

FREE SPIRIT

January 2019

FEATURES

What on Earth is Gut Flora?

Making your home green again

PLUS

January Horoscopes

Reader Profiles

Jennifer Lopez

Showing us it's never too late for a 'Second Act'.

discover your future, release your past

Editor's letter

Firstly, Happy New Year! Traditionally January is the time for making New Year's Resolutions. But so often, we don't manage to stick to them and in the long run it can make us feel worse.

So, instead this issue we have put the spotlight on some of the things that folk are likely to be thinking about, when it comes to changes and improving their lives...

On most peoples list for 2019 is a bit more 'me time', so we highlight some great reads, for a time when you manage to grab 30-minutes to yourself.

Sleep length and sleep quality is something that many of us worry about, and wish we got more of, so we delve into just what's keeping us up at night!

Exercising and eating more healthily, are usually top of the list for many people. So, we take a look at Pilates, and Gut Flora, finding well balanced approaches to getting fit and eating better in 2019.

We also look at ways to bring a little of your garden indoors. And we talk chocolate – life would be very dull, if it was all about serious changes all of the time!

Of course, we check in with two psychics this edition, Holly – who is a new reader for us, and Julie a long-standing reader on the team. You will also find your horoscopes on pages 14 & 15.

Lastly, we discuss staying safe online – something that is an admirable goal for the New Year.

Charlotte

INSIDE FREE SPIRIT Magazine January 2019



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Joshua
PIN: 3899

Joshua is down to earth and a sincere and gifted psychic and card reader with an inherited gift, who can provide you with guidance and insight into your current situation. His specialities are love and relationships readings and soul-mate connections.



Karen
PIN: 5791

Karen is a medium and clairvoyant, she finds the work both unusual and rewarding; she brings comfort to many as she has a very calming approach. Karen works with a spirit guide to offer special and unique readings to clients guiding them through difficult decisions.



Lorraine
PIN: 3898

Lorraine's ethos is to serve Spirit by offering the highest level of empathic support, insight and clarity she possibly can to those who seek answers on their own path. She is known for getting to the point quickly and aims to give a 360degree view of the situation.



Mariah
PIN: 1881

Mariah is a medium, clairvoyant and healer, her style is honest and compassionate. Through Spirit she will support, empower and illuminate, just as her guides have done for her. Mariah specialises in bringing clarity to situations which are causing you pain and stress.



Mavis
PIN: 1010

Mavis is a medium clairvoyant and has worked with her gift for 25 years. Through her in-depth readings she gives guidance and direction, enabling clients to make the right decisions and choices in relationships, business, career, family and more...



Sandra
PIN: 2662

Sandra has over 29 years of experience in spiritual work; her gift has taken her all over the world. She gets messages from Spirit through thoughts, feelings and visions; she works on your voice vibration which assists with the connection and answers.

All calls are recorded; the caller must be 18 or over and have the bill payer's permission.

Readings under UK law are deemed to be for entertainment only. Helpline: 0121 737 5574.

Book Club

If all you want for New Year is a bit of 'Me Time', then why not find the perfect book to curl up on the sofa with, and watch the dreary winter go by, whilst you are catapulted to another lifetime...
2018 brought with it some good reads, why not try these enchanting stories:



The Wisdom of Sally Red Shoes, by Ruth Hogan

Once a spirited, independent woman with a rebellious streak, Masha's life has been forever changed by a tragic event twelve years ago. Unable to let go of her grief, she finds comfort in her faithful canine companion Haizum, and peace in the quiet lanes of her town's lido.

Then a chance encounter with two extraordinary women – the fabulous and wise Kitty Muriel, a convent girl turned magician's wife turned seventy-something roller disco fanatic, and the mysterious Sally Red Shoes, a bag lady with a prodigious voice – opens up a new world of possibilities, and the chance to start living again. But just as Masha dares to imagine the future, her past comes roaring back.

