

FREE SPIRIT

December 2022



FEATURES

Numerology 22, Quartz Crystal
& Spreading Christmas Joy

PLUS

December Horoscopes
& Reader Profiles

Naomi Ackie

Do you wanna dance with
somebody this Christmas?

discover your future, release your past

Editor's letter

Welcome to the December edition. Firstly, I want to draw your attention to our seasonal offer (opposite page); it's £5 off a 20-minute credit card reading, and you can use the offer all month long and as many times as you like - enjoy!

On page 12, you will notice some updates about our services. This update is significant if you are an active Pre-Pay user. Don't forget that using the pre-pay service is like getting an offer year-round, with a 20-minute reading costing just £30 and free 10% bonus minutes when you top up 40+ mins. As the saying goes - run, don't walk.

We are ending two series in the edition; we round out Numerology with Master Number 22 and our Star Sign series with Sagittarius.

Of course, we also check in with some readers - Karen and Mary; both have been with us for some time and are very experienced.

We also cover a cinema film; about Whitney Houston, bringing joy this Christmas, and the Quartz crystal.

Wishing you and your loved ones a Merry Christmas - see you in 2023!

Charlotte

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Reader Profile

Karen
PIN: 5791



Karen's journey into mediumship started at quite a young age; she was just a teen. Read on as Karen tells her story in her own words:

"It was the early 70s, and groups like Led Zeppelin were singing about a 'stairway to heaven', and I loved the words. The lead singer wrote the song about a friend who died in a car accident, and one line mentions the 'voices of those who stand looking', the words inspired me, and I got a feeling that I wanted to know about the spirit world!

I know they watch over us and bring messages and I felt drawn to have a séance. At age 15, along with a few close school friends, I contacted Spirit and got a message clairvoyantly, which came to pass ten years later.

My calling to be a medium and clairvoyant had started; it was a calling like a priest; is called to the church. I sensed many things for friends before they happened but didn't question them, and I loved the colour purple. I wore a long purple maxi coat and realised the colour was healing to me.

I had some difficult situations to contend with over the next few years; I felt guided to Spiritualist Churches; and found books on mediumship. They just seemed to appear at the right time, most significantly just after losing my mother, and after her passing, my gift took off!

I started going to local spiritual evenings in the local pub run by two mediums, it was where I started standing up and giving out messages - I loved it... One night I sat and talked to a young man who did not see any point in living; I spent all night talking to him and gave him a message of hope; it gave me so much joy to assist him.

My social life became about church and pub meetings. I gained confidence, and people started knocking on my door to have a reading, which did not go down well with my husband! Sadly, we had drifted apart. However, I knew my pathway was to be a medium, and I started going to home circles with other established mediums.

I had a family to care for and a day job, but as the years went by; and many challenges in the workplace, it seemed the pathway was clear, and a choice had to be made to choose to work only as a Medium and Clairvoyant. The choice was made, and for the first time in my life - job satisfaction was mine!

During the pandemic and now with economic challenges, the work of psychics and mediums has become even more needed. It's more important than ever to know that what you're dealing with is understood by someone as more people have had to experience loss and need hope for the future."

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WANNA DANCE THIS CHRISTMAS?

Sony is bringing the rise and ultimate fall from grace story of Whitney Houston to cinema screens. The script was written; by the same person who wrote *Bohemian Rhapsody*. Sony has described *I Wanna Dance with Somebody* as a "no-holds-barred portrait of the complex and multifaceted woman behind *The Voice*." Only time will tell whether the story is one cinema-goers will enjoy and deserve to see; or whether it has been produced purely as a money-maker!

Music

Even if you think you are not that familiar with Whitney Houston's songs, background and career - the chances are some of it has slipped into your psyche.

