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Editor's letter

e're having a bit of summer fun with this June edition...The 21st brings with it both Summer Solstice and also 'Freedom Day', so coined to mark the full end of Covid lockdown procedures. So, why not take our psychic Word Search from page 9 to a local coffee shop and enjoy.

In other fun news. Changing Rooms the TV show is getting a re-boot and is moving to channel 4. Anna Richardson (our cover star) will host, and yes -Laurence Llewelyn-Bowen will return!

In terms of psychic fun, why not check out Sandra's article on pages 6 & 7, she is the world-renowned Rumpologist! Then we catch up with Seph. who has been surprising her friends with her spiritual gifts for years...

We delve into two more crystals you might like to add to your healing collection, as well as exploring mythical creature - The Griffin. We also look at the heart chakra, and just how easy it gets blocked. Then, we look at active listening, great advice for when you next have a friend in need

Don't forget the Queen's birthday is on the 12th, and Sunday the 20th brings about Father's Day.

Charlotte

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FREE SPIRIT

Magazine

June 2021











Anna Richardson Image: Cubankite / Shutterstock.com

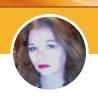
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Choose a reader to begin your journey

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.



Angel PIN: 1441

Angel has a strong psychic gift, she thinks of herself as a sister of the 'Soul Light', guiding people to connect to their correct spiritual path. Angel will provide inspiration and insights; she believes there are no wrong choices - just lessons to be learned



Jancey PIN: 3032

lancey is a hereditary psychic clairvoyant with Romany bloodlines who has been reading Tarot for over sixty years. She was taught the art of reading tea leaves and palm reading by her grandmother. Jancey offers upbeat readings with straightforward answers.



John PIN: 5152

John has been a medium for over eleven years, he offers a kind and calm approach. John sometimes uses Tarot or Angel cards in a reading; his aim is to provide answers that enable folk to move on with their lives, having gained a sense of closure.

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



Monique PIN: 2321

Monique is a third-generation clairvoyant who can offer you a readina focusina on many aspects of your life. Using images and natural intuition to provide a thorough reading. Monique wants to give guidance and enlightenmen to everyone she reads for.



Vivienne PIN: 3555

Vivienne comes from a family of psychics, clairvoyants and mediums and was made aware of her aifts from a very young child. She works with God, love, light and her Angel guides. Vivienne can look into love, career, family, any topic you wish to speak about

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

Summer Solstice & Freedom Day

Monday, the 21st June 2021, will see us mark Summer Solstice in the Northern Hemisphere; with sunrise around 4.44am and sunset about 9.20pm. The date is of course also significant, in terms of the ongoing pandemic. Coined 'Freedom Day' by some, marking the end of many restrictions that have been in place, including potentially social distancing.

The Summer Solstice has long been celebrated, and this year's expansion of freedoms will just make it that much sweeter. Traditionally it is a magical time, that connects us to our ancestors and the land. The day provides the longest amount of daylight hours of the year, as the sun reaches the highest point in the sky.

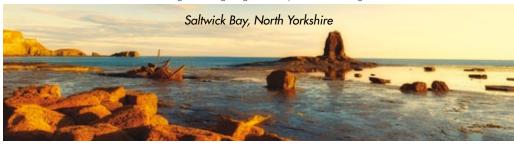
Often people travel to spiritual destinations to experience the Summer Solstice in all its glory. Some of these experiences had to take place virtually last year, but many venues are gearing up for a summer of events.

Here are some ideas:



Not surprisingly, Stonehenge is one of the first spots that spring to mind for celebrating the Solstice. It is a magical and atmospheric place, where you can see the first beams of sunrise behind the 'Heel Stone' and then shine right into the heart of the monumental stones.

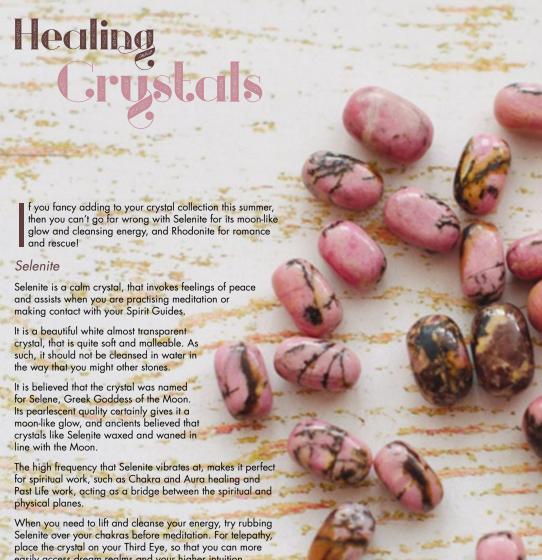
www.english-heritage.org.uk/visit/places/stonehenge/



