

FREE SPIRIT

February 2026



FEATURES

Heart Check-ins, Pancakes,
Year of the Horse and Manifestations

PLUS

February Horoscopes
& Reader Profiles

Courteney Cox

When the Past
Refuses to Stay Silent!

discover your future, release your past

Editor's letter

February is packed with reasons to celebrate, and we're starting with Valentine's Day on Sat 14th. Whether you're sharing the day with a partner or focusing on self-love, turn to page 5 for our guide on checking in with your heart. Just a few days later comes Shrove Tuesday, better known as Pancake Day! Will you be sticking with classic British pancakes topped with lemon and sugar, or opting for something a little healthier or more adventurous? See page 9 for tasty inspiration.

On 17th Feb, we welcome the Chinese New Year and step into the dynamic Year of the Horse. Whether or not you were born in a Horse year, all zodiac signs can tap into this energetic influence, discover how on pages 12 & 13.

This month, we catch up with reader Toby – could he be the intuitive guide you've been looking for? We also introduce new reader Daisy, whose warm and compassionate approach brings clarity to her clients. Plus, reader Sarah shares her fascinating insights on Manifestation, have you tried it yet?

Don't forget our email reading offer on pages 6 & 7. We also shine a light on Courteney Cox, returning to the screen in Scream 7. Finally, be sure to check out your horoscopes to see what the month has in store!

Charlotte

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Readings under UK law are deemed to be for entertainment only. Helpline: 0800 156 0580.

Reader Profile



Daisy
PIN: 6006

Meet Daisy, Spiritual Medium, Psychic & Natural Healer

Daisy is a gifted spiritual medium, psychic, empath and natural healer who has worked with spirit from a very young age. She is both **clairvoyant and clairaudient**, with the ability to see and hear spirit clearly, allowing her to bring comfort, guidance and deeper understanding to those she connects with.

A Lifelong Spiritual Connection

Daisy first became aware of her spiritual gifts at just three years old. While her early experiences were initially overwhelming, she soon adapted, and her spiritual awareness became a natural and familiar part of everyday life. As she grew older, her abilities continued to strengthen, inspiring her to explore and develop her gifts more seriously.

Development, Training and Professional Experience

In 2016, Daisy began attending spiritual churches and development groups to refine and strengthen her abilities. Through dedicated training and ongoing practice, she learned to work confidently with spirit and went on to begin reading professionally in 2019. Since then, she has gained extensive experience, offering readings across various platforms, as well as providing one-to-one sessions, events and private readings.

Ancestral Roots and Spiritual Sensitivity

Daisy has Celtic and Romani heritage within her family lineage, and she feels these cultural roots have played a significant role in her natural spiritual sensitivity and connection to the unseen world.

Intuitive Methods and Reading Styles

Daisy works both **with and without tools**, depending on the client's needs and the energy present within the reading. Her methods include **tarot cards, oracle cards, colour therapy cards, crystal ball readings, psychometry**, and intuitive guidance, allowing each session to unfold naturally and authentically.

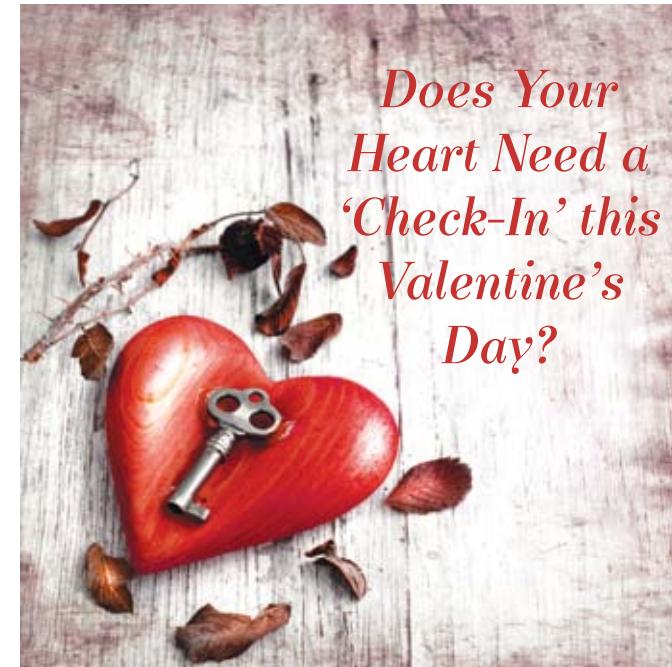
Warmth, Compassion and Healing

Warm, compassionate and deeply connected to her work, Daisy aims to bring **clarity, reassurance and healing** to every person she reads for. Each reading is approached with care, sincerity and respect, ensuring clients feel supported and understood throughout their experience.

