

discover your future, release your past

Editor's letter

irstly, Happy New Year! I hope you enjoyed a good Christmas break and have managed to stay safe and well. Here's hoping that 2022 will be peaceful and will continue to bring you good health, happiness and prosperity.

So, on with this January edition. We start a new series on Numerology. Firstly, we check out what the magic of numbers is all about. Then we learn how to calculate our numbers from our name. More to follow in this series throughout the year.

We take a look at the Capricorn star sign - if you or someone you are close to is a Cap, do you recognise the traits? Don't worry; we will feature all of the signs of the zodiac in 2022.

Pages 6 & 7, see us visiting reader Angel and an Archangel in the form of Michael. We also catch up with reader Ruth on page 11. For more New Year and reader inspiration, delve into how psychics can support your resolutions on (12 & 13).

For our celebrity fix this month, we check out The Gilded Age - one for the TV calendar if you loved Downton Abbey!

If crystal healing is on the menu, then; we take a look at a more unusual gem: Kyanite. Lastly, we have your January horoscope forecasts - enjoy!

Charlotte

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Pick from our many talented psychics, all with different techniques



Alice PIN: 6543

Alice is a highly experienced psychic consultant; she feels her purpose is to give guidance to others on their journey. Alice works with Spirit to give heart-felt, profound readings, and she offers direction on how to find your own path to enlightenment.



Betty PIN: 3445

Betty is a psychic medium, with clairaudient and clairsentient gifts. With inherited gifts her Spirit awareness came early. Nothing pleases her more than being able to guide clients through their life difficulties, and pass on messages from loved ones.



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.



Mary PIN: 5055

Mary is naturally sensitive and an intuitive psychic, medium and clairvoyant. Energy readings are one of her specialities; she can pick up on emotional, physical and psychological blocks without hesitation. All of her readings are straight to the point.

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



Sandra PIN: 2662

Sandra has over 29 years of experience in spiritual work; her aift 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.



Sarah PIN:9888

Sarah's readings combine a unique set of interests and gifts from Tarot, the Luna cycle, Zodiac signs as well as Wiccan and Shamanic practices and beliefs. She forges a deep connection between you the client, the natural world and the spirit realms.

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

Introduction to Numerology

t has been a while since we discussed Numerology in-depth. As a practice Numerology still holds a lot of interest, not least because it is an easy way to enter the world of foretelling the future.

Numbers and the Alphabet

Ancient Egyptians believed there was an almost magical link between letters and numbers. In Greek and Hebrew cultures, a scientificapproach to the interplay of letters and numbers was practised. By assigning a number to the 22 letters of the Hebrew alphabet.

Pythagoras

In the 6th century, a Greek mathematician, you will no doubt know from your school days, was Pythagoras. He popularised the version of Numerology that we recognise today. To a mathematician, everything can be reduced down to a number; their thoughts are that numbers rule nature!



It's all in a name!

The idea behind Numerology is that you can analyse a name and gain valuable information about your character. You can analyse the name your parents gave you (very significant). Your full name with the surname. Your married name, and even the names of people connected to you: partner and children, for example.

The Numbers

If you research Numerology, you will find various number/letter keys. The one below is probably the most straightforward to use:



You can see from the image that there are numbers 1 to 9. Two other numbers are significant: 11 and 22. In each case, you break down a name (into numbers); until you reach a single number. If your initial calculation derives an 11 or 22 - these are not reduced further and are known as Master Numbers.

Analysing your name uncovers your personality, also specifically, how you express yourself outwardly.

Date of Birth

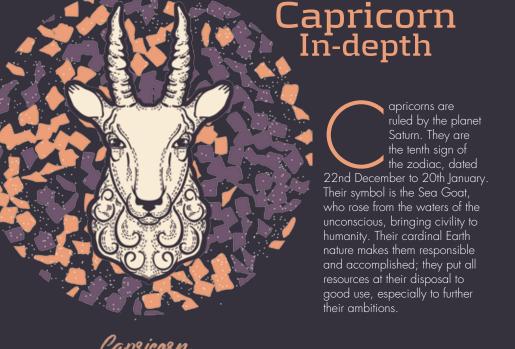
It is also possible to use Numerology to analyse your date of birth.