The Man Who Didn't Call, by Rosie Walsh

Imagine you meet a man, spend seven glorious days together, and fall in love. And it's mutual: you've never been so certain of anything.

So, when he leaves for a long-booked holiday and promises to call from the airport, you have no cause to doubt him. But he doesn't call.

Your friends tell you to forget him, but you know they're wrong: something must have happened; there must be a reason for his silence.

What do you do when you finally discover you're right? That there is a reason – and that reason is the one thing you didn't share with each other?

The truth...

The Immortalists, by Chloe Benjamin

It's 1969, and holed up in a grimy tenement building in New York's Lower East Side is a travelling psychic who claims to be able to tell anyone the date they will die. The four Gold children, too young for what they're about to hear, sneak out to learn their fortunes.

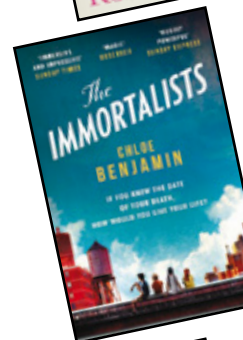
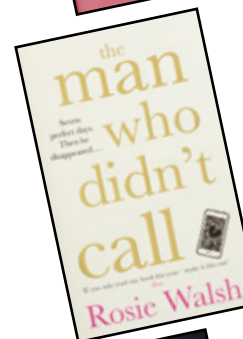
Over the years that follow, the siblings must choose how to live with the prophecies the fortune-teller gave them that day. Will they accept, ignore, cheat or defy them? Golden-boy Simon escapes to San Francisco, searching for love; dreamy Klara becomes a Las Vegas magician; eldest son Daniel tries to control fate as an army doctor after 9/11; and bookish Varya looks to science for the answers she craves.

A sweeping novel of remarkable ambition and depth, *The Immortalists* is a story about how we live, how we die, and what we do with the time we have.

The Hoarder, by Jess Kidd

Unintentional psychic Maud Drennan arrives to look after Cathal Flood, a belligerent man hiding in his filthy, cat-filled home. Her job is simple: clear the rubbish, take care of the patient.

But the once-grand house has more to reveal than simply its rooms. There is a secret here, and whether she likes it or not, Maud may be the one to finally uncover what has previously been kept hidden.



Cover images:

The Wisdom of Sally Red Shoes - Two Roads books
The Man Who Didn't Call - Mantle books
The Immortalist - Tinder Press
The Hoarder - Canongate Books
Available from all good book shops.

Reader Profile

Holly

PIN: 8080



Holly was first introduced to the psychic world through her family who were themselves recognised as really able to have this understanding. She was born into a family of six and worked for many years on their family estate where cattle, horses and sheep were raised.

It became obvious from a young age that Holly had this strong connection and intuition as well. Memories of her grandmother giving readings were a part of Holly's early training. From a young age she was thought of as 'special', her ability to speak to spirits was recognised. It wasn't long before others were speaking to Holly and her ability to connect grew stronger.

Accompanying her grandmother to Montreal, Holly was able to continue her studies, expand her knowledge and abilities and begin live readings. She also developed her medium connections, so that she could fully support clients that connected with her.

It didn't take long before Holly realised that the information she was receiving was coming direct from Spirit, and that she should value these insights highly. Later, she turned to learning and achieved her degree in Education and Spiritual Studies.

As a clairvoyant medium reader now, Holly brings fresh insights into the knowledge of the spirit world, with a sense of humour, you will quickly feel comfortable and safe discussing what is troubling you most; Holly is both encouraging and welcoming. Holly's aim is to address any issues and concerns that you are experiencing that are really preventing you from obtaining the happiness you desire and deserve.

Relationship readings are her strength and she will give you answers to questions both asked and not asked for! She will show you the way Spirit gives opportunity in even the most challenging of circumstances. Holly will connect the energy of both involved and bring new meaning to otherwise painful connections that appear to have no use.