Why not speak to Daisy today: www.psychiclight.com/psychics/daisy/

Testimonials

Have you had a reading with Daisy? Feedback is always welcome:
www.psychiclight.com/review-a-psychic/
uk.trustpilot.com/review/www.psychiclight.com



Does Your Heart Need a 'Check-In' this Valentine's Day?

Heart Check-In

This Valentine's don't sit in judgement of your love life, and especially try not to label it as a success or failure. Maybe treat the day as a pause, to check-in with your feelings. In your heart of hearts what if anything is bubbling away under the surface?

Do you have unresolved pain, are you experiencing feelings of doubt, do you long for a certain person or just a special someone? Or are you content, just as you are – whether in or out of a relationship?

This isn't about finding problems, or solutions, but is more about turning attention inwards. Literally let your heart sing – and listen to what it tells you!

Heightened Emotions

As events like Valentine's creep up, expectation quietly builds. You will begin to see and feel subtle and sometimes not so subtle pressures everywhere. In food shops, at the cinema, on television, restaurants emailing, social media recipes – Valentine's will be everywhere – many of the things designed to make you feel as if having someone special in your life is the only way to go!

These days are a marketers dream, and being in a relationship during Valentine's won't let you escape. It is still easy to feel as if your partner doesn't care, if they didn't pay an extortionate fee to buy red roses on this special day, get a fantastic restaurant reservation, shower you with chocolates and more...

What Do You Really Want and Need

At Psychic Light, what we notice from readings is that people are generally not looking for or expecting grand gestures, they are certainly not dreaming of fairytale endings, and the perfect outcomes seen in rom-com films. They want to know much more basic – and yet oh so complicated things. How do I know this person is the one? How do I trust that I am making the right decision, when I've got it so wrong before? Why do I keep repeating the same patterns? Why is my love life/my relationship so complicated? Do I go, or do I stay?