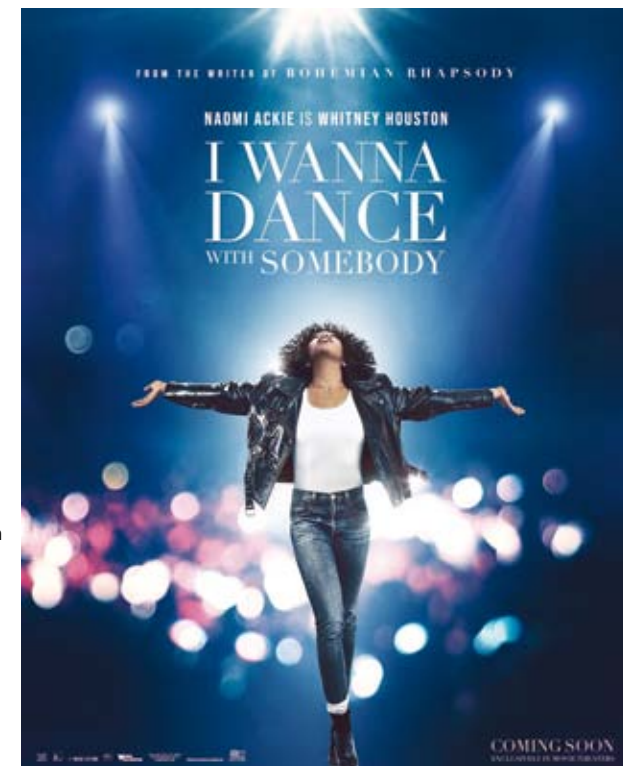
Arguably, Whitney's biggest songs are the film title - *I Wanna Dance with Somebody*, and then *Greatest Love of All* and *I Have Nothing*. Whitney was a 1980s success story, her self-titled album debuted in 1985, and two 'number 1's' followed - '*Whitney*' and '*I'm Your Baby Tonight*'.

Houston also made a name for herself acting, most notably alongside Kevin Costner in '*The Bodyguard*'. Although the film; was not well received by critics - her fans loved it, and it was a big commercial success.

Personal Life

Like many stars, her personal life was troubled - in the early years, rumours of a lesbian relationship nearly derailed her success. Ironically, she would later become a gay icon and an AIDS activist. In 2019 - Robyn Crawford confirmed in her memoir that they had been in a relationship.

However, the relationship that Whitney was known for was her marriage to fellow singer - Bobby Brown. Their union frequently made headlines, with abuse,



infidelity and drug use getting top billing!

Whitney had 57 singles as a solo artist, but tragically, her life was cut short at 48 years old; from an overdose. She left behind her daughter - Bobbi Kristina Brown, who was just 18 years old; at the time.

Star

Naomi Ackie (our cover star) plays Whitney Houston in the film. You might recognise her from *Doctor Who*, *Star Wars* or *Master of None*. Clive Davis who was Whitney's producer and friend, is played by Stanley Tucci. Tamara Tunie, who you may know from her long run, on *Law & Order SVU*, playing Melinda Warner (Medical Examiner), plays the part of Whitney's mother - Cissy Houston.

Family

It's been reported that the family of Whitney Houston have been heavily involved in the films making process. What we do know; is that straight from the off, the story is heart-breaking - so bring your tissues!

Trailer

The film will have a late December release in UK cinemas; in the meantime, here is the trailer:
www.iwannadancewithsomebody.movie/videos/

Sagittarius In-depth



How might someone describe a Sagittarius? They have a love of freedom; they can be adventurous and questioning. Optimistic by nature and spontaneous in actions. They have somewhat of a dual personality; that relies heavily on their intellect and instincts.

Sagittarians are ruled by the planet Jupiter and are mutable fire signs. Mutable for Sag translates into an ability to adapt to any situation. Jupiter is linked to wisdom and plays into Sagittarian's intelligence, as well as providing a sense of justice; and what is right and wrong. The fire element allows Sag to turn negatives into positives.

Traits

This star sign loves to travel, explore new places, and meet new people and having different experiences plays into their need for a sense of freedom.

Sagittarius can be very creative; whatever project they set their mind to - whether at work or home, they will tackle things with enthusiasm and energy. They are students forever, love to learn and can provide solutions to problems - however, sometimes their minds are a bit too philosophical, and ideas can be impractical.

The route of a Sagittarian is an honest person; on occasion, they may embellish the truth a little to add a frisson of excitement! One great thing about this personality is that they will always champion the underdog - so they are great to have on your side.

Love

In terms of love, Sagittarians prefer not to feel their feelings; they do not want to think about emotions and hate questions in this area! They do not like to let self-doubt in or explore any inadequacies they may possess - particularly in the romance department.

Having said all of the above, when Sagittarius decides to couple up, they are happy to be in love; there are generous and honest with their partners. It is not unusual for this sign to combine their love of travel with a holiday romance - which also links to them not wanting to be tied down.