Holly will sometimes use Runes as part of her readings; and also the Law of Attraction; she will guide you on how to manifest what you want from life. She believes Spirit is the strength we have at our disposal to show us the way to operate in our world without hardship and suffering.

As a reader Holly is softly spoken and compassionate, her aim is to impart to her client's thoughts, inspiration and above all clarity. As a natural healer Holly's aim is to bring insights to her callers, allowing them to take control over their own lives, safe in the knowledge they are making the right decisions, and that any new direction will manifest positive outcomes.

You can view the profiles of all our readers by clicking 'OUR PSYCHICS'.

We would love to receive your feedback following a reading, you can do this via our website, scroll to the footer and click 'REVIEW A PSYCHIC' under 'CONTACT'.



Let's Talk About Sleep

We all know that getting enough shuteye is essential to our health and wellbeing, but there may be times in our lives where good quality sleep alludes us!

Many of us agonise over how many hours of sleep we should get, in reality we are all different and the amount of sleep we need varies. Generally speaking guidelines for healthy adults are between seven and nine hours per night.

Quality of sleep however is probably much more important than the actual number of hours spent sleeping. It is likely to be more of a precursor for how you feel in the morning – do you wake feeling energised and ready to start the day, or do you need several snoozes and many strong cups of coffee to even feel alive?

Of course, how you sleep and how you feel in the morning, can also be determined genetically with whether you are more of a 'Night Owl', versus a 'Morning Lark', in other words do you prefer to go to sleep early and rise early, or do you naturally tend towards going to bed later and therefore would like to get up later (but maybe your schedule does not allow).

So, with all of that said – how can you make 2019 a good sleep year?

- If you are regularly getting a large amount of sleep, and yet are feeling unwell and unrested over a period of time, then see your Doctor to make sure you are not suffering with anything medical that could account for your symptoms.
- If you go to bed late, and have to get up reasonably early – it can be tempting to make up your sleep deficit at the weekends and during holidays by 'lying in', but in the long term, this is actually likely to make you feel worse, and can cause long-term health issues.

Medically this catching up of sleep is termed 'social jet-lag'. It is actually better to expose your body to natural light, as early as you can, helping you to advance your internal clock. Conversely at night, you need to avoid light (including devices that transmit light), so that your body clocks understand it should prepare for and go to sleep.

- Many of us will know that caffeine can affect sleep and sleep quality, but you may not realise how many products it is in from coffee, tea, soft drinks, chocolate and so on. Studies suggest that if you are sensitive to its properties withdrawing caffeine products from your diet should take place at least six hours before you need to go to sleep, but some people may need much longer. There is a brain chemical called 'adenosine', if we have had enough sleep then when we wake this brain chemical should effectively be at zero, it will then rise for each of our awake hours. Caffeine interferes with this process, essentially blocking its effects and keeping us feeling awake.
- Exercise is incredibly important for good health, but many of us will work-out during the evening after work. In some people exerting the energy will make them tired and create a better sleeping environment. But for others exercising too close to bed time can make sleeping much worse. One of the reasons for this is that exercising increases the body's core temperature, and in order to get good rest the body temperature needs to fall by one degree to create the onset of sleep.
- One of the main issues for poor sleep, is anxiety and worry. Being overly concerned with a lack of sleep or poor-quality sleep on top of existing problems can create a perpetuating cycle. So, sleep specialists generally suggest that you follow good sleep hygiene routines and leave the rest to nature. Hopefully in time your insomnia will pass of its own accord, once you have resolved what is bothering you.

Having house-plants had fallen out of favour in recent times, but now retro plants and having plants indoors is making a comeback.

It maybe that this bringing greenery inside trend has come about more from an interiors and design perspective, but in fact there are many reasons why having plants in the home can be good for your health.