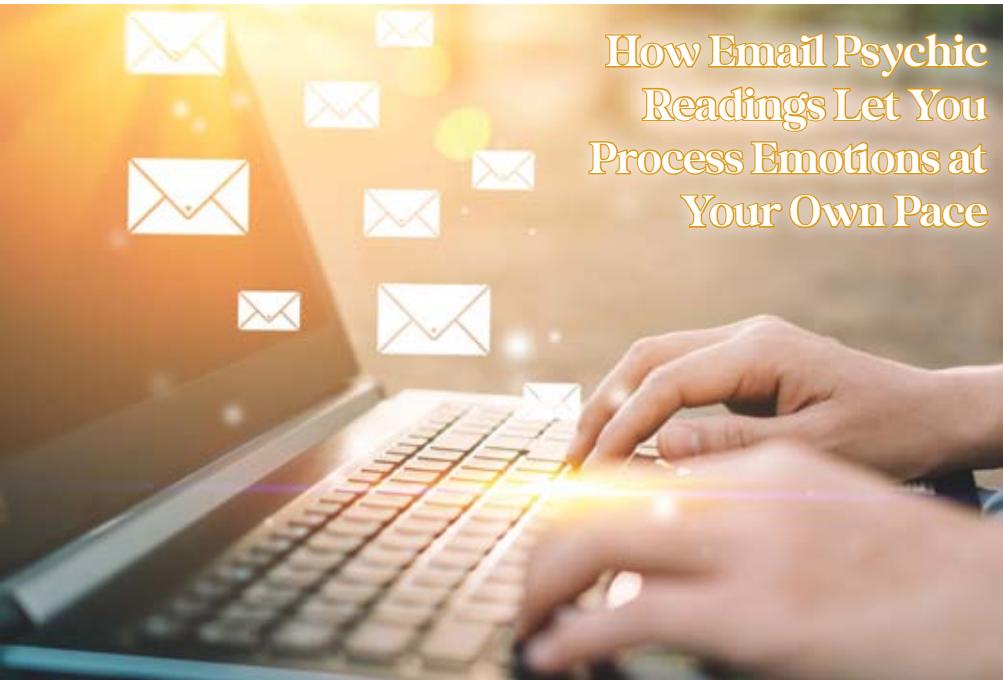
No Judgement

This Valentine's Day it is time to believe in your intuition. Take time to consider whether anything needs to shift, to heal or to be released. Listening to your gut should not feel like pressure, it is just a way of tuning into your emotional truths that have been there waiting for you to acknowledge them – for good or for bad.

So, What Is Your Heart Asking for Right Now?

Quite a lot of special dates/days throughout the year carry a certain weight of expectation, none more so than Valentine's Day. No sooner have the Christmas decorations been packed away, the shops are filled with love hearts, cards, flowers, romantic meal ideas and more. All of which can bring our relationship or perhaps lack of them into sharp focus. For many of us the 14th February won't bring certainty, more likely it stirs up emotions, makes us reflect on where we are, and perhaps makes us sit in a bit of quiet discomfort if we find those things lacking.

If you have entered 2026, with an attitude of doing things differently, then maybe it is also time to look at this romantic milestone in a different manner too?



How Email Psychic Readings Let You Process Emotions at Your Own Pace

Processing emotions is not always a straightforward experience. When we are dealing with uncertainty, worry, or significant change, it can take time to fully understand what we are feeling and what those emotions are trying to tell us.

This is one of the reasons many people are turning to email psychic readings. They offer a gentle, unrushed way to receive intuitive guidance, allowing us to explore insight in our own time, without the pressure of a live conversation.

With written guidance that you can read, revisit, and reflect on as often as you need, email readings create space for clarity to emerge gradually. Whether navigating a difficult situation or simply trying to understand ourselves better, this format supports emotional processing in a way that feels calm, private, and grounded.

How Email Psychic Readings Work

Email psychic readings offer a unique and flexible way to connect with a psychic. Unlike phone or in-person sessions, the guidance is delivered in written form, allowing you to read, reflect, and absorb the insights at your own pace.

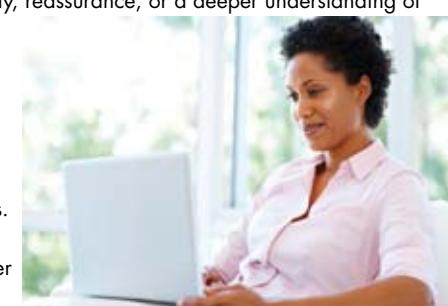
At Psychic Light, our email psychic reading service allows you to submit your questions or concerns directly to one of our experienced readers. Each response is carefully crafted to provide personalised guidance, explore possible outcomes, and offer practical advice tailored to your situation.

This format gives you the space to revisit the reading, reflect on the insights, and apply them thoughtfully to your life, making it an ideal choice for anyone seeking clarity, reassurance, or a deeper understanding of their circumstances.

The Unique Benefits of Email Psychic Readings for Emotional Clarity

This slower, considered approach allows you to connect more deeply with the guidance, allowing you to recognise patterns in your feelings, identify underlying causes of emotional blocks, and gain perspective on difficult situations.

Unlike live readings, which move at a set pace, email readings let you process emotions gradually, making it easier to integrate insights into your daily life.



Creating a Comfortable Emotional Space

One of the key advantages of an email psychic reading is that it allows you to engage with the process from the comfort of your own environment. Being in a familiar, safe space lets you feel more at ease, which can enhance your ability to be open and honest about your emotions.

You can take your time to gather your thoughts, write down your questions carefully, and express your feelings without feeling rushed or pressured. This relaxed setting encourages deeper self-reflection and allows you to approach sensitive topics with clarity and calm.

Moments Where Email Psychic Readings Can Bring Clarity

Email psychic readings can be especially supportive during emotionally sensitive or complex periods, where clarity and reassurance are needed without the pressure of immediate conversation. Having the space to read and reflect in your own time allows emotions to surface naturally and insights to be absorbed more gently.