2nd December 1958: 2 + 1 + 2 + 1 + 9 + 5 + 8 = 28, then 2 + 8 = 10, then 1 + 0 = 1. Generally, when you are working with birth dates, they produce a Life Number. Each number: 1-9, 11 & 22, would detail your unique personality characteristics, which are fixed - in other words, your inner-most nature.

Series

Turn to page 9 to learn how we are going to analyse your name and what information it is going to tell us.





Dress Sense

Capricorns tend to dress quite conservatively. They like darker colours, navy, grey and black being favourites possibly with splashes of white. They are stylish in appearance, even when dressed down.

Personality Traits

This star sign is very resistant to change. Capricorns gain from Saturn qualities: resilience, strength, discipline, but lose from the polarity being negative - meaning they don't always see the joy in life and are rarely spontaneous. School years are not always the best for this zodiac sign; but, once they are out in the world of work and can prove themselves, things improve. They gain materially and achieve success and status, which makes them happier. Once established, they will use their skills to explore a more spiritual side of life. They also often help those less fortunate

Emotional Intelligence

Saturn is again at play with Capricorn and emotions; it is deemed a weakness to show and express their feelings. Whilst outwardly they can appear self-confident, often underneath, they can feel isolated and lonely. They can come across as aloof, but really, they are scared of expressing affection and warmth to others. They can be critical, almost as if to get in first, rather than be hurt by rejection.

Love

You can trust that if a Capricorn says they love you, they mean it. Flirting and showing interest in others does not come naturally. Nevertheless, they are interested in long term meaningful relationships. Once committed, they are faithful, caring and considerate of their partner.

Strengths

Capricorns have seemingly unlimited patience! They are wise, organised and have good attention to detail and handle complex tasks. They have a satirical sense of humour, which is well received, especially by their friends - to who Capricorn are very loyal.

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Angel is blessed with very strong connections to Spirit which makes her a very gifted medium. She believes a medium cannot be made; you can only be born with the gift, it is not something that can be taught! From a very young age Angel knew she was different, sensing everything around her. She is very sensitive to noise, light and taste and that is reflected in her readings.

Within her readings, Angel may start by choosing some Angel or Oracle cards. She has a very natural, intuitive approach, often messages from Spirit flow freely and consistently. Angel also shines as a medium and gives great comfort and support to all of her customers; especially those that have lost loved ones.

In terms of how Angel lives on a day-to-day basis, she enjoys walking in nature, being around trees and in the fresh air. Connecting with nature is so important to her. Angel feels that Earth energy can keep us grounded and energised.

When possible, Angel likes to start her day with gentle yoga moves, which is good for keeping both her body and mind flexible. To end the day Angel likes to carry out self-Reiki healing on her Chakra's; she often finds then, that when she goes to bed, she gets a fabulous night of deep sleep.

Sensing Spirit from a very young age and forming very deep bonds with animals and pets, she was nicknamed 'Snow White'. Angel could be classed as an old soul; she was always way beyond her years growing up.

Testimonials:

I had the most wonderful reading with Angel tonight. She is such a nurturing and warm-hearted person who was extremely spot on and informative. I would whole heartedly recommend her, I will certainly get a reading from her again in the not-too-distant future.

Yvonne

Just had a reading from Angel and she was so lovely, easy to talk to and really interested in advising me. She was also very non-judgemental about a situation I wanted clarity on and I would recommend her highly; I have been to many psychics over the years and she ranks highly. Thanks Angel Dee

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Archangel Michael

rchangels are the highest-ranking angels and feature in many religions. In some religions, you may see Michael referred to as Mikhail. The name Michael means Who is Like God. This interpretation is not literal. Instead, it should be considered a rhetorical question meaning, no one is like God and that Michael represents a symbol of humility before God.

Chief Archangel

Archangel Michael defeated angel Lucifer after a mighty war in heaven; Lucifer was cut down to earth where he was then known as the fallen angel - Satan. This demonstration of courage; leads many people to believe that Michael was Chief Archangel and head of Virtues. Virtues are where angels help humans demonstrate courage, especially under conditions of adversity.