The saying, 'not all things are created equally', could be applied to Saltwick Bay. This is a place that offers unique history and spectacular sunset and sunrises. It is particularly popular around the Solstice period, as the time frame allows for a 'double sun' impact. However, don't leave home without checking tide times! www.thewhitbyquide.co.uk/summer-solstice-at-saltwick-bay/



The Lake District is a beautiful place all over, but you would be hard pushed to find a more picturesque place to witness the Summer Solstice than Place Fell. Recent improvements, make it much more viable for beginner hikers than it used to be. There is a seven-mile circuit from Patterdale, back along Lakeshore Patch. You might want to try the Helvellyn range first thing, and catch the evening at Hartsop or Kirkstone.



easily access dream realms and your higher intuition.

Rhodonite (pictured here)

Rhodonite is a rescuing stone, particular in matters of the heart, whether relating to self-love or the romantic variety.

Historically it is thought that Rhodonite was favoured by Russian Czars, who would often include it within jewellery pieces. It is similar in hues and sentiments to Rose Quartz, but manganese brings out the pink-rose colour.

Embrace this gem when you need to remember the lessons of unconditional love, both for yourself and others. If you are struggling with whether to continue with a relationship, whether romantic or otherwise - Rhodonite can provide the answers.

As a crystal Rhodonite can balance out your emotions, it is a very cleansing and calming stone. You may find it helpful to wear the gem close to your skin or use it as part of meditation, chakra healing or relaxation rituals. You should feel more clarity about any decisions that need to be made and less anger towards yourself and others. Let this crystal help you to let go of any negative energy.

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It all started when I was twenty-five years old, the first time I felt a proper connection with Spirit. I visited Spain with my ex-husband, and we went to a fair, where I won a match-box size pack of Tarot cards, it felt surreal. For a few years, I messed around with the cards, I tried to read them but it didn't work.

Some five years later, I was looking at breaking up with my then-husband. I had a deep spiritual awakening which felt amazing. Some people think it's easy being a Psychic and Clairvoyant, but it's been a tough path to be on and stay on, although I feel so blessed to have a gift that lets me give guidance to other people.

Predictions coming to pass...

Things that I predicted would happen, started to come to pass fairly quickly. For example, sixteen years ago, I gave a reading to a local radio presenter, I've never heard someone so excited, when the predictions came to pass 5-6 weeks later. He'd bought a new BMW and I told him it would be recalled as there was a fault, sure enough, it happened. Then I told him he would get head-hunted by another radio station but to stay put as he will be made Head of Music where he was, which also happened. Then, he was doing a two-week stint and was taking the mickey out of the late Jackie Stallone (who was a Rumpologist). I called him up and told him he would land himself in hot water - but he didn't listen! Two weeks later he called me and told me he was in said 'hot water' as the media wanted to meet the



UK's Rumpologist and would I be her? So, I had to learn how to read bottoms! This involved analysing the shapes, lines on the cheeks of the bottom and the energy around the bottom...

First TV Show

My first TV appearance was on This Morning with John Leslie and Coleen Nolan, which went well, I was caught up in a lovely path. Then I appeared on Brazilian Television; and I flew to Germany to appear on RTL, where on-air I had an interpreter to discuss Rumpology with another psychic. It was fun, I couldn't believe what was happening media-wise.

Over the next years, I appeared on This Morning quite a few times working with Holly Willoughby, Phillip Schofield, Ruth Langsford, Eamonn Holmes and Dermot O'Leary. Every time I appeared on the show it was amazing, they made me feel very welcome; I also read Lizzie Cundy and Christopher Biggins on the show.



Acknowledgement

I've also appeared on Loose Women with Nadia Sawalha and Andrea McLean. I gave this lovely lady a brief reading about her gran which she acknowledged was factual. I love to have acknowledgement, and it still shocks me as to how my gift works. Whilst on Loose Woman I met Adam Hills off-set who wanted a reading and who couldn't believe what I said to him in a full reading after the show. When I appeared on the Jonathan Ross show I worked with Darcy Bussell, Jack Whitehall and Alan Carr. In fact, Alan Carr has written about me in his book, (I told him to finish the book he was writing which no one knew about)!

In Feb 2014 I was asked to go to Beirut to appear on a program on Aljazeera, reading for a presenter whose name was Tony. It was exciting being part of the show. I also worked with Terry Wogan and Gaby Roslin on The Terry & Gaby Show. I appeared on Loose Lips with Melinda Messenger and Richard Arnold.