Some common emotional situations where email readings can be particularly useful include:

- **Relationship uncertainty or emotional confusion**

When feelings are mixed or unresolved, written guidance allows you to revisit insights as emotions shift, aiding your understanding of patterns, dynamics, and potential next steps at your own pace.

- **Grief, loss, or emotional healing**

During times of grief, emotions can feel overwhelming and unpredictable. Email readings provide compassionate guidance that can be revisited whenever comfort or reassurance is needed.



- **Periods of stress or anxiety**

If you're feeling emotionally overloaded, an email reading removes the pressure to articulate everything in the moment, offering calm, considered insight you can return to when your mind feels clearer.

- **Personal growth and self-reflection**

When working through emotional blocks or life changes, written readings support deeper reflection, allowing you to journal, pause, and process insights gradually.

- **Major life changes or transitions**

Situations such as moving home, changing direction, or redefining personal goals often come with emotional uncertainty. Email readings let you explore these changes thoughtfully, without feeling rushed.

By offering clarity in a calm, accessible format, email psychic readings support emotional understanding in a way that feels reassuring, private, and empowering.

Email Psychic Readings at Psychic Light

Email psychic readings at Psychic Light provide thoughtful, intuitive guidance delivered directly to your inbox. This format allows you to reflect on insights at your own pace, making it ideal for emotional clarity and careful decision-making.

Each reading allows up to three questions, so you can explore relationships, career choices, personal growth or other topics that are on your mind. Your questions are matched with one of our experienced email readers — Chrystalyte, Mariah, or Sarah — who offer detailed insights tailored to your needs. Astrological readings are completed by Chrystalyte using your birth details for added context.

After completing your order, you'll receive a written response within 72 hours (by return email), giving you the freedom to absorb and reflect on the guidance.

Limited-Time Offer

Throughout February 2026, our Psychic Email Readings are available for **just £29 instead of £39.95**.

There's no code to enter — the reduced price is applied automatically at checkout. Take this opportunity to gain intuitive insight, guidance, and clarity for the months ahead, all delivered directly to your inbox: www.psychiclight.com/email-readings/



SCREAM 7

When the Past Refuses to Stay Silent

Few horror sagas grasp the emotional weight of memory quite like Scream, and in Scream 7, that theme resonates with renewed power. This time, the terror isn't just about a masked figure in the dark, it's about a past that refuses to be forgotten and how it ripples through the lives of those caught in its wake.

Years have passed since Sidney Prescott's last brush with horror, but she has never truly escaped her history. In Scream 7, Neve Campbell returns as Sidney, now older, wiser and determined to protect her family from the evil that once defined her life. What begins as a quiet attempt at normality soon gives way to chilling familiarity when Ghostface emerges again, this time stalking those closest to Sidney's heart.

For Sidney, the stakes are more intimate than ever. Her daughter, Tatum, played by Isabel May, becomes a reluctant focal point for the new wave of terror. Their connection, rooted in both love and shared vulnerability amplifies the tension in ways that go beyond traditional slasher thrills.

Legacy Faces the New Generation

Alongside Sidney and Tatum, the film brings back other familiar faces. Courteney Cox reprises her role as Gale Weathers, the tenacious journalist whose unflappable nature offers both comic relief and sharp intuition. David Arquette also returns as Dewey Riley, the dependable and heartfelt protector whose presence grounds the story in warmth amidst the rising dread.

In a nostalgic yet surprising twist, Matthew Lillard appears as Stu, a character whose chaotic energy once shook the franchise to its core. His inclusion underscores how Scream 7 isn't merely looking forward, but actively engaging with its own lineage.

More Than Just a Mask

What sets Scream 7 apart is its emotional texture. Ghostface, the eerie emblem of fear itself, has always been more than a costume. He represents the unresolved stories and impulses that linger long after the lights go down. This latest film dives into that symbolism, elevating every chase and whispered phone call into something that feels almost ritualistic, like the resurfacing of an old ghost that refuses to be denied.

For spiritually curious viewers, there's a layered resonance here. The movie doesn't just provoke jump scares; it invites reflection on how trauma echoes, how patterns recur, and how intuition, that quiet inner knowing can become both a warning and a guide.

Should You Go and See It?