Reasons for having greenery inside:

- Having indoor plants is thought to reduce stress levels for those occupying the spaces, as well as improving mood.
- Certain plants in particular improve air quality in the home.
- Research suggests that having plants strategically placed can increase our attention span, and improve productivity, as well as speed of reactions.
- Physical benefits may include: increased pain tolerance, reduced blood pressure, a reduction in fatigue, less headaches and better breathing.

For a better atmosphere and air quality:

Volatile Organic Compounds (VOCs), are one of the things that impacts a homes air quality. These compounds are emitted from things like soft furnishings, paints as well as the detergents we use to clean and maintain our houses.

Certain plants are very good at removing these potentially harmful compounds from the atmosphere: Fern, Dragon Plants, Spider Plants and English Ivy would all be good options.

Other great houseplant options:

For the Bathroom:

Chinese Evergreen – Low light, check water every couple of days (less needed in winter).

Broadleaf Lady Palm – Low light, needs watering every two to three days – year-round.

For the Bedroom:

Peace Lily – Indirect sun, summer – water daily, winter – water weekly.

Sansevieria (snake plant) – Minimal direct sunlight, once or twice a month for watering – less in winter.

For the Kitchen:

Aloe Vera – Needs a bright sunny spot, only needs watering once or twice a month (less in winter).

African Violet – Indirect sunlight, don't waterlog – but check and water every few days if needed.

For the Living Room:

Weeping Fig – Indirect sunlight, keep moist especially in winter (water every few days).

Red Edged Dracaena – Moderate sun, just water once a week (maybe less in winter).

MAKING YOUR HOME GREEN AGAIN





SECOND ACT

For the January magazine, I thought we would profile a feel-good movie, this time with Jennifer Lopez in the starring role. If you liked her in 'Maid in Manhattan', the chances are you will like her in this film – Second Act.

As the film title suggests, this is all about getting a second act in your life, not accepting that your life must follow on the trajectory you imagined.

In the film Maya (played by Jennifer Lopez) is a 40+ year old woman, who is frustrated that she has not achieved more in her life. She has a job working in a value store, she is very good at her job, but she gets passed over for promotion as a result of not having a college degree. Which just adds to her frustration.

But maybe her life is about to turn-around! Her friend Joan, played by her real-life friend Leah Remini, secretly sent off an application to a highly reputable company called Franklin & Clark on Madison Avenue – so far so good, except Joan may not have been completely truthful about her friend's education background!

The question is, will she own up and tell the truth or run with the opportunity and prove that 'street smarts' are just as valuable as 'book smarts', and that it's never too late for a second chance?

As you might expect of this romantic comedy, it is directed by Peter Segal known for his work on 50 First Dates and Get Smart. Jennifer Lopez and Leah Remini are joined by Milo Ventimiglia and Vanessa Hudgens.

The relationship between Jennifer and Leah has been hitting the spotlight, Leah has of course had a long-standing acting career, but has recently been known for her outspoken criticism of the religion Scientology since leaving.

As well as being the main star in the film, Jennifer is also one of the producers, and as an added element she got to direct her ten-year-old daughter in a video for a song that is on the sound track called Limitless – about not having boundaries.

The film is out in UK cinemas on 25th January 2019. The official trailer is available on YouTube: www.youtube.com/watch?v=YsV65necV6Q



Images courtesy of STX Films



Your gut, should be a well-calibrated environment of bacteria/flora creating a healthy microbiome, that in turn keeps your whole body balanced and healthy. To stay in harmony, there should be a balance of different strains of bacteria.

Scientists are now exploring the impact that gut bacteria have on modern diseases, in fact there are more than 1000 registered clinical trials in place right now. But they are not just looking at illnesses that you might imagine would be impacted by the gut such as bowel disorders, but they are looking at links to obesity, Parkinson's, mental health, brain health and cancer to name a few.

Research already carried out suggests that a diverse gut flora, can reduce risk of conditions like Type 2 diabetes, cardiovascular disease and can also improve metabolism.

