

July 2017

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The 14th
Dalai Lama

Smudging Secrets of
Summer

The Magic of
Ruby

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FROM THE EDITOR

July signifies our arrival into the second half of 2017 — which has already been a challenging and spirited year. It also brings the zodiacal transition from Cancer to Leo. Our own deeply psychic natures will be more accessible than usual for the first two-thirds of this month. Later, we experience the value of letting our own individual lights shine brightly for the world to see.

The 14th Dalai Lama is a figure of enormous historical import — and he still walks among us. As His Holiness celebrates his 83rd birthday this month, we look at his life through the lens of Western astrology to gain insights into his peace-loving, enigmatic personality.

Psychic Andrea (pin) then takes us on a deep exploration of Ruby, the magical red birthstone of July. What are the spiritual and psychic qualities of this stunning gemstone, and how can we bring those qualities into our lives? Our editorial team also turns the spotlight on the age-old practice of smudging. Millions of people intuitively know the power of this practice, but could there also be science behind it?

Our psychics and support team are always here to inspire, engage, and clarify the path of your life's journey. Thank you for being a valued client, and we wish you much inspiration in the month ahead!

Love and Light,

Lauren X

FEATURED PSYCHIC

Danielle

PIN 7823

WHEN DID YOU FIRST DISCOVER THAT YOU WERE PSYCHIC?

I first found out I was Psychic in my teens, when I would just intuitively know certain things. I didn't know how I knew them — I just did. I realised my gift even more when I bought my first pack of tarot cards and intuitively started reading, receiving messages through symbology, and assisting people with my gift. As the years went on this got much stronger. I started hearing and singing Random songs that had meaning to myself or the person I was with. I can now use a number of different modalities including Cards and Crystals, along with my Psychic knowing to give the perfect guidance in all areas of life where assistance is needed.

WHAT ARE YOUR PSYCHIC TALENTS?

I am Claircognizant, which is the gift of Psychic Knowing, The divine send messages straight to me through thoughts, feelings, ideas and visions, that I am able to pass onto others. I constantly see signs from the divine in the form of numbers and music, and am always finding coins and feathers. I am used as a vessel and vehicle for guidance, and healing, with my Psychic knowing coming to me naturally. I am also Clairsentient and highly intuitive, picking up easily on the thoughts, feelings and emotions. Combining all my gifts into one, I strive to provide the accurate, positive and loving guidance possible.

WHAT PSYCHIC TOOLS DO YOU USE?

I have had a connection with Tarot Cards for over 20 years, and purchased my first deck in my teens. Today I own a large number of Oracle Card decks that I also use with Tarot, receiving intuitive messages and guidance through the imagery. I also have had a great love of Crystals for many years. This fantastic energy from the heart of earth is not only good for healing, but also for reading. I am a Tarot Master, Certified Angel Card Reader, Fairyologist and a Crystal Oracle Reader. All of these tools, combined with my psychic gifts, allow me to provide detailed guidance that leaves clients happy and inspired.



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

A lovely lady from Italy came to me for one of my Divine Partnership Readings. I felt an immediate connection to her, even though she lived in another country. I could not believe how similar her journey was to mine, even down to us and our partners being the same star sign. After coming back several times for guidance, this lady is now a good friend. She is from Italy and has recommended a number of friends to me, and translates my guidance into Italian for them. I love that I now also have Italian speaking clients, allowing me to spread my love, light, gifts, and divine guidance further to those I never imagined I could.

WHAT DO YOU LIKE ABOUT READING FOR STAR TEMPLE?

Working for Star Temple gives me the power and freedom to spread my love, light, positivity and psychic gifts to those who need it. I thrive on this, and it makes me extremely grateful to the divine. The lovely staff make me feel very welcome. I also have a great bond with another gifted reader. We talk daily, and she is now a true friend. I love having her energy, and fantastic spirit around me. Having two young children, working for Star Temple also gives me the freedom to work around my children.

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There is arguably no one alive today who is more universally beloved and respected than Tenzin Gyatso, the 14th Dalai Lama. His smiling face is truly one of the most recognizable in the world — and when we read about his life story (especially young adulthood), his grace and compassion are all the more impressive.

As the Dalai Lama celebrates his 82nd birthday this month, we take a closer look at his Western astrological profile and what it says about his inspiration life journey. How much do we really know about this iconic, historical figure who walks among us?