Sword & Shield

Michael has a sword (possibly made from a sapphire blue flame) and shield. The shield and sword have two different meanings: the shield represents protection, and the sword is a symbol for helping us cut away things that are no longer needed.

Michael can protect us both physically and mentally by guiding us in our lives. He can also help us to understand our life purpose and be called upon when we lack commitment, dedication or motivation when we most need it.

Many people turn to angels in times of need and usually to one angel in particular. Archangel Michael is always there to provide support and assistance. Call upon Michael when you have questions about your life direction. Or when you need strength to carry on.

For people who are visited by him unexpectedly, it may mean that they require some assistance in their lives. If this occurs, you may feel hot and even see blue flashes or purple circling around you. Perhaps strength or encouragement towards a new goal is in a time of need. Archangel Michael's sword is there to give us a nudge in the

The presence of Archangel Michael can help you to find the people in your life that can aid, serve and guide you through trying times - these may be friends, family members, colleagues or even people you have yet to meet. Michael can help you with the difficult task of asking for and then accepting support.



SPOTLIGHT KYANITE

Kyanite is not that well known but is a fantastic crystal to work with, especially if you are trying to stimulate your psychic abilities. Using this stone will assist you in transmitting and amplifying higher frequency energy. You should find your ability to meditate and tune in is much easier with frequent use of the gem.

Spiritual Uses

Kyanite has many functions; you can use it for chakra work, especially when clearing meridian pathways. It has a very healing and transforming energy. It is a compassionate crystal and brings maturity and spiritual integrity to the fore. This stone can also be valuable in dream interpretation; to bring about calmer sleep and more healing dreams.

If you are experiencing high levels of stress, frustration and even anger, then working with Kyanite can cut through all of those emotions. So, you can get to the heart of the matter on a spiritual and psychological level

In conjunction with the Throat Chakra, you will find it easier to find and speak your truth. It does help when good communication is needed, and your self-expression is crucial. You will feel unblocked and less fearful when using this gem.

Kyanite Colours

Kyanite is mined in Brazil and is classified as a bladed crystal - hence its shape. It can be a mix of white and blue, as seen in the image, but also comes in green,

pink, yellow, grey and even black. It can also be pearlized, transparent or opaque.

It isn't a particularly rare crystal. Choose a black variety if chakra work and meditation are your primary focus. Choose blue to strengthen your voice. Both in terms of speaking your mind and more literally in terms of having to speak in public.

Healing

It can be helpful to wear Kyanite as a pendant; it can sit between the naval and heart, which will particularly help balance the yin/yang. This stone is a natural pain reliever; Kyanite focuses on lowering blood pressure, fever and healing infections. Its energies work best on the brain, throat, thyroid and adrenal glands.

Energy

One unusual aspect of Kyanite is that it never needs cleansing. That is because this crystal does not hold on to negative energy.

If you are unsure of the role that fate and karma play in your life, you will enjoy working with Kyanite; your capacity for logical thought will increase, you will like creating your way in the world.



Numerology: Calculating your Name into Numbers

ow that you've read about the magic of numbers, that is Numerology on page 4. We take an in-depth look at how to take your name and calculate the different numbers.

Which name to use

There are different thought processes for calculating a name. Some say it should be your full name, including any middle names. Some say you can work out your given name - first & surname, and then your married name (if applicable). Others think you should calculate the name that you use. For example: if your given first name was Jennifer, but; you always go by Jenny, then calculate the latter. So, I think this is a personal choice based on what resonates most with you.



Numbers

We are going to use the chart shown below for numbers/letters. However, we are going to separate the vowels and consonants.

Take a blank piece of paper.



Write your name, and then put the numbers above and below. Depending on whether the letter is a vowel or consonant. *Some numerologists treat Y as a vowel for this purpose - you can decide.

Example:

Vowels: 1 6 5
Name: C A T H Y J O N E
Consonants: 3 2 8 7 1 5

1st Calculation - Heart Number

To get your Heart Number, add the top line of vowels. So, from the example:

1 + 6 + 5 = 12, then 1 + 2 = 3

2nd Calculation - Expression Number

To achieve your Expression Number, add the bottom line of consonants. So:

3 + 2 + 8 + 7 + 1 + 5 + 1 = 27, then 2 + 7 = 9

3rd Calculation - Personality Number

To arrive at your Personality Number, you add the two above numbers (Heart & Expression) together.