• How does Gut Bacteria Work?

You will have a unique microbiome from about the age of five. It can be impacted by the environment we grow up in as well as the food we eat. The bacteria survive by living off non-digestible fibre, essentially it ferments the fibre and the bacteria feed off the energy. This is one of the reasons that including healthy sources of fibre in your diet is so important.

• Can Probiotics and Prebiotics help?

Prebiotics are dietary fibre (see above), and so good sources are essential, one of the best is 'inulin', found in artichokes, garlic, chicory and leeks. Probiotics are live bacteria – think yoghurt, pickled and fermented foods. These also supply bacteria to the gut.

• What things create an unbalanced gut environment?

As you can see from above not eating enough fibre would cause things to become unbalanced. UK adults should be aiming for 30g per day. Illness and inflammation in the body can also cause imbalances, as can taking antibiotics as they are known to kill off certain good bacteria.

Foods to try in 2019 to encourage a healthy gut biome:

Live Yoghurt - You might try adding raw almonds for an added probiotic/fibre kick.

Kefir – This is a type of cultured milk, using over muesli for breakfast could be a great substitute for a high sugar cereal and milk, or jam on toast.

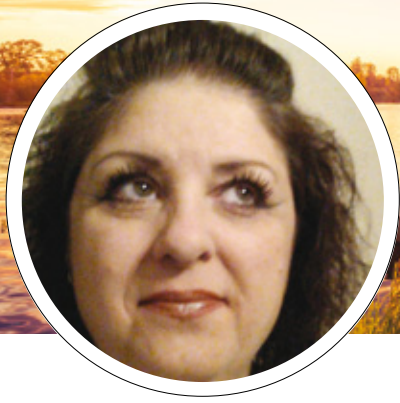
Kombucha – Not to everyone's taste, this is a tea, that has quite a sharp flavour. If you don't like it as a drink, try using it as a replacement for vinegar in salad dressings.

Kimchi – Readily available in shops, but better if home-made, this is a Korean dish of sour & sweet fermented cabbage.

Reader Profile

Julie

PIN: 3123



Julie was introduced to the psychic world at a very early age when her grandmother (Marié) taught her to read playing cards and tea leaves when she was still at primary school. Julie's grandmother used to read for people in her village and it seemed only natural to follow in her footsteps.

Julie is a natural psychic, clairvoyant, clairaudient and spiritual medium and whilst she can use many tools such as crystal ball, dowsing and psychometry she is just as comfortable without any of these prompts. Julie's mother and grandmother both nurtured her young talents and all three were very much aware of the presence of Spirit in their lives. She has now been reading as a psychic and medium professionally for almost twenty years and she's an excellent all-round reader.

Love and relationships are Julie's speciality, but she is able to give guidance on most issues affecting people's lives or connect with their loved ones who have passed over and sometimes people's pets may connect with her too. She's assisted by three spirit guides; her main guide is called North Star and he is a Native American Indian, her second guide is an Irish nun and her third is an Egyptian dancer. Julie is clairvoyant (clear seeing), clairaudient (clear hearing) and clairsentient (clear sensing).

Julie is a premier platform medium and she also runs workshops, to support others in understanding and developing their own psychic and spiritual awareness. She is also trained in hypnotherapy, psychotherapy, NLP, Reiki and spiritual healing.

As a reader Julie is an honest, caring person and says that she loves the satisfaction that the work gives her in supporting people. In her own words: "We all have a psychic self and should have faith in our intuition. While some people's intuition is stronger than others it's like a muscle and needs to be flexed and worked to develop fully. I also enjoy connecting people with their loved ones and giving them proof that the bonds of love are never broken. I enjoy guiding people with my insight, honesty and compassion - to find their path in life and to achieve the best they can for themselves."

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EXPLORING PILATES



In our November magazine we took a look at Yoga, but the more spiritual elements of the exercise are not for everyone and so today we are taking a look at Pilates.

