowhere to be found. Later, as a proper film star, she would suggest that her acting career only became possible because of her speech impediment and the need to overcome it.

A few years after that first theatrical performance, Emily went to a private school with a focus on the performing arts. The strong and straightforward work ethic of Pig combined with the deep, artistic, multi-dimensional energies of Pisces to push her acting skills into the professional realm. An agent quickly noticed her, and within two years she was named "best newcomer" by the Evening Standard for her performance opposite Dame Judi Dench in *The Royal Family*.

Film roles quickly followed, including Emily's breakout performance in *My Summer of Love*, which came at the age of 21. At 23 she starred opposite Hollywood luminaries Meryl Streep and Susan Serandon in *The Devil Wears Prada* and *Irresistible*, respectively. From that point on, Emily Blunt was on Hollywood's A-list. Ten years is all fate needed to make a shy, stuttering 13 year old girl into a global movie star and an inspiration to millions.

Emily's astrological signs certainly helped her acting career; but those Pisces and Pig traits, as well as a nurturing Cancer moon, will prevent her from getting too wrapped up in the hoopla. She's now a dedicated wife, mother of two children, and board member for the American Institute for Stuttering. When we encounter Emily Blunt's intensity and unique screen presence, we're encountering a riveting personal story. And we're encountering someone who cares.

LOVE

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Aries

With Mars in your sign all month, and joined on the 4th by the glamorous energies of Venus, this can be your month to shine. The Lunar Eclipse on the 11th also gives you fabulous support to express yourself and to demonstrate to people what makes you so unique. The 22nd to the 29th will see you resist all attempts to reshape you into anything other than the way you want to be.



Cancer

Expect to be in the limelight this month Cancer, a time when your goals and ambitions come very much into sharp focus. Yours is a Cardinal sign, this means you are a leader and you need to have your voice heard in order to feel satisfied with your lot. The last week of the month could see you liberate yourself from a situation which is no longer working any more for you.



Taurus

It may be hard to pinpoint exactly why, but if there is any part of your existence which feels unsettled or unsatisfactory, it's likely to show up this month. If you work in an environment where there's little acknowledgement, let alone praise, this could be an area that you look to change. The Solar Eclipse of the 26th can see one special friend become so much more important.



Leo

The Lunar Eclipse in your sign on the 11th really pushes you to move beyond your comfort zone, not just in February but right through to the time of your birthday. In fact, this is a month when you may find yourself wanting to tear down any long-term obstacle or restriction. However, one area that will require a little bit more care is joint finances or anything to do with property.



Gemini

This can be quite a month socially, with you taking the lead. A fabulous Lunar Eclipse suggests that you're going to be building up lots of new alliances over the next six months. These can also be linked to your more worldly interactions, when you'll be drawn to kindly and compassionate souls, but perhaps also to those who have more unusual interests than most.



Virgo

There is going to be an intensity to proceedings this month, but this can add an edge of excitement. However, from the 11th, with your ruler relocating in your sector of precision, your natural ability to focus in on what's really essential is going to be heightened. Your relationships are given a significant boost for the next six months on the back of the Solar Eclipse of the 26th.



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Libra

Your interactions with others take centre stage this month, but it could be getting to know someone new through a shared interest or a mutual friend which provides the initial spark. In an existing relationship, if you feel a partner tends to lack consideration or take you for granted, then they may see a much feistier side of your nature in the last week of the month.



Capricorn

All sorts of changes are possible on the home front, particularly if you're improving or renovating. But this month's Solar Eclipse on the 26th puts the emphasis very much on your ideas and ways of expressing them. You may find yourself drawn to poetry, literature or music which have a powerful impact on your senses. You may even look for a new vehicle at this time, Capricorn.



Scorpio

You can find yourself really motivated this month and even tasks that have held little appeal can be cleared away with aplomb. This can also be a fine time to gain new insights into your physical, psychological and emotional well-being. If you have a more creative bent, the arrival of Mercury on the 26th in your sector of self-expression and a Solar Eclipse, will work wonders.



Aquarius

You can find yourself really full of vim and vigour this month, and particularly from the 7th, when Mercury sweeps into your sign. There can be lots of unexpected conversations and some dazzling connections. If you're hoping to add sparkle to your love life, there's an excellent chance to connect with some new and exciting people. You can be imaginative around finances too.



Sagittarius

Your ruler Jupiter slams on the brakes on the 6th, but this simply asks you to become more mindful of your long-term hopes and to focus on those which have a serious chance of success, rather than spreading yourself too thinly. Your sex appeal is going to absolutely skyrocket too this month, but for any serious relationship to develop it'll need to have a solid emotional basis.



Pisces

The arrival of Mercury in your sign on the 26th and the Pisces Solar Eclipse on the same day sets the scene for the following six months. This can see you really flourish when it comes to your individuality and unique approach to situations. Your desire to benefit more from your talents is also going to increase to a new high and there is every chance that your fortunes can improve.