The quick route to ending a relationship with a Sagittarian is to show possessiveness or jealous tendencies. They need to retain a sense of being them, and their individuality must be allowed to shine.

Weaknesses

People may consider this sign tactless and blunt, which can easily offend, even though this will rarely be the sign's intention. They can also move on quickly from a task at home, a work project or a relationship.

Character

Sagittarians tend to; keep smiling, so you will not always know when they are unhappy. However, when they are unsettled, they are much more likely to show the negative tendencies of their personality. For example, impatience, argumentativeness and criticalness of others.



NUMEROLOGY: Number Twenty-Two



If you want to read our introduction to Numerology (including how to calculate your number) and want to review the numbers one to nine and Master Number Eleven, then please visit our blog:

www.psychiclight.com/category/numerology/

Don't forget there is no number ten, but there is Master Number 11, and today we round out the series with Master Number 22.

Twenty-Two

The overriding sentiment of Numerology 22 - is perfection; this number is connected to planet Neptune and astrological sign Pisces. Outwardly, it would appear that those that calculate as 22s can do anything they put their mind to. However, they should be on their guard - as this brilliance can lead them to complacency, laziness or taking the cheats/easy way out.

Heart Number

Twenty-twos may not be the best judge of character; occasionally, they may misjudge a personality - which can lead to conflict, especially of the romantic variety.

Those with this master number have big hearts - they will often be called upon for their wise counsel; by family members, friends and even colleagues. They are wise even at a young age; and offer advice with compassion and empathy, which garners them; many friends.

Partners can occasionally be jealous of the attention they attract, as folk; are drawn to 22's enigmatic personality. Jealousy mainly happens when the partner is unsure where they stand; or if they are feeling taken for granted.

Expression Number

Numerology twenty-two can be idealistic; however, by and large, they make a success of their lives. In terms of work, they are talented and usually handsomely paid for what they do.

Remuneration may not always sit well with a 22, as at heart, they are humanitarians; with a strong drive to help others. They want their legacy to have made a difference in the world, although many find it harder to achieve in real life.

Twenty-twos may sense that other people are more deserving, but; they need to harness their potential, and really see things through to fruition, and not give up when the going gets tough!

Personality Number

Master Number 22, are gifted with talent, capability, charisma and benevolence - a lucky number indeed. Given the right circumstances, this number will set the world alight and will help those much less fortunate along the journey.



Spotlight on Quartz

Quartz is a fantastic crystal to add to a collection, as it is considered a master healer. The healing abilities of Quartz mean it can tackle any problem or health condition, stimulating the immune system and calming the body to bring about peace and balance. Equilibrium is restored as Quartz can create harmony across all the chakras.

Spiritual Benefits of Quartz

This crystal can be great to use at this time of year when we are feeling a bit frazzled and are burning the candle at both ends. It raises your energy levels to the highest possible!

If you are feeling disconnected spiritually; and want to get back in touch with your purpose - then Quartz should help.

When using Quartz, you should find your intuition is heightened, and you are psychically more tuned in. If you struggle with distractions and negative thoughts when meditating or practising mindfulness; then this gem may be a great source to assist.

Quartz Colours

Many of us will be familiar with clear Quartz, often found in a cluster with point shapes or as pillars. It can have a somewhat golden smoky hue. But there are many other colours of Quartz that you may want to consider, as they can have specific attributes you may find worthwhile. Here are a few examples:

Blue

- Use this gem to lessen fears.
- Blue Quartz can calm a busy mind.
- Encourages reaching out to others for support and guidance.

Harlequin

- Use this stone to reduce feelings of hopelessness.
- Provides a will to recover from illness and overcome difficulties.
- Harlequin creates a strong connection between the physical and spiritual worlds.

Lithium

- Considered to be a natural anti-depressant.
- Reconciles grief and anger, especially feelings from the past.
- Quartz is an excellent all-rounder healer and chakra cleanser. Great for humans, animals and plant life.

Tangerine

- Increases positive vibrations; and puts limiting beliefs into perspective.
- Provides lessons in life and love and finds the joy in everyday occurrences.
- Tangerine is valuable as part of past life work, especially if there are feelings that a past mistake is preventing you from healing today and moving forward in life.