Making Room for Pilates

It maybe that you already have an exercise routine in place, whether that is cycling, swimming, football, HITT training etc, but research suggests that it is a good idea for both recovery and injury prevention to round out your fitness regime with a weekly class in something like Yoga or Pilates.



Pilates Founder

Pilates, is in itself a complete exercise method, it was named for the developer Joseph Pilates; born in Germany Joseph suffered ill-health as a child that left him distorted and frail. He was determined to overcome his disabilities, and studied Eastern and Western exercise approaches and would later move to England and have jobs as a circus performer, boxer and self-defence instructor.

In 1926 he moved to the USA and opened an exercise studio, and perfected his regime of precise movements, that would focus on building the core strength of the body, improve posture and look at benefiting both physical and mental health, through controlled exercise and breathing.

Pilates designed over five hundred exercises, taking into account different levels of ability. Many classes now incorporate tools such as foam rollers, gym balls and resistance bands. But still today the slow and steady pace of the movements is retained. Which allows your spine to rotate and extend, your muscles flex and your abdominal contractions are controlled by your steady breathing at the right time.

Pilates in Practise

Pilates is very restorative, and can be done at a level that the body can cope with, such as a beginner, intermediate, advanced, someone post recovery etc. The movements can undo some of the damage that we create in our bodies through every day living – sore necks from looking at computers, long periods of time standing or sitting etc. Breathing and moving through the positions actually exercises your neuromuscular motor controls, which aids rehabilitation.



It is advisable to go to a class for beginners if you are new to Pilates, your instructor can take you through not just the positions but also the breathing. Lateral breathing will help you to engage your core muscles and also assist in the timing of the exercises.



Be in The Present

Whilst Yoga is more spiritual, Pilates does have a 'mindfulness' component, the breathing exercises in particular are useful in encouraging you to focus right in that moment. Needing to focus on the movements and the timing of the breath, stops your mind from wandering and keeps you in the here and now!

ALL ABOUT CHOCOLATE

For many of us, one of life's pleasures is chocolate!

Much of this magazine has focused on the things we can do to improve our lives in 2019 and beyond, from finding a gentler form of exercise, to sleeping better, to making room for 'me time'... But for a balanced life, there also needs to be pleasure and small indulgences here and there. A little bit of what you fancy, can go a long way.

The chocolate market has been expanding, and the flavour combinations now available in bar form are far and wide, from chilli and dark chocolate, to salted caramel to cocoa raspberry.

But for cooking and eating, we go back to the basics:

Cacao – this is raw unprocessed cocoa, often available in nib form (these are tiny cocoa bean chips).

Cocoa Powder – As it sounds this is ground cocoa beans, for use in baking, cooking and for making hot chocolate. Cocoa Powder can make hot chocolate, but you should not substitute 'drinking chocolate' in recipes. You may sometimes read or hear cocoa powder referred to as 'Dutch processed'.

Dark – You can cook, bake or eat dark chocolate, generally dark chocolate is classified as 70% cocoa solids and above. The higher cocoa solids produce a richer flavour. You might add it to a savoury chilli, or use in a chocolate brownie recipe. For recipes like cookies or muffins, you may like to use a mix of dark and milk chocolate. Chocolate is now available in percentages higher than 70%, but can be a bit bitter as less sugar is present – try it and see if it suits your taste. Generally it is not advisable to use a higher percentage chocolate than a recipe calls for – it may impact the end result.

Milk – As you expect, milk chocolate has fewer cocoa solids, and has more sugar and milk solids. You still might find some chocolate that has a higher percentage, around the 50-65% mark, but many milk chocolate products will be closer to the 20-25% range. Milk chocolate in baking is helpful when you want a sweet taste, but are not looking for something to be overly chocolatey. It can be used to make icing for cakes and muffins and to match alongside other ingredients like fruit and nuts.

