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The planet Mercury governs communication. Its Greek equivalent is Apollo or Hermes, the winged messenger to the Gods—perhaps the planet was given the role of communication due to the speed at which it does travels across our sky's, taking 88 of our earth days to orbit the sun as opposed to 365!

Mercury slows down the speed at which it crosses the heavens, usually only 3 times per year. This year however there will be four 'retrograde' periods. Judging by people's comments I feel that this, the third so far, is by far the most powerful we have experienced this year.

The planet does not physically go in reverse motion during these periods of time. What does happen is that Earth overtakes it in its orbit of the sun. As a result it appears to go

backwards.

Communications of course can mean a great deal. Cast your minds back to the beginning of September. Since that time have you become aware that lots of your electronic devices have gone awry?

What about your e-mail systems, faxes, phones, satellite dishes, sat nav systems in cars, broadcasting, both radio and television?

All of the above can very easily be affected during this 3-4 week period. However, many people also find that they cannot communicate what they want to say verbally either during this time. As a result any conversations that are had are misconstrued and can cause problems, due to the lack of understanding in the communication.

During the retrograde phase

then it would be wise to get your personal house in order. Any decluttering you have to do should be done during this time. Any plans, aims or objectives could be honed quietly with the intention of putting them into action once the planet begins its direct transit again.

This of course applies to all planets, e.g. you would not want to look for a new romantic relationship during Venus retrograde.

The next and final retrograde for Mercury this year begins on 27 December.

The image below shows the size of Earth in comparison to Mercury.



How the Newsletter was Born

I have wrangled with the idea of writing a newsletter for a long while now. So here it is! The newsletter will be sent out at the end of each month and I will cover many different aspects of the spiritual and astrological world.

I am sure there are many more subjects that folk would like to see touched on. If that is the case, then

please feel free to contact me and tell me what you would like to see covered herein.

One thing has occurred to me already I have such a lot to say about such a lot that I will quickly run out of column inches!

A free e-mail reading will be offered each month to one reader who is first out the hat. So, make sure you get

onto the website and fill out the Contact Form with the title in the subject heading 'Free e-mail reading'.

Please also check the site regularly, I will soon be launching CD's and various on-line and correspondence courses for those of you who cannot get to suitable development classes.



***Meditation is
the tongue of
our soul and
the language
of our Spirit
~ Jeremy
Taylor
1616—1667***



Mediumship

Mediumship is for the purpose of having contact with those friends/relatives/loves ones who have passed on.

It is not my intention here to debate whether or not this kind of connection is possible. I believe it is, having had evidence given to me in the past that could not be acquired through aura reading or telepathy.

Why am I so sure? Because it was information that I had to go and validate myself after the reading. That was confirmation enough for me that the psychic medium was not reading my thoughts and honing in on my wishes to have contact with a specific

individual.

It is said that all our thoughts, images and our general life imprint is stored in our aura. That may be the case and therefore I have quite a radical view to message giving/receiving. To me a message that isn't met with constant acknowledgements is of more interest. Think about it.

Mediumship should not be used as a crutch for the living. As the bereavement cycle progresses less contact should be expected from those in Spirit. They have their own journey and progression to make without concerning themselves about the emotional state of those

that they left behind.

Neither should mediumship be used as a question and answer session. When a client fires questions at the medium which they require answering by Spirit, the medium as a result must re-adjust their conscious mind to tune into the person in front of them. This potentially could mean that the link does not proceed so well after attempting to link back to the world of Spirit.

Please do not use your time with a medium to quiz them or your departed friends, relatives or loved ones. Use it to listen to the evidence that the person you knew and loved is still around you.

Meditation—Why Bother?

The initial assumption that many people have of meditation is that one must sit cross-legged, finger and thumb pressed together, in silence AND with a clear mind to boot.

This is counter-productive. It is difficult to sit cross-legged if you are not a supple person. Silence is not necessarily beneficial, various types of low, soft music are tailored to

enhancing the ability to relax. Having a clear mind is something that is virtually impossible. Far more valuable is the advice that says focus on your breathing. Ensure that your clothing is loose and your are undisturbed. Find a piece of music or purchase a specially recorded CD of meditation music.