If you're drawn to horror that vibrates with psychological depth and emotional pulse, Scream 7 delivers a powerful blend of suspense, legacy, and character-driven storytelling. It's a film that acknowledges its past, confronts its shadows, and invites audiences into that darkened space with both heart and horror. This is not simply another sequel — it's a gathering of old spirits and new voices, asking us to consider what truly haunts us... and why.

Courteney Cox image: DFree / Shutterstock.com Isabel May image: DFree / Shutterstock.com Neve Campbell image: Debby Wong / Shutterstock.com Film logo courtesy of Paramount Pictures



It's Flipping Pancake Day!

Beyond Lemon & Sugar



Of course, tradition still matters. The classic thin British pancake, finished simply with lemon juice and a dusting of sugar, remains unbeatable for many. There's comfort in familiarity, and for some households Pancake Day wouldn't feel complete without that first bite tasting exactly as it always has. But alongside the classics, modern tastes are making room for something new.

New Pancake Trends for 2026

This year's food trends show a growing appetite for contrast. On one plate, you might find fluffy stacks topped with maple syrup and streaky bacon; on another, savoury pancakes filled with mushrooms, cheese or even slow-cooked bolognese. Sweet and savoury no longer sit in separate camps; they happily overlap.

There are plenty of great recipes online, like this easy Matcha Pancakes recipe with simple ingredients and instructions to try at home:

www.amummytoo.co.uk/matcha-pancakes/

Health-conscious twists are also having their moment. Cottage cheese pancakes, blended until smooth and cooked gently, offer a protein-rich alternative that still feels indulgent. They're light, filling, and surprisingly versatile, working just as well with berries as they do with smoked salmon.

momsdish.com/recipe/177/cottage-cheese-pancakes

Social media continues to influence how we celebrate, too. From "scrambled pancakes" (stirred into bite-sized pieces rather than flipped) to air-fryer shortcuts and pancake-art challenges, experimentation is half the fun. Pancake Day is no longer just about eating — it's about joining in. For inspiration why not follow [@fitwaffle](https://www.tiktok.com/@fitwaffle) (Eloise Head) on TikTok/Instagram, known for her creative pancake ideas and easy-to-follow food content.

What We're Giving Up Before Lent

Pancake Day sits on the eve of Lent, the 40-day period before Easter traditionally associated with fasting and giving things up. Historically, households used up rich ingredients such as eggs, butter, milk and sugar by making pancakes, as these would soon be avoided during the Lent period.

Today, giving up something for Lent might still involve chocolate or sweets, but many people also choose challenges tied to lifestyle, such as cutting back on alcohol, social media, or even swapping coffee for herbal tea. Whether or not you observe the religious custom, the idea of a pause before spring makes Pancake Day feel like the right time for reflection and a reset before seasonal routines pick up again.

Tradition or Trend?

Whether you keep it simple or stack it high, Pancake Day 2026 invites us to enjoy the balance: tradition and trend, indulgence and restraint, comfort and curiosity. *And really, what better excuse is there to gather, cook, and flip something just for the joy of it?*



Manifest your Hearts Desire in 2026

Written by Reader
Sarah
PIN: 9888

Definition

The definition of Manifestation is: an event, action, or object that clearly shows or embodies something abstract or theoretical. Now I know this sounds a bit Oxford Dictionary so what does this actually mean? The act of Manifestation or Manifesting something simply means bringing something into your life that you wish to bring in. You do not have this yet, but it's something you deeply want to embody within your life. It could be an object, a person, a space or place or even a feeling. Manifesting can literally include anything you can think of! That is the beauty of this spiritual practice, it has no limits.

Manifestation in Practice

Think of a time in your life you have wanted to achieve something very deeply. We will use the example here of a new home. You picture in your mind the home that you wish to find. You go into subtle details of what you want to find and where you want it to be, maybe even the price range you want to find it in. You do this over and over for days to months and you feel it constantly in your mind as a goal you want to achieve. Then suddenly you walk past the Estate Agents window and there it is! It's easy to put this down to coincidence but this is how manifestation works. You believe in something so deeply that the universe draws you towards your goal.