So, 3 + 9 = 12, then 1 + 2 = 3

*Don't forget that if any of your calculations arrive at an 11 or 22 - do not try to reduce them further - keep them as Master Numbers.

Next Month

The chances are you will have different numbers for the above categories. Each month we will explore a different number, and throughout 2022 - you can become an expert in the Numerology behind your name.

We will also load up all of the information, how to calculate all of the numbers on our blog - so you will be able to refer back any time: **www.psychiclight.com/psychic-news/**

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f you loved Downton Abbey, you should be excited about a new HBO/Sky TV series called - The Gilded Age.

The Story

As you might guess from the name, the TV show is a historical drama based in the late nineteenth century. The show will play out over nine episodes and is set during a period when America saw immense economic changes.

You can expect the TV programme to chart the conflict between the old ways and brand-new systems, and of fortunes, both won and lost - think familial inheritance and the nouveau riche.

"The Gilded Age begins in 1882 with young Marian Brook moving from rural Pennsylvania to New York City after the death of her father to live with her thoroughly old money aunts Agnes van Rhijn and Ada Brook. Accompanied by Peggy Scott (Denée Benton), an aspiring writer seeking a fresh start, Marian inadvertently becomes enmeshed in a social war

between one of her aunts, a scion of the old money set, and her stupendously rich neighbours, a ruthless railroad tycoon and his ambitious wife, George (Morgan Spector) and Bertha Russell (Carrie Coon). Exposed to a world on the brink of the modern age, will Marian follow the established rules of society, or forge her own path?"

The Stars

Much of the cast will be familiar to you: Cynthia Nixon (Sex in the City) and our cover star Christine Baranski (The Good Wife & The Good Fight) play the Aunts. Unusually the lead role (Marian) is played by a newcomer - Louise Jacobson. It's probably fair to say that acting is in her blood, as she is the daughter of Oscar winner - Meryl Streep.

Release Date & Trailer

The show is due to air from the 25th January 2022; 9pm each week via Sky Atlantic and streaming service NOW. It starts a day earlier in America on HBO - so don't read any spoilers in the press.

If you can't wait until then, check out the trailer: https://tinyurl.com/GildedAgeTV



Ruth is an experienced medium who has decided to devote her whole life to spiritual development. As part of her work Ruth gives messages from folks departed loved ones from the platform in Spiritual Churches. Her greatest joy is in the hands-on healing and teaching of others. She has studied and qualified professionally as a Counsellor and Hypnotherapist in order that she may understand the psychology of people.

The journey for Ruth first began as a young child when she experienced a family tragedy, that was the catalyst or the beginning of her spiritual mission. She realised that in some ways she would have to grow up quickly as she was not going to escape life's troubles, tribulations and tragedies even from that young age.

As Ruth grew up, she came to the conclusion that to live a happy and joyous life was all about trying to understand people, including one's own family and sharing in unconditional love, compassion and forgiveness. Anger and resentment just had to go and she came to realise that whatever the question was 'love' always had the answer!

Then, Ruth decided to work on a much deeper level in developing and understanding her connection with the Divine, her Angel helpers and Guides. She worked on her personal spiritual growth, emotional strength, maturity and emotional intelligence. It is in the finding and attempting to practice all of these things that can make us the real Master!

Ruth believes that having the ability to adapt to life's situations and circumstances is really important as one can get stuck in a rut and in belief systems that just do not serve and can restrict the ability to live life to the full. So, when something isn't working, try not to be scared, just believe in yourself and attempt to change it...

Ruth's total dedication and sincerity are immediately apparent to all who speak with her.

Testimonials:

Clear, concise and kind. Spot on about everything. Connected straight away. Great link with spirit guide and myself. Carmelina

Thank you, Ruth, for being so patient and kind on our call. You touched on things I needed to hear and I was so happy to hear from the one person I was seeking guidance from. I will be back. Your gift has opened my eyes up more than you know. Thank you xx.

