



January 2011

Think like a man of action, and act like a man of thought ~ Henri L. Bergson

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Psychic Retreat

On the spiritual island of Ibiza

I have the pleasure of running a teaching week alongside fellow psychic and tutor, Karina.

Our week, 6-13th May is called 'Mystical, Magical & More.' We will be covering an array of topics from psychic protection to past lives.

Check out the web link at www.psychicretreats.co.uk to see the accommodation, packages and read more about the workshops.

To read in-depth what Karina and I have planned just click the 2011 Retreat Calendar link and scroll down to 6-13th May.

The week will be suited to all abilities and price ranges

and even to those who have partners who wish to pursue alternative hobbies such as golf.

Teaching is a big passion of mine, so much so that I am focusing less on private readings and more on teaching, writing and demonstrating publicly.

If you are a budding teacher or psychic it is hard to know when is the right moment to dive in and share your talents with the public. I would respectfully suggest from the readings perspective that you either ask for donations to a nominated charity or just enough of a fee to cover your costs. That way the pressure is not compounded by feeling you need to give value for money.

In terms of teaching I guess we all have knowledge that

we can pass on but it is a pet hate of mine when people begin teaching too early in their spiritual career.

Although it could be argued that a lot of the information comes from Spirit—it must also be understood that much of it should be tried and tested by you, as the psychic before you unleash yourself on the unsuspecting public.

Remember, as a working psychic people will become very dependent on you very quickly and you are personally responsible for that which you say.



The Throat Chakra—Vishuddha

This is the communication centre for information you receive and also that which you give out.

The colour should be visualized bright blue, like a Mediterranean sea!

I have found that it ties in greatly with the Heart Chakra in as much as if our hearts are caged then we cannot express ourselves freely—so it is likely that if you have blockages in this chakra you will have to work

the healing in tandem with the heart centre also.

This energy centre correlates to the thymus gland and sits in the dip at the bottom of the throat between the collar bones.

Those with communication problems will often find that they continually have a tickle in the throat or in extreme cases the sensation of a lump. If the issues which you wish to communicate cannot, for whatever reason

be verbalized, then consider writing a letter to the person in question. Regardless of whether they are still living—once it is written burn it. You are no longer holding those thoughts and feelings inside.

The sound is H—A—M with a more intense vibration on the 'A' sound. Visualize the space in your throat as you chant.

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The true Tarot is symbolism; it speaks no other language and offers no other signs ~ Arthur E. Waite



Tarot—The Major Arcana ~ *The Empress*

Arcana = Secret or Mystery

The Empress sits patiently and waits...some say for the birth of her child?

This is the card of abundance and fertility and it will frequently appear in readings to announce a pregnancy, even before the parents have shared their news with the world.

The trees are full, green and lush, there is wheat present in the foreground and a bright red bolster beneath the seat telling of passion and energy.

A Querent who tends to

mother too much will have this card appear frequently in readings.

The sign of Venus (planet of love) sits to her right encased in a love heart and her crown represents the planets as they were known when the Rider-Waite was drawn.

The water in the background, as with all water in the Tarot, relates to emotion. In this instance it is not just a mere trickle but a rushing waterfall that is shown. By this we know this person allows things to flow freely through her, she can be powerful and perhaps even a force to be reckoned with.

Emotions are not always a positive thing and whilst abundance is the key theme of this card, the reader should warn the sitter that an excess of anything is often unwelcome.



Tarot—The Minor Arcana ~ 3 of Wands (Rods or Staves)

Here we see the merchants fleet is at sea. He focuses on that which is ahead rather than that which is already set in motion (e.g. the wands behind him.) His ideas, are grounded—the most recent one he still holds, perhaps a little reluctant to set free?

All have the potential to flourish, we know this because all Wands have tiny green shoots appearing—

suggesting new growth.

This maybe a solitary time and still a planning stage for the sitter. They may be acting as the witness in their own life; just observing and not participating. Depending on the surrounding cards it may not be prudent to rush any plans to a conclusion. The message in this card is about the journey and how best to handle it—the journey

being a metaphor for any new plan, decision or idea.



Tarot Reversals

I will not deal with reversals in the newsletter. Should you wish to advance to that stage I suggest you sign up for my on-line course when it is launched in the Spring.

Reversals tend to show either a blockage in the energy that the specific card represents or in some cases the opposite meaning of the card.

Take the cups suite, if you fill

a cup with water and turn it upside down, the water will spill out.

Therefore having a cups card come up as a reversal in a reading could suggest that there is no more emotion to give towards a certain situation perhaps because the sitter is drained.

Or, the sitter is unable to control their emotions and

often lets them out at inappropriate times.



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22nd: Private 1-2-1 Readings at Stepping Stones, Farnham. For details please call 01252 821 616.

26th: Skeptics Ghost Experiment—The Old Rectory, Cheam.

27th: Sutton Spiritualist Church—Evening of Clairvoyance.

29th: Private 1-2-1 readings at Quest, Ashley Centre, Epsom. For details please call 01372 878 606.

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I am moving the release date of the newsletter to the end of the month so the next edition will only be a flyer of dates.

The full newsletter will recommence at the end of February.



Paranormal Happenings?

If you know of a haunted location or you feel that your home or office is occupied by things that go bump in the night then get in touch with me.

020 8401 6234

Ouija Board

Oui=Yes/Ja=Yes

The Yes/Yes board, the talking or Spirit board. The Ouija board is considered to be a follow-on from the Victorian parlor games of table tipping during séances. Various superstitions abound such as never use the board whilst you are alone, if the planchette moves to all four corners then you are in contact with evil and don't

repeat aloud any unusual names or number sequences that are spelt out as you may be inadvertently unlocking something demonic.

There is not enough space here to go into the reasons that one should not become involved in this kind of paranormal activity without the appropriate supervision or guidance of a professional. Suffice to say though it is likely that if you do attempt

to use this or if you have in the past you will have an unsavoury tale or two to tell about the outcome of your endeavours.



FAQ's

Q: What is psychokinesis?

A: Another term for this ability is telekinesis. It is the ability to move things with the power of the mind rather than physically touching them.

Similarly spoon bending is a form of this power. I know it is possible because I did it as a child—unwittingly of course—and I sometimes question whether or not table tipping is also telekinetic energy as

opposed to spirit working through the object.

Q: What is a good psychic reading?

A: I always think that psychics and mediums are like marmite—you love them or hate them. Every psychic will have a story to tell about how the sitter refused to accept information.

When I have readings I expect the psychic not to ask questions, to give me some sort of personal

validation about my own character, family or life thus far. I also expect them to give me predictions—after all what else is a true psychic but a Seer?

If you go for a reading with a psychic or a medium then ensure that you are open-minded. Be prepared to hear what you need to hear, not what you want to hear. When the question is about relationships be honest with yourself. If it is dead in the water is there any point in reviving it? If you are looking for mediumship and are hoping for a specific communicator they may not come through. This is not always the fault of the medium. It can simply mean for a variety of reasons that the person in Spirit—however close to you—is not ready to make contact.