White – Whilst we refer to white chocolate, there really isn't cocoa solids in many white chocolate products, it will be a mix of cocoa butter and sugar. It can be used in many recipes where milk chocolate is called for, you can use it to coat fruit like strawberries, or as an accent on cookie decorating. Or just for eating!



STAYING SAFE ONLINE

There is no doubt that young and old, we are embracing technology, phones/tablets, heating and doorbells we can control remotely, streaming television and the likes of 'Alexa' et al sounding in houses all over the country following Christmas.

But whilst technology is making lives easier for us in so many ways, scam artists and thieves are finding new ways to trick us. Some emails, or cons are so sophisticated that even experts find it hard to tell, and of course some just pray on those that are more vulnerable or unaware...

So, how can you protect yourself online during 2019 and beyond?

Scams by Email – otherwise known as Phishing

Phishing emails are made to look just like normal correspondence that you would receive. They will often be sent from companies that you are familiar with and likely use, such as TV licensing, big shops like Amazon, British Telecom and so on. The email is likely to be branded with the actual companies' logos and have similar wording to emails you will have received in the past.

Often Phishing emails, use a hook – something that will trouble you, in order to get you to take action. For example, it might say that 'We believe your account has been used fraudulently'. Usually a link will be provided, and of course when you click on it any number of things can happen from them downloading spyware on to your computer, to gaining access to your user name and password.

- In doubt – do not click on the link. Delete the email, or put it in your junk folder. Or pass on to the fraud department of the actual company, so that they are aware and can investigate.
- Check the 'sender' email address – you will often tell from this that it is not genuine.
- Read the email carefully. Often incorrect use of English language and grammar will have been used – which is a tell-tale sign it's fake.

- Think twice – genuine companies do not ask for your information, or get you to click on links to sign in via an email.

Redirecting Payment

If you will need to move money from your bank account to someone else, to pay for services, for example to a Solicitors for moving house, or to pay a contractor for work on your home.

Then pay very careful attention to any emails requesting the money and that provide bank details. Especially if anything differs like account numbers and sort codes from correspondence you have had before.

Scam artists will hack email accounts, and then intercept messages, aiming to look and sound as the person you were communicating with, in order to redirect the funds to their accounts.

If in doubt, send a very small amount of money – such as £5, and then check to ensure the recipient got the money okay.

Fraud via Gift Cards

Again, this is a scam you are likely to receive on email, from a company you are familiar with. The email will suggest that you still owe some money, perhaps to someone like the Inland Revenue.

They will go on to advise that if you pay by Gift Card, the amount you owe can be reduced. You will be instructed to provide details of the Gift Card serial number (obtained by scratching off the back).

Of course, once you have provided such information, the scam artists will use the Gift Card money, or sell on the information for cash.

A final note...

On paper it is easy to think that you will not be fooled by such cons, but many are very believable and, in the moment, create panic that cause you to act. At any time, you can report emails you find suspicious by contacting Action Fraud:

0300 123 2040

www.actionfraud.police.uk/

Astrology

with our expert

Carol Day

Welcome to Free Spirit's in-depth horoscopes for January 2019.



An exciting January for Aries as you're riding high in your career sky, which is ultra-powerful, with half the planets either in or moving through. There's also a New Moon on the 6th and a powerful Solar Eclipse in your career sky, you're given the green light at work. On the 21st we have a Lunar Eclipse which affects the family and children figures in your life, moneywise more practical thinking is needed from them. Emotional well-being comes with outer success.



Two eclipses are rocking your dreamboat this month and will give you a flavour of things to come in the year ahead. The Solar Eclipse on the 6th falls in your education/philosophy sky and there may be shake-ups in school/college plans, mostly successful. Despite the changes on the 21st of the Lunar Eclipse January is still prosperous and successful. The Sun enters your career sky on the 20th and you begin an amazing yearly career peak.