Hollie

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Even if we don't label them New Year resolutions, most people ponder at this juncture what will the year ahead have in store for me. You might also have a list of goals and things you want to achieve.

Despite us all being unique, it is surprising that year-in, year-out the same themes crop up for ways we want to improve our lives:

- Find love, or sort out problems in an existing romantic relationship. #NYRES
- Lose weight.
- Improve fitness.
- Give up smoking.
- Cut back or completely stop drinking alcohol.
- Change job or even have a complete career change.
- Move home, or embark on a DIY project.
- Learn a new skill; for example: play an instrument, learn to cook, or speak a new language.
- Pay down debts and save for a rainy day.
- Book a holiday, and travel more in general.
- Get a better work/life balance and reduce stress levels.
- Spend more quality time with family and friends.

These aspirations are admirable, but often, we fail miserably with New Year resolutions. Sometimes, this is due to approaching too many things at once. Other times, it is because our enthusiasm wanes as time goes on and everyday life gets in the way. It can also be that our route to achieving the goal is not targeted or specific enough. We may also find it hard to track progress.

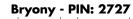
It is possible that you already have Psychic Readings, and maybe you stick to the same reader. As such, you may not realise that many of the readers are specialists in particular fields that could support you with your New Year changes.





Adele - PIN: 3622

Adele believes in change; she feels that complete transformation is possible. She can assist you in letting go of the past; and limiting beliefs, guiding you to embrace new and exciting possibilities and opportunities.



Bryony has many years of business experience; she focused on business development and troubleshooting. She can also advise on workplace relationships and is particularly good at supporting issues around self-doubt, self-esteem problems and low confidence.



James - PIN: 2020

James specialities are love and relationship readings, dream interpretations and spiritual life coaching. If you're looking for insight and clarity with a relationship issue. Or simply life is getting on top of you, then James will endeavour to ease the burden and guide you to feeling lighter and more positive.



Jasmine is a great reader to turn to if you are struggling with family dynamics; and the topic of raising young people. She also understands grief. The feelings that come from someone passing away. Then a different type of grief when a marriage or serious relationship breaks down. Jasmine is sensitive, authoritative and compassionate.



John - PIN: 5152

As a reader, John is lovely to talk to - he is warm and kind. If you need closure on a subject; then, John is a great psychic to turn to. John is a very positive person, firmly believing that we should never give up and that living is all about embarking on new adventures. His motto is that there is always light at the end of the tunnel!

Norma - PIN: 1414

Norma is a Psychic Agony Aunt. If you have relationship troubles - then why not give her a call? She specialises in in-depth relationship readings. These can be romantic, but also family or even work-based. Norma is particularly good at tuning into and understanding the feelings of those around you - giving you a whole picture.



Robbie - PIN: 3443

When you need pure positivity in your life, you can turn to Robbie. He is a natural healer, and your secrets are always safe with him. He loves finding solutions to problems and setting you on the right path - he is at his happiest when you have a really 'aha' moment! He lives a spiritual life infused with prayer, yoga and meditation.



If you have wanderlust in your heart, why not speak to Sandra? She has travelled all over the world and has said yes to many different experiences - no matter how scary they have seemed. Sandra offers guidance and spirit messages when people need support the most.



Seph - PIN: 1369

If you want to <mark>fee</mark>l clearer, wiser and happier - then Seph might be just the reader for you! Work and relationships are her forte, but you can ask her anything - guarantee that she will be direct with you in her response. Just what you need when trying to decide which changes to make.

Sadly, I don't have enough room to expel all of the life experiences, skills and abilities the whole reading team have But you can check out their profiles at: www.psychiclight.com/psychics/ It is worth considering a psychic reading to help you make 2022 your best year yet!







Astroloc



An exciting start to the New Year for There's an optimistic month ahead for Aries, as you are riding high in your career sky, which is ultra-powerful this month. You are in the midst of a 9th sky of education/theology shows an career/outer goals. Love planet Jupiter yearly career peak until the 20th, and for many, it continues afterwards. Aries career sky is chock-full of planets showing that's where your focus strong interest in religion and all things should be. You serve the family best by being successful in your outer life. This external success leads to emotional harmony, well-being and thankfulness. Well Done!