Reader Profile

Mary
PIN: 5055

Mary connects with spirits and loved ones that come through in her readings, which she feels is a privilege as it is both comforting and reassuring for clients. Mary encourages her clients to ask questions; so; they can be confident with the knowledge they have obtained from their reading. All of Mary's readings are non-judgemental and insightful with a hint of Irish charm.

Energy readings are one of Mary's specialities; she can pick up on emotional, physical and psychological blocks without hesitation. All of her readings are straight to the point and non-predictive; she is also sensitive to all the information she receives.

In her own words, Mary describes her journey: "As a child, I subconsciously knew about the gifts I had been given. I lived in Ireland and was raised as a devout Roman Catholic, due to the rigid rules of Catholicism, I was led to believe that what I was experiencing was lies and extremely sinful.

When I was 19, I left Ireland and studied nursing at Guys Hospital London. I always seemed to be able to know how people felt without talking to them. It is a special instinct I have. I was blessed with two wonderful and intuitive children that I still learn about daily.

In the early 90's, I started doing complementary therapies. I realised that through learning these disciplines, I became more in tune with the psychic and clairvoyance skills I had and rapidly learnt to train and develop them. During the therapy sessions, I was aware of the spirit guides surrounding my clients. I worked in Ireland and England doing Bowen Therapy and E.F.T as well as being a Psychic, Medium and Clairvoyant.

I have a natural ability to make people feel calm and relaxed. I work with Spirit, angel and animal guides and can connect with loved ones if requested. I am direct and honest. I do not predict, as it can be controlling and limiting for the client, and I also work with Tarot cards. My goal is to assist people to find solutions. I believe that people have free will and have to take responsibility for their own choices. I have the insight and can get right into the heart of the situation.

It is an honour to be a part of the awakening service empowering people to be the light workers they were born to be. It is both exciting and challenging."

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This Christmas,

spread
a little



It is fair to say that recently things have felt a little bit bleak, both home and away - and we could all do with a bit of festive joy this Christmas season.

The spirit of this time is one of giving; there is no better gift than one's time and thoughtfulness.

If you have the time and means, then; why not carry out an 'advent calendar' or '12 days of Christmas' acts of kindness for others, and spread a little joy to those around you?

I'm sure you will have your own ideas, but here are some to get you started:

Charity

- Now, more than ever - people are visiting food banks. Why not check where your local bank collects from; and if there is anything specific, they need? At this time of year, they are often; short of non-food items like toiletries, household cleaning supplies, and some festive treats.
- If you or a friend has been meaning to declutter a space at home, then do it now, and then take any items that still have life left in them to charity shops. Especially seasonal items that you have no use for.
- If you can spare some time, you could do some volunteering. Some tasks can be done from the comfort of your home; for example, being paired to speak to someone over the phone regularly.



At Home

- Don't forget the animal kingdom at this time of year. It could be as simple as leaving leaves uncleared so that hedgehogs have somewhere to nest. Or, put out seeds and fat balls for birds to feed on; in the colder weather.
- If you know a loved one, friend or colleague is struggling; or will find the holiday season difficult - why not reach out to them? You could use technology and have a video call, or go old school and write a card or letter - pretty much everyone I know loves to get mail!
- If you enjoy cooking, why not make a meal for someone else? It could be someone who is suffering from ill health; and needs a pick me up, or it may just be for a frazzled mum who could do with a night off from the kitchen.



At Work

- If Secret Santa has been falling a bit flat lately, why not agree to organise a charity event instead? You could all wear a festive jumper or headwear - think antlers or a Santa hat. Or even dress up in costume! Instead of buying each other a £5 gift, why not put the money in a kitty and donate to a worthwhile local cause?
- If you have to work over the festive period, why not bake some treats to take to work and share with your colleagues? Mince Pies or Gingerbread biscuits would go down well. Not much of a cook? I'm sure no one will mind store-bought - the sentiment is the same.
- Even if your workplace is not having a Christmas party, why not take the time to get to know your colleagues this season? Enquire about their plans, find out what they are looking forward to and perhaps what they are dreading. Share your best tips for staying stress-free, or even swap or recipe or gift idea.



Home Made

- It is easy to get caught up in the commercialism that has become Christmas, so why not make and share some gifts with your friends and neighbours this year:
- A lovely door wreath of holly & ivy makes a festive gift.
- You could frame a photo for someone. Lovely for new parents or first-time grandparents.
- Make a Christmas cracker with a small gift or chocolate inside. Fun for a teacher or someone you want to show appreciation too.
- Write a thank you card to someone to that you are grateful. It might be your postman; someone you see out whilst walking the dog or an unsung hero in your community.
- Handmade Christmas decorations brighten any home and offer lovely sentiments for future years to whoever you gift them to.