I hope this quick guide to manifesting helps you on your path this year.
Best wishes as always, Sarah

Manifestation - a buzz word that is very popular right now! No doubt you have heard it in conversations, on the TV or read it in articles or online. But what exactly does it mean and how can you use this in your own spiritual practice? Let's take a look at Manifestation without the jargon and with some quick and easy steps you can use literally anywhere, anytime.

Misconceptions

A common misconception with Manifestation is when some people believe that you simply want or ask for something and suddenly it's there. That (unfortunately) is not how this works. Manifestation is an energy transfer, just like many spiritual practices. You set your intention, will your energy in that direction and hope that nature and the universe put you on the right path. It is of course always assumed that you make steps towards this goal alongside your Manifestation practice and always strive to make progress. Essentially it is all about bringing your desires into reality through visualisation and positive thinking.

A really good tip for manifesting is to picture the event already happening even when it has not yet. It may seem impossible but doing this aligns your body and energy towards the event happening. You push your energy in that direction even though it has not happened yet!

Another useful tip is to always give gratitude alongside manifesting. The event you want to achieve may not come about exactly as you planned it, but any progress or improvements should always be met with gratitude and positive energy. Sending this type of energy out always attracts more of the same back!



Reader Profile



Meet Toby, a Natural Psychic & Intuitive Guide

Toby
PIN: 2333

Toby is a natural psychic who possesses strong **clairvoyant and clairsentient abilities**, combining deep intuition with warmth, empathy, and a great sense of humour. Known for his ability to find positive perspectives even in challenging situations, Toby creates a relaxed and supportive environment for every client.

A Compassionate and Empathetic Approach

Highly empathetic by nature, Toby connects easily with others and approaches each reading with sensitivity and tact. His work draws upon a wide range of divination tools, including **Tarot cards, Ribbons, Runes, Crystals, the Black Mirror**, and other intuitive methods. Rather than relying on tools alone, Toby views them as instruments used to uncover the **core issues** that really matter.

Experience, Insight and White Witchcraft

With **many years of experience** as a dedicated reader, Toby is deeply committed to supporting and guiding others. His readings are delivered with care, honesty, and respect, ensuring clients feel heard, supported, and empowered throughout their journey. He also practices **white witchcraft**, responsibly utilising spiritual knowledge to provide guidance when appropriate.

Open, Interactive and Personal Readings

Spiritual matters and the occult have long been Toby's greatest passions. He enjoys sharing his knowledge and is always willing to assist others on their personal spiritual path, including offering insight into different divination methods. **No topic is off-limits** during a reading with Toby; discussions flow naturally from one subject to another, and clients are actively encouraged to ask questions.

Drawing on his extensive psychic background, each **reading is personalised** to the individual. Toby commits himself wholeheartedly to offering clarity, reassurance, and meaningful support, whatever the situation may be.

Testimonials

*Thank you so much Toby for the brilliant reading. You are intuitive, kind, and get the conditions. I feel healed by talking with you. I hope you continue to go from strength to strength in all you want to do. God Bless.
Belinda*

*Toby is spot on. He is very calm, gentle and patient. He always provides very clear reading without asking much details and I can see the predictions come to pass. Highly recommended!
Grace*



A new Lunar Year dawns, 2026 will bring forward passion, movement and bold beginnings!

The Tradition of Chinese New Year

Chinese New Year is sometimes referred to as the Lunar New Year or even Spring Festival. In the Eastern calendar this period is very significant, spiritually speaking. In 2026, the new Lunar Cycle begins on the 17th February on the first New Moon and ushers in the Year of the Horse!

As I'm sure you are aware, the Lunar Year is guided by both a zodiac animal, 2026 being the horse and also the five elements: Earth, Fire, Metal, Water and Wood – all part of a 60-year cycle. It is this layered animal/element that adds nuance and depth to each New Year.

The Significance of the 'Fire' Horse

The combination of the fire element and the horse animal in 2026, will make 2026 a powerful and intense year with plenty of transformations. Fire always represents passion and courage – but also visibility and the Horse signify speed/agility, freedom and independence. Together they will create an energy of forward momentum.

Fire Horse years usually represent periods of rapid change, heightened emotions and bold decisions. They definitely do not make for quiet years – collectively, it is likely to be very memorable! 2026, in general favours innovation and decisive action, on a more spiritual level people will likely be looking to live in a more authentic manner and trying to align their work, home and family life to their moral values. It is definitely a year to lean into your intuition, trust your gut and take calculated risks.