Taurus, first comes your happiness stars followed by success. Until the 20th, your optimistic and expansive period. Health is good; many of you will travel. When the 9th sky is robust, there is usually a spiritual. On the 20th, the Sun moves into your 10th career sky, and you begin a yearly career peak. The family is loyal.



Geminis are spoiled-for-choice in the first half of January. You are just getting started on the fast track to success with is at the top of your chart in your 10th career sky, which is wonderful for both career and romance. Much socialising is career-driven and vou're meeting top people which boosts your career. From the 12th-17th ruler, Mercury makes dynamic aspects to Uranus, who shines a new spiritual light in your heart.





There's a romantic spring in the Virgo step in January, as you are still in a yearly pleasure peak until the 20th and have some New Year parties on offer, Family socials and spiritual settings set the scene for romance; maybe an old flame gets in touch. Health is sound this month; finances are also good but avoid big purchases until after the 29th. For many of you, love is at a lifetime peak, so open your lovely heart. Perhaps it's time to take a chance on love?

expert: Welcome to Free Spirit's in-depth horoscopes for January 2022



Librans enjoyed a delightful festive season, so now you can unwind, bask in domestic bliss, and relax. Take advantage of this downtime as you need to rest and recuperate. Home/family are where the action is, so focus on your home/ emotional well-being. Wistful memories surface; things that once upset you now bring a smile to your face, which in turn brings healing. Pluto ensures finances are in good shape. Jupiter has a dream job waiting in the wings.



January shows a good health month up until the 20th, but afterwards, you'll need to make sure you get enough rest. Though health/energy could be better, some great things are happening. Jupiter in your 5th sky of fun/creativity brings pleasure and leisure activities, so you enjoy life more. Jupiter indicates happy money that is earned in fun ways. You may also experience some 'miracle' money now or in the next few months, Cloud Nine!



Good news for Centaurs! You are still amid a yearly financial high until the 20th, then even after that, there will be prosperity. Over half the planets are in your money sky or moving through there. With Mars in your sign until the 25th, you're blessed with energy; a Can-Do spirit and health is also excellent. The sky's the limit; money is chasing you for a change! Focus on emotional harmony and prepare for a great career year in 2022.



is in the Western social sector this month. It shows your 7th love/social sky is powerful; so, you enjoy a yearly love/social peak until the 20th. Singles in naturally by karmic law.



At least 80% of the planetary influence Leo, you're in demand! January is a great month for job seekers as you begin the year with a powerful 6th sky of health/ work; over 50% of the planets are either there or moving through there. Even will be dating more than usual, but those employed will have openings for those in marriages are spoilt for choice overtime or second jobs. Health is good socially. The Sun (money) will be in the until the 20th; after a little R&R won't go 7th sky until the 20th, so social contacts amiss. Then the Sun enters your 7th love are the key to success. You prosper by sky, and you begin a yearly love/social helping others; your own supply comes peak. It's Leo's likeability that makes for success. Enjoy!

Courageous Capricorns, you have won vour stripes from last year and can continue to enjoy a yearly personal pleasure peak. You are at the maximum period for personal independence. It's a me/myself kind of month where you'll be busy creating your own happiness; you have great cosmic support. On the 20th, the Sun joins Saturn in your money sky, and you begin a yearly financial peak. Moonbeams of love are sent on the 16th & 17th. Joyful!



Mystic water-bearers will feel inclined to explore spirituality more deeply this month. You enter a phase of mind, body and spirit fine-tuning this month. after which you often experience spiritual breakthroughs. ESP abilities are very sound, and your spiritual sky is chock-full of cosmic support and sacred Saturn. Prosperity is ultra-strong now, giving you the freedom to pursue spiritual interests. Breakthroughs are a gift from the Divine. Blessed!



Get ready for a new dawn, a new way of being; the planetary power is in the Eastern sector of your chart the sector-of-self! You're in a phase of robust personal independence, self-esteem and confidence. Take the steps needed for your own happiness. Pisces friends/group sky is powerful all month. Jupiter in-house shows prosperity and makes your world go around. We'll take a cup of kindness yet - for the sake of Auld Lang Syne!

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