Other Ideas

- Offer to help someone with putting up decorations. Elderly folk or those living alone often struggle with Christmas trees and string lights.
- If you know someone who is time-poor or not very creative - offer to help them with their Christmas wrapping.
- Smile at others, and pass the time of day whenever you can - Christmas can be a particularly lonely time for many. You may well be the only contact that person has in a day.



LATEST UPDATES

On the last day of October, we underwent some system changes. We wanted to thank you for your patience, as we know it caused some disruption across our sites and with our services for a few days.

We have communicated the benefits and changes via email sends and website banners. However, to catch up, you can read about it on our blog:

www.psychiclight.com/service-changes-for-clients/ (live until the end of December 2022).

Pre-Pay

Unfortunately, we had some compatibility issues with our Pre-Pay service and the system changes, so we had to make the difficult decision to ask clients to set up new accounts.

- If you were a past user of Pre-Pay but had no minutes on your account. Then, we would ask you to set up a new account as and when you are ready to use Pre-Pay again. Account creation instructions; can be found on the below website pages:

<https://www.psychiclight.com/pre-pay-minutes/>
<https://www.psychiclight.com/pre-pay-faqs/>

- If you were a Pre-Pay user before the 1st Nov 22 and had credit minutes on your account, then; please can we ask you to set up a new account (instructions on the links above).

You do not have to buy minutes to set up an account.

You choose your PIN code, and the system will generate an Account Number.

Then, please email us at: prepay@psychiclight.com and provide; **both your old and new account numbers.**

We have records of the accounts that had credit minutes at the time of transfer; with the above information, we will move across any credit minutes to your new account.

Only you, as the client, can set up a new Pre-Pay account; none of the Psychic Light team can do this for you.

Once again, thank you for your patience and cooperation in these matters.

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Aelissa
PIN: 4444

Aelissa is psychic, clairvoyant, clairaudient and a far seer. Aelissa feels that the reasons and causes behind issues can be clearly seen; timescales are more accessible and probable outcomes clearer when using Tarot as a reader tool.



Ellie
PIN: 1180

Ellie is a clairaudient, clairsentient and spiritual medium from a Turkish gypsy background. She has the ability to tune into the soul of a person and see the questions that need answering without that person having to say a word.



Emmanuel
PIN: 3641

Emmanuel has decades of experience as a psychic, medium and spiritual coach. Emmanuel has an empathetic reading style; his speciality is life path readings, guiding clients through difficult decisions on their journey - past, present and future.



Fran
PIN: 1133

Fran is a psychic medium with 17 years' experience, she hears and feels Spirit and has done so from a young age. She meditates before readings, allowing her guides to draw close, to inspire her with messages and words of wisdom for those that seek answers.



James
PIN: 2020

James specialises in love & relationship readings, providing clients with clarity and psychic insights so they are sure on the way forward. He has 25+ years of experience and has a friendly uplifting style, that quickly gets to the heart of matters.



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.

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: 0800 156 0580.

Astrology

With our expert:

Carol Day

Welcome to Free Spirit's in-depth horoscopes for December 2022



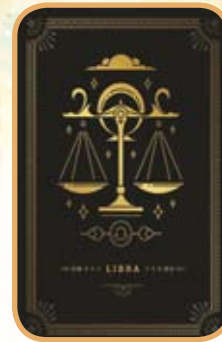
Spirited Aries, powerful cosmic energies are supporting your career; just in time to celebrate the festive season. It seems the Gods are giving you the Golden Fleece of success to protect you; whilst moving out of your normal element. Jupiter moves back into your sign on the 21st and crosses your Ascendant, so suddenly, you're the hottest ticket in town! On the 22nd, you begin a yearly career peak. You will have a wonderful Xmas full of love and laughter. Bliss!



Taurus folk will be pleasantly surprised this Xmas as destiny guides you through a winter wonderland. Jupiter moves back into your 12th spiritual sky, and you may find a spiritual discussion more alluring than a night out on the town. Perhaps, you are being prepared spiritually for success and wealth. On the 22nd, your 9th sky of religion & education becomes powerful. The spirit of Xmas uplifts your heart, especially the carol singing.