When your thoughts wander, and they will. All that is

required is the discipline to re-focus your mind on your breathe. Any intrusive, ideas, suggestions or images should be allowed to 'float' freely through your conscious mind.

The 'Ego' will also make you fidget and scratch. It will wonder what you are doing being seated and still for so long. No matter, acknowledge all these things and with perseverance they

What Is the Tarot Really All About?

A Tarot reading is a fabulous, informative and enlightening experience when conducted successfully.

The history of the Tarot is still really unconfirmed. Many sources report the Tarot replacing playing cards as a method of divination. Others say that the picture cards were originally created as a game themselves.

One thing is sure. The

Tarot can give an uncanny representation of what is really going on in an individual's life. Hence they are frequently known as the 'mirror to the soul'.

Tarot readings can cover all sorts of subjects such as relationships, family quarrels, business ventures, study options, work plans and much more.

A reading of whatever

description should always only be seen as guidance. At the end of the reading the Querent (Sitter), must leave with the information. This should be presented as a series of options. Not something that is set in stone and must be followed regardless of previously intended plans.

A great deal of responsibility goes with each reading. Make sure you are

Psychic TV Schedule

Psychic TV is the UK's longest running interactive, live psychic show.

I have been a part of that show for over 18 months now and very much enjoy the work that I do there.

It is possible to tune in to the show on SKY Channel 886 or watch via broadband at www.psychic-tv.com

Send in your text messages or caller comments and have any nagging issues that you are struggling with put to rest.

My dates on screen for October at Psychic TV are as follows:

Your Dream Psychic Show

9am — 12 noon

6th, 9th, 16th and 23rd.

Psychic Interactive Day Show

12.30 — 5pm

2nd, 12, and 19th.

Psychic Love Zone Show

5.30 — 8.30pm

3rd and 14th

Psychic Interactive Evening Show

9pm — 2am

7th and 21st.

The show also offers the opportunity to have a telephone reading off screen and occasionally gives viewers the chance to experience a 'free' 5 minute live reading on air.

Read the testimonials on the website if you are in any doubt as to whether or not psychic readings can happen via the phone or by text message.

<http://www.psychic-tv.com/testimonials/litz-butcher>

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Halloween

Otherwise known as All Hallows Eve.

It is also the eve of the Pagan celebration now as Samhain (pronounced Sah-win). This is the festival to celebrate the end of the harvest season.

The 31st October, the eve before All Saints Day, is considered to be an auspicious day on which the 'veil' that separates the world of the living and the dead is

at its thinnest.

The Celts believed that if the dead returned they could reek havoc on livestock and crops. To prevent this they constructed large bonfires in the hope that unwanted Spirits would be kept at bay. The wearing of costumes and masks could be considered to be the same principle as the scarecrow in the field of crops—in other words to ward off the evil spirits that

were likely to appear.

The Trick-or-Treat aspect of Halloween is very similar to the practice of 'Souling' which took place on 1st and 2nd November, and involved the 'Soulers' going from house to house singing songs for money or food. Souling is mentioned as far back as Shakespearian times.

Halloween High Jinxes will be taking place at The Old Rectory in Cheam Village, Surrey on 31st October. Join me there for a ghost hunt and more!

Book early to avoid disappointment
Call:
020 8644 3855

Relaxation—Quick Time

This is a very simple, yet effective relaxation to prepare you to meditate. Ensure all potential disturbances are minimalised.

Sit in a comfortable hard back chair, ensure feet are firmly positioned on the floor. Eyes closed, legs and arms must be uncrossed.

Begin by checking that all muscular tension is at a minimum. Tension is held in

shoulders, jaw line, brow, hands, buttocks and the small of the back. Take in two deep breaths, ensuring that they go right down into your solar plexus and completely fill your lungs. Exhale sharply and imagine as you do so, that the breath out contains any stress and negativity that you have been holding on to.

Allow your breathing to settle down into a rhythm, all the

while using the breath as a focus in case the mind gets restless.

Enjoy the peace of the moment. Do not attempt to sit for too long if you are not used to it.

Slowly bring yourself back to consciousness, clap hands or stamp your feet on the floor.