Gemini love sky is still very powerful; your ruler Mercury will be there until the 5th, and on the 7th Venus links up with Jupiter your love planet, so love is in the New Year air. You've started to smell the roses, their perfume is like a greeting from heaven, and you feel whole again, in life and love. They say Love conquers all so you will sail through the Solar Eclipse on the 6th showing dramas in family/finance, and check cars/computer on the 21st Lunar Eclipse.



It's a case of love and money go hand in hand for Libra, so you can look forward to a great financial month especially from the 10th-12th when the Sun travels with money-planet Pluto. Venus travels with Jupiter from the 21st-23rd another good money period and also wonderful for romance. Hang on to that thought during the Solar Eclipse of the 6th in your family sky with your family planet Saturn. From the 9th onwards Mars and Venus give harmony and love.



Venus is in your sign until the 7th, makes love happy and on your terms, it seeks you out. There will be shake-ups on the work front as your career planet Sun is eclipsed on the 6th, and the Lunar Eclipse 21st falls in your career sky. On the 7th Venus enters your money sky and travels with Jupiter; the 21st-23rd is especially powerful for both love and money. Perhaps there's someone you need to impress, try a softer approach, a little tenderness – love is all you need.



It's a great start to the year for Sagittarius, your finances are in good shape as you're still in the midst of a yearly money peak, so earnings are good and overall January is a happy and prosperous month. However, the Solar Eclipse of the 6th occurs in your money sky and also impacts on the financial planet Saturn, a double hit. New money strategies come to light which you can implement with ease. Enjoy the harmony of home and family this month.



Moonfolk's money-planet the Sun is in your love sky until the 20th, so much of your socialising is business related. You spend on entertaining but you can earn from socialising too. There's a Solar Eclipse on the 6th which urges more clarity in relationships, and the Lunar Eclipse of the 21st which is in your money sky brings more financial changes. This transit is also good for refinancing. More haste less speed is needed in health matters, get enough rest!



Whether you're employed or looking for work there's lots of job prospects for Leo in January, with two red-letter days the 1st & 2nd when your ruler the Sun conjuncts Saturn. There's a Solar Eclipse in your health/work sky on the 6th, which also shows good job changes. A 21st Lunar Eclipse indicates a New Year mind, body and spiritual makeover. Perfect timing, as the Sun enters your love sky on the 20th and you begin a yearly love and social highpoint.



Virgo are still enjoying a personal pleasure period which began last month, so you can forget your troubles and just get happy, and throw all your cares away. Creativity is strong and those of you in the creative arts should have a productive month. Even the two eclipses seem a little kinder to you. A Solar Eclipse on the 6th affects money with children figures in your life. The 21st Lunar Eclipse affects the spiritual, when the pupil is ready, the teacher appears.



It's an impressive start to the New Year as you are in a period of maximum personal independence and it's time to focus on your personal happiness. It's not selfish it's just the cycle you're in. The Solar Eclipse of the 6th affects you strongly as it occurs in your own sign and impacts on your ruler Saturn. It's a good time to contemplate changes to your personal happiness; stillness is needed. Newsflash: The Sun starts your financial peak off on the 20th!



Caring water-bearers, the two eclipses this month will hasten the changes caused by the Solar Eclipse of the 6th which occurs in your spiritual sky and impacts on Saturn, a mystical double hit in your 12th house. So, shakeups occur in spiritual orders, charitable groups and guru figures which you are involved with. A 21st Lunar Eclipse occurs in your love sky, highlighting relationships; you'll soon find that special person who captures the song of your heart.



Get ready for a new dawn – a new career direction – since the Sun rules your work sky and is eclipsed on the 6th; get ready for some positive job changes. Social life is full all month but it's not just about a good time, useful career contacts can be made, so don't retreat into your shell from random get-togethers. Creativity is high, and a Lunar Eclipse on the 21st indicates that someone's going to make you a 'Once in a Blue Moonbeam' job offer you can't refuse!



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