Celebrations are all around for Geminis, as you are still amid a yearly love and social peak until the 22nd. Ruler Mercury is still in the West, so the focus is on others and their needs. Good comes to you through others and not so much through your efforts. Your 8th rebirth sky is strong from the 7th onwards. You will be busy getting rid of needless chattels and emotional thought patterns from your life – the Cosmos helps you with that.



For many of us, the festive season is a party period, but for Libras, it seems that family celebrations are more important. It's not that you can't go out; you just love to be home. On the 22nd, the Sun moves into your 4th home/family sky, and you enter the midnight period of your year. So, it is a brief time to let go of your career and focus on your family. Finances are good, and you feel the pleasure of giving. You will enjoy an amazing family get-together this Christmas.



Lucky Scorpio - money makes your world go round this Xmas! The month ahead is prosperous, as you are still amid a financial peak until the 22nd. The financial planet Jupiter is moving forward, you have confidence and focus, and by spiritual law, we get what we focus on. Jupiter changes signs on the 21st, returning to your health/work sky, so you have great work prospects. With both Venus & the Sun in your mind sky, everything is coming up roses.



Remember that old saying: 'All your Christmases have Come at Once', well it is true for you! Lucky Archers are in a period of personal independence, plus you are still amid a yearly pleasure peak. The Sun enters your 2nd money sky on the 21st, and you begin a new prosperity period. Mercury enters your money sky on the 7th, then Venus on the 10th. Mercury makes your heart sing as you raise a glass of kindness for the sake of Auld Lang Syne.



Generally speaking, Moonfolk love the spirit of Xmas, so you will focus on your social skills and put the needs of others ahead of your own. Health-wise, Jupiter hovers between two signs: Pisces & Aries. Jupiter is in Pisces until the 21st; think body - foot massage; after the 21st, think body/soul - head massage! Love planet Saturn moves forward, and your 7th love sky is powerful from the 22nd onwards. Jupiter moves into your career sky on the 21st and ends the year successfully.



Christmas is a special time for fun-loving Leos, plus you are still amid a yearly pleasure peak until the 22nd. You can now focus on the joy of life; and your great creative talents. Health is good, and if you want to enhance it further – joy itself; is a wonderful healing force, and you have plenty of joy this month. Your 6th sky of health and work becomes powerful on the 22nd, creating a great period for jobseekers. Love equals Xmas happiness!



Virgos fall under the spell of the real spirit of Christmas now. Romance is good all month; love planet Neptune moves forward on the 4th and receives positive aspects after the 22nd. You can look forward to a party period as the 5th sky of fun/children gets stronger as the month grows. On the 22nd, the Sun moves into this Xmas sky, and you begin a yearly personal pleasure peak. He helps heal family issues and bathes you in magical sunlight.



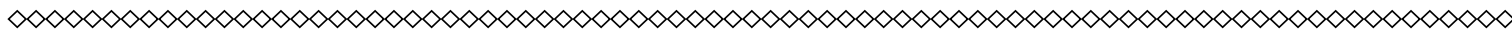
It is a question of – Lighten up and Fly Right, as you have been way too serious over the past year. The good news is that you are still in a powerful spiritual period until the 22nd. Altruism and sacred awareness also help your career. On the 22nd, the Sun moves into your sign, and you begin a yearly pleasure peak. It is time to enjoy the pleasures of the senses. Venus (career) moves into your sign on the 10th and Jupiter into the family sky on the 21st. Say a Prayer of Gratitude!



Caring water-bearers will be delighted to know you have a wonderful month ahead. Health is much improved, and you go your own way now. If there are changes; to be made which enhance your happiness, go ahead. The cosmic power is in your favourite friend's sky until the 22nd, so now is a perfect time to be with friends. The Sun enters your powerful spiritual 12th sky on the 22nd, and your ESP is amazing. You are coming home for Xmas. Heaven!



Career is front-page news for Pisceans this Xmas, and you are still amid a yearly career peak. In addition, career planet Jupiter is still moving forward all month and boosting your job situation. Love planet Mercury also visits the career sky, so business goals can be gainfully pursued by networking. Social contacts are also helping, and family is supportive. The family are raised in status through your success. Enjoy the spirit of Xmas!





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