Elevate Your Love Life



St. Valentine's Day has a way of sneaking up on you. After all the holiday hoopla, it's business as usual for a few weeks. Then comes the 14th of February, and suddenly it's time to reflect on the romance in our lives—what it's been in the past, what it is now, and what it could be in the future.

Nobody ever makes St. Valentine's Day resolutions, but maybe it's time we start. The fact is, for every person who feels totally satisfied and fulfilled in their love life, there is probably at least one who doesn't. Relationships are a challenging part of life—a vital and wonderful part, but a challenging one.

One way to elevate your love life is by realizing that your outer world is a reflection of your inner. It sounds basic, but it's true—and you can make it work for you in powerful ways. One way to think of it is Feng Shui. This ancient art of interior and exterior design makes use of energetic principles to achieve specific goals in life, from career success to good health, and yes—love. Feng Shui is complicated when you study it deeply, but many of the basic principles are very simple and easy to put into practice. To attract or enhance love, think about pairs when you buy wall hangings or other furnishings. Clear clutter and avoid taking up all of the space in your home—this sends an energetic message that you're willing to share your life. Position your bed in the center of room, indicating balance and partnership, rather than pushing it against one wall.

If these principles resonate with you, buy a book on Feng Shui and go deeper into how—and why—it can open up your love life. But if you really want results, it's necessary to take the basic concepts of Feng Shui one

step further. If the outer world is a reflection of the inner, then our thoughts and psychic impressions do matter. If we constantly tell ourselves that we'll never find the love we really want, or that we're not good enough to attract our ideal mate, these thoughts will affect (and in some ways 'become') our reality. This is especially true when we carry the pain of past loves with us as negative energy, and project it onto potential new mates.

On the other hand, if we investigate ways to uplift and purify the psychic vibrations we're putting out into the world, we can experience the opposite effect. Visualization and cosmic ordering have garnered a lot of attention lately, and there's good reason for this. Therapy, meditation and psychic healing can help us let go of the past. By consciously focusing our psychic energies on what we really want—in this case, a fulfilling, meaningful, and exciting new relationship—we can actively participate in bringing that vision into manifest existence. It works with existing relationships too.

But there's a catch. As effective as these practices are, many people tend to get hung up on them and expect quick results with a minimum of effort. When it comes to bringing love into our lives, or enhancing our existing relationships, it's true that we need to love ourselves. Existing and potential mates can sense our feelings of self worth, and that's why good old-fashioned self improvement is such a powerful tool. Following our own passions, and bringing new energies into our lives, is absolutely one of the most powerful love charms in existence. This is where the effort comes in—because when we're willing to work on ourselves and follow our dreams, we emit psychic vibrations that inspire other people to follow theirs. That's when the sparks really fly.



Connect to Love!

Reach our psychics today on 0800 422 0423

Symbols of St. Valentine's Day

Every special day on the calendar has its history. St. Valentine's Day is no different. We're surrounded by potent symbolism on the 14th of February, and although it speaks to the subconscious, most of us take it for granted. By taking a closer look, we can engage with St Valentine's Day a deeper spiritual and psychic level.



It's said that Montezuma drank huge quantities of chocolate. The Aztecs in general revered this natural food for its ability to awaken love and sexual desire—and today, science confirms it. Chocolate contains tryptophan, a chemical that occurs naturally in the brain during sexual arousal. It also contains phenylethylamine, a hormone associate with falling in love. Next time somebody hands you a chocolate, think of the history and science behind it!



Long before medical knowledge advanced enough to see the heart's vital role in the circulatory system, ancient people described this area of the body as the center of feeling and emotion. The heart symbol we all know today probably has origins in 14th century Europe, but its use as a romantic symbol (including on St. Valentine's Day) dates from the 19th century. Giving a heart represents giving or receiving your innermost feelings and emotions.



The colour red has a long and dynamic association with love, passion, and even danger. It's the most attention-grabbing colour on the spectrum, and being the colour of blood, it's psychically linked to life force and vitality. If we look to the chakras, we see that red is the colour of the base chakra, which represents all of these same qualities: Passion, danger, life force, and physical vitality. It's no wonder this exciting, dangerous colour rules the day on 14 February.



Cupid is a figure in Roman mythology whose Greek counterpart is Eros. The son of Venus and Mars, he is the god of erotic love and desire. The wings of cupid are related to the "flightiness" of love, and the tendency of lovers to change directions. In some depictions, cupid is also blindfolded since love often defies rationality. Another thing people don't realise that is that cupid carries two types of arrow. The one with the sharp, golden tip makes you fall in love. The one with the blunt leaden tip signifies the end of a relationship.



The image of doves is prevalent on St. Valentine's Day for the simple reason that doves mate for life. As such, they're an enduring symbol of love, faithfulness and loyalty. And when we hear the term "love birds," it's a reference to an actual species of parrot, known as the Lovebird, which is native to Africa. Like doves, Lovebirds pair up for life and spend hours every day sitting together—exactly what we all hope for on St. Valentine's Day!

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