Tenzin Gyatso was born on the 6th of July, 1935 in the tiny village of Takster, Tibet. That makes him a Cancer in the Western zodiac and a Sheep in the ancient Chinese system. He was only two years old, just learning to walk and talk, when senior Tibetan monks — led by vivid prophecies and visions — arrived at the simple home where his family lived. The traditional process for identifying a reincarnated Tibetan Lama is meticulous, including a number of tests where the child is presented two objects — one that belonged to the recently deceased Lama, and one that did not. Tenzin passed the tests with surprising swiftness, choosing all of the correct objects and giving strong indications that he was their owner.

Much of next twelve years of Tenzin's life would be spent in the company of accomplished monks who tutored the young boy in a wide range of subjects, including the Tibetan language (which is not his first language) and Buddhist teachings, from the basic precepts to deeper, more esoteric secrets. Since this young boy would become the spiritual and even political figurehead of the Tibetan people, education was relentless.

When these early years are considered, two things jump out of the Dalai Lama's astrological chart: Both his sun and moon are in first house Cancer. This is one of the most psychic and intuitive signs of the zodiac, and many

Cancerians have a special interest in hidden occult teachings. Cancer is also a sign that prefers to live in a cautious, protected setting. It makes sense that the young Tenzin would absorb his lessons like a sponge, and would not mind the long hours spent in meditation and study. By the tender age of 15, he was officially installed as the 14th Dalai Lama.

What happened next is a famous and closely-scrutinized story. Caught up in geopolitical turmoil, the Dalai Lama was forced to flee Tibet and make his way on foot through treacherous Himalayan passes in order to reach India. Once there, he began the business of setting up a Tibetan government in exile. Mars in Libra is a clear indicator that fairness and justice would be pillars of his personality throughout these crucial years.

Fast forward to today. The Dalai Lama has publicly abandoned his efforts toward Tibetan independence, focusing his efforts on universal teachings of compassion. Instead of remaining rigid and inflexible in his defense of Buddhism and the Tibetan identity, he has emphasized cross-cultural understanding and the importance of scientific advancement. He regularly meets with many of the world's most influential people, displaying a humorous and playful nature in public teachings and interviews. Saturn retrograde in Pisces, near the Dalai Lama's midheaven, is the most obvious astrological evidence of this contemporary style. But as we can see from the moon in Virgo and Mars in Libra, that "contemporary flexibility" only extends so far. The daily routines of Holiness remain steeped in the disciplines of Tibet's highest ranking Buddhist monk, including a 3 am wake-up call, 5 daily hours of concentrated meditation, and travel schedule that is far more rigorous than any previous Dalai Lama.

Two things can definitely be said about this very special human being: That he is one of the most notable spiritual teachers alive, and that his message of compassion goes far beyond any one creed.

July Horoscopes

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Aries

Home, emotional and family issues are key as this month begins. Balancing this area of life with your worldly interactions is going to be the trick. If you're particularly busy in your professional activities, it's going to be important to stay mindful of the support systems you receive. Yet with your ruler moving on the 6th and the arrival of the Sun in Leo on the 23rd, more social strands are sparked.



Cancer

With the Sun, Mercury and Mars all in your zodiac sign as this month kicks off, you have a wonderful opportunity to take a firm grip on your life direction and be decisive. Your zodiac sign is Cardinal, and the leadership qualities this bestows can really flourish. You can be single-minded and very goal orientated. How will others feel about this Cancer? Try not to push too hard.



Taurus

The first half of this month could see you have some very powerful discussions. The exchanges you have can, if you're open-minded, help to give you a new perspective. However, it's going to be important to be flexible, especially if you are fearful of changing from what you know. With your ruler in opposition to Saturn from the 22nd to the 26th, take care with your resources.



Leo

You may find yourself a little tense in the early parts of this month, but once Mars powers into your sign on the 6th, even if there are some sensitive subjects that do need to be discussed, you can find yourself in a progressive frame of mind. Your personal vitality will really flourish from the 23rd, when the arrival of the Sun and the New Moon in your sign, give you a wonderful platform.



Gemini

Your appreciation of life's goodness can be accentuated, especially in the first half of this month. You may even find yourself with quite an attraction to someone you encounter, which can be intense, and even seem fated. Battles of will are though possible around finances, but your natural communicational skills flourish the longer this month goes on. Love gets serious in the last week.