Chinese Astrology & The Horse

The Horse is the seventh animal in the Chinese zodiac as well as freedom mentioned previously, it is often associated with travel and vitality. If you think about a horse – you might observe how they move – gracefully, with speed, determination and confidence. They are very physical in nature – both in their size, but also in stature and demeanour. Whilst we might see them grazing in a field, they often thrive with stimulation – think racing, jumping, agility and more.

Those born in Horse years often have certain personality traits:

- Self-motivated.
- Independent.
- Confident – especially socially.
- Charismatic and charming.
- Quick thinking.
- Intelligent.
- Persuasive.

Of course, they can also be restless, impulsive and have a strong desire to do things 'their way'. They probably don't thrive, if they have to live or work, within a framework or path that someone else lays out for them.

Horse Years

Do you know if you were born in a Horse year?

- 1954 – Wood Horse
- 1966 – Fire Horse
- 1978 – Earth Horse
- 1990 – Metal Horse
- 2002 – Water Horse
- 2014 – Wood Horse
- 2026 – Fire Horse



If you were born in a Horse year, it is worth knowing under what element as well – as a Water horse for example may make you even more intuitive and emotionally intelligent, whereas being born under Metal may make you even more driven/ambitious.

Horse Symbolism

In Chinese folklore the Horse is seen as a companion, to both travellers and warriors. Spiritually this animal symbolises a soul's desire for progress. You might summon 'Horse' energy, when you need to make a difficult decision, when you need to pivot and change direction, if it's time to move on from something or somebody, or when you need to take back your power!

Horse Signs and Love

Those born in Horse years are known for their passion, but also, they are quite romantic and expressive about their feelings. They often fall head over heels in love, quite quickly and even the early stages of a relationship can feel heady and intense to them and their chosen one! Partners should know that 'Horses' do need their space, if given that, they can thrive in a relationship and maintain committed. But, if they feel forced into a position, or a partner shows too much jealousy, control or a need for commitment – they might just do what horses do – and bolt!

There are some signs in the Chinese Zodiac that make good romantic matches for a Horse:

Tiger – Exciting, adventurous and mutually energising.

Dog – Loyal, grounding and emotionally supportive.

Goat (Sheep) – Creative, gentle and emotionally intuitive.

A **Rat** would make things more difficult, as they likely have some conflicting values around independence and security.

Equally, an **Ox** may not be the best option, as they are possibly too rigid for the Horse's free spirit.

If you are already in a relationship with a 'Horse', then 2026 is likely to bring renewed passion and excitement to the union.

Prosperity and the Horse

Horse years, and especially Horse Fire years favour prosperity – both in terms of finances and also in career prospects, often 'Horses' are leaders, or entrepreneurs who excel in sales and travel roles, positions involving communication, performing or teaching – they may even do well in spiritual guidance capacity.

An adult Horse, may feel compelled to change career in 2026, or start a business. They are more likely in this year to take a financial risk – albeit a calculated one. They may step into a leadership role or even into a job that is public-facing. They just need to be sure to create balance – and not put all of their energy into one area of life, otherwise they risk burning out of fire energy.

How will the other Zodiac Animals interact with Horse Energy of 2026?

If you were not born under a Horse year, you might be wondering how the Horse energy of 2026 will impact you:

Rat: A year of compromise and emotional learning.

Ox: Challenges around flexibility and control.

Tiger: A powerful, lucky year full of momentum.

Rabbit: Opportunities through social and creative avenues.

Dragon: A year of expansion and visibility.

Snake: Strategic growth if patience is applied.

Goat: Emotional growth and romantic opportunities.

Monkey: Restless but inventive energy.

Rooster: Focus needed to avoid conflict.

Dog: Supportive, steady progress.

Pig: A sociable year with emotional rewards.

Everyone can Embrace the Year of the Horse

2026, the Year of the Horse is a lesson to everyone to not shy away or hesitate. Even if you were not born in a Horse year, you can ride the Horse energy that 2026 brings with it. Find your inner-fire, trust your instincts, make bold decisions and live your life confidently.



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