Virgo

You can find yourself networking for fun in the early parts of this month, and there could be one person you meet, perhaps through a mutual friend, who you find yourself rather smitten with. If you're involved in a relationship already however, there can be some stop-go moments this month. Might it be that one of you is seeking to have more control? If so, try to talk this through.



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Libra

Your ruling planet Venus moves into a glorious location on the 3rd, and encourages you to be open about the type of person or people that you can co-operate with. This is a month where you're going to show an awful lot of authority and confidence, and this can prise open opportunities for you. Mind, however motivated you are, your interactions with others are going to be crucial too.



Capricorn

Your relationship sector is very active. This can see you encountering people you've never met before, or realising that someone you already know has a lot more about them. The chances are, after the dust settles that you will look at your life and yourself in a different way - it really can be that profound. Be sure not to be overly ambitious around a property matter in the last week.



Scorpio

People know you are someone who is utterly reliable, if sometimes rather reserved about your own motivations. But with your ruling planets in competition this month, you may surprise others by being much more 'out there' with your ideas and statements. Don't expect everybody to agree. Your sector of goals and ambitions is though lit up as this month draws to a close.



Aquarius

There may be some loose ends that you need to grapple with this month. See this as an opportunity for a cathartic transformation of your circumstances. Whether it's decluttering a spare room, attic or cellar or improving your diet or fitness regime, you can be very busy. However, your relationship sector bursts with possibility from the 23rd. Something profound can change.



Sagittarius

Passions are absolutely pulsating around the heavens this month, and this could play out within your business situation, a close romantic relationship or around your decision-making in terms of more materialistic purchases. You may have heard the saying be careful what you wish for, and this comes to mind, because you might be successful this month, Sagittarius.



Pisces

Showcase your talents at every turn this month. If ever there was a time when you can impress people with the variety of your skills, this is it, Pisces. Mind, not everybody in your circle will necessarily like this, though they may not tell you personally. Why? Well, there could be a little bit of jealousy doing the rounds. Yet supportive friends can rally round even more for you.

Secrets of Smudging

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Human history is full of fascinating mystical rites, from all corners of the world and every chapter in history. But few practices are so widespread and persistent as smudging — that is, burning specific medicinal or fragrant plants or resins, and using the smoke as a way to cleanse the energetic and physical body.

Most of us have tried smudging at some point, or observed others doing it. When done with love and care, using quality materials, it's a satisfying sensory experience. But how does smudging really work? Is there any kind of metaphysical (or even scientific) explanation for this age-old practice?

Let's start with science. A 2007 study in the *Journey of Ethnopharmacology* made a detailed assessment of air quality before and after smudging, including various medicinal smudging mixtures in more than 50 different countries. The researchers found that smudging eradicated around 94% of bacteria in the air. Astonishingly, these purifying effects could still be observed after an entire month. So when you consider the fact that air in highly populated areas contains high levels of bacteria, smudging is worth it — even from a purely scientific standpoint.

But is this all there is to smudging? Here is where we move into the psychic, intuitive and energetic ways of understanding the world. Human beings know intuitively — and have for

many centuries — that physical spaces and living beings have an energetic aspect that is not visible in 'ordinary' terms. Psychic vibrations, thoughts, intentions, past events, emotional energies, and even dreams can affect physical spaces and bodies. In the case of a physical being (whether human or animal), dark or unwanted energies may develop in the energetic body or aura. In the case of physical spaces, these energies can develop and affect anyone who enters the space, latching in to their spiritual or energetic body.

Like much of the 'intuitive' or psychic knowledge that has come down to us through the ages, none of this can be proven with the instruments of science. But there is a reason why psychics, healers, shamans, priests, and spiritual practitioners of all stripes have consistently used medicinal smoke to purify. Plus, the fact that science verifies a physical benefit to smudging is no small detail!

People have different ideas or "sensations" when it comes to psychic or spiritual phenomena. One person may have the gift of seeing auras or energetic bodies in a way that almost mimics "normal" vision. Another may be "clairsentient" — meaning they can feel things on a psychic level. When you go about your smudging routine, it's important to remember that your sense of cleansing could take any or all of these forms, depending on how you see the world psychically.

So what's a good smudging routine, and what are the main tools used for smudging? First of all, it's good to remember that smudging can be used to cleanse and heal people, animals, and physical spaces. Sometimes, you'll want to do all of three at once. If you're walking around the house with a sage wand, for instance, you'll probably want to smudge your own body (in addition to loved ones and pets) in the process. The medicinal smoke is like a psychic shower. Many people have specific rituals and smudging bowls, and make use of crystals or other talismans to amplify the power of smudging (crystals themselves can be purified with medicinal smoke, and most crystal healers agree that this is necessary).

In terms of which herbs and plants to use, everybody has different spiritual connections with different plants. Here is a short list to consider, but there are many more. Happy smudging!

| | |
|-------------|----------------|
| Sage | Frankincense |
| Cedar | Myrrh |
| Sweet Grass | Lemongrass |
| Eucalyptus | Lavender |
| Palo Santo | Pine resin |
| Blue Spruce | And many more! |

The Magic of Ruby



By psychic **Andrea**
pin 7726

In ancient times, it was believed that the Ruby surpassed all other precious stones in virtue, and its value exceeded even that of the Diamond. As a fiery and captivating thing of beauty, it is considered the most magnificent of all gems, the Queen of stones, and the stone of Kings. It is said that the Chinese Emperor Kublai Khan offered an entire city in exchange for a sizable Ruby.

The Ruby is one of four “precious” gemstones (the others are Diamond, Emerald and Sapphire). Ruby is known for its rarity, monetary value and hardness — which is only second to the diamond. The name comes from the Latin word *rubeus* meaning “red”.

If you go back through history you will find that Ruby has been revered in many different cultures. It has always been a talisman of passion, protection and prosperity. Ruby symbolises the sun with its fiery hue, suggesting the presence of an everlasting hypnotic flame within the stone itself. Legends claim that the stone would shine through even the thickest of clothing and could never be hidden — and that if a Ruby were to be cast into water, the water itself would begin to boil. It is even said that if carved and pressed into wax, Ruby would begin to melt that wax.

As an amulet, the Ruby was worn to ward off illness, to warn its wearer of impending danger, to keep the body safe, and to banish sadness and foolish thoughts. In some cultures it was reputed to bring its owner peace and tranquillity. People believed it would drive away frightful dreams, restrain lust, and help resolve disputes. Burmese Legend declares that if you insert a Ruby into the flesh it would make you completely invulnerable.

The ancient Hindus called the July birthstone “Rajinapura” or King of Gems, and believed the stone to radiate a warmth and

luminosity from the internal flame. This was linked to love and passion that emanates from the heart, making this precious stone the perfect for ardent lovers.

Ruby’s metaphysical properties are no less astounding in modern times. As a healing tool the vibrant Ruby actively stimulates the Base Chakra, increasing vitality and chi; the life-force energy that runs throughout the physical and spiritual body. As a powerful heart stone, Ruby is a force to be reckoned with. It can be used to open and activate the Heart Chakra. It can protect against the loss of heart energy, and dissolve emotional congestion. Ruby can even initiate sensual pleasure of life! It stirs the blood and stimulates the heart, encouraging you to enjoy life and being in the physical.

The best time to use Ruby is when you are feeling emotionally “locked up” and unable to move toward your life goals. Ruby has a refreshing highly positive energy. It can help you move forward and break down barriers.

Ruby promotes a clear mind, increases concentration and motivation. It can bring a sense of power to the wearer, a self-confidence and a strong determination that will help to overcome timidity and push you towards prosperity. It can be used to increase desire and sensual energy. Now wonder Ruby is traditionally considered to be a perfect wedding stone!

The Ruby has also been used to activate the kundalini – awaking kundalini for the purpose of reaching spiritual enlightenment.

If you are lucky enough to be born in the month of July, this fabulous fiery birthstone is something to be proud of. Deep in heritage and meaning, vibrant and beautiful, Ruby is a powerful addition to any healing or protective gemstone collection. Owning a Ruby is not only something that is beautiful to look at — it’s something to keep very close to your heart!

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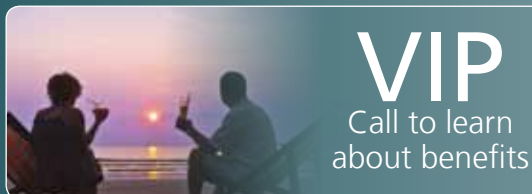
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