In addition, I did an Andrex campaign 'Be Kind To Your Behind' where I gave interviews on radio shows all across the UK. I have even given Alex Zane a reading live on-air on XFM, I freaked him out, but it was amazing. I had a two-page article in The Sun Newspaper's Fabulous magazine, all about Rumpology - I had a brilliant time in London.

Off to America!

I was also lucky enough to be offered work in America. I've appeared on Ripley's Believe It Or Not show, where we filmed me giving bottom readings on Venice Beach. I've also been on America's Got Talent in Pasadena where I read Simon Cowell, Nick Cannon and Mel B. That trip made me see how things work behind the scenes of the show and how it felt to appear on the show. They were all lovely people. I've also been interviewed on Chaz & AJ morning show in Connecticut twice. That was a fun show and the two presenters were cheeky and mischievous.

Reading for Psychic Light

Whilst this all sounds glamorous and it can be, my day-to-day work as a telephone reader is most rewarding. I love offering guidance and passing on messages when people need support the most. I feel blessed that I have these gifts and can share them in many different ways.

Testimonials:

I have been working with Sandra for a number of years, her delivery and empathetic nature are wonderful

and it works exceptionally well for me. Sandra connects and talks with my guides and has become my reader of choice due to her nature and no-nonsense delivery; I find some readers can be a 'little flaky'. Sandra is to the point and "says it as it is" and provides concise answers and information. Thank you for all of your support and guidance (as I know I'm a bit of a pain!) It has assisted me hugely over the years and I massively appreciate it! Love and Light.

Adam, UK

I have just had a reading with Sandra. What an excellent reader. I was astonished at how spoton she was. The names of people from the past who knew my husband and the information she gave me were amazing. A lovely lady and so very knowledgeable. Thank you, Sandra. Shirley, Suffolk

Links:

For Psychic Sam - This Morning - Rumpology - on YouTube visit https://tinyurl.com/sandrathismorning

For the UK's first rumpologist can tell your future from your bum - what does your shape mean? (thesun.co.uk) visit

https://tinyurl.com/sandrathesun



View the profiles of all of our readers by clicking 'OUR PSYCHICS': psychiclight.com/psychics/ We would love to receive your feedback following a reading, you can do this via our website, scroll to the footer and click 'REVIEW A PSYCHIC': psychiclight.com/review-a-psychic/



The Premise of the Show

In case you are too young to remember the show, then let me fill you in on what it was all about.

The series took two sets of people that owned their own homes, friends and neighbours that lived near-by and they were tasked with renovating each other's houses, alongside a designer.

The show had many different designers, but some of the most memorable are probably Linda Barker, Anna Ryder Richardson and of course, Laurence Llewelyn-Bowen.

The show was hosted by Carol Smillie, and much of the remodelling work was done by 'Handy Andy' - Andy Kane, a lovable Cockney carpenter.

All of the show led up to the moment, that Carol would reveal to the home owners what their friends and designer had been up to.

Hilarious Moments

The show captured the hearts of the nation, and catapulted DIY into the mainstream. But often the series was most loved for the moments where everything went wrong. Sometimes the designers took things too far. Then there were times when the brief was not followed remotely, and other times the friends just didn't really get what the home owner wanted.

There were also times when things went horribly wrong, for example when a shelving system didn't work properly and £5000 worth of prize collection china teapots went crashing to the ground!

The Re-Make: What Do We Know So Far?

Originally Davina McCall was due to present, but due to scheduling conflicts she has been replaced by Anna Richardson (our cover star).

The show will now air on Channel 4, and applications for the reboot closed on 21st May. So, we may well see the show on TV this autumn.

Laurence Llewelyn-Bowen has been persuaded to return! "There's no room for beige in our homes and, just as it was in the '90s, Changing Rooms is once more the homestyle antidate to Britain's blues (and greys and taupe's, and even Magnolia)." Only time will tell, if his leather trousers also make a come-back!

Jordan Cluroe and Russell Whitehead join the series as designers (from 2LG Studio). There will be a carpenter, just like in the original show - Tibby Singh gets this role.

To celebrate the Summer Solstice, and embracing our new freedoms, we designed a spiritual Word Search - just for fun...

Why not try your hand at finding all of the psychic inspired words, whilst enjoying a leisurely coffee, at your local café? Just because you can!



Solstice **Psychic** Medium Clairvoyant Runes Tarot Rumpologist Angels Dowsing Meditation

Chakras Aura **Palmistry** Astrology Reiki Clairsentient Tasseography Numerology

You can also play this puzzle online by visiting: https://thewordsearch.com/puzzle/2321737





f you have ever had counselling or been in some sort of talking-therapy arrangement, then you may well have marvelled over just how little your advisor actually said! In contrast to what you often see on TV programmes as a patient/therapist relationship, where the counsellor asks lots of probing questions and a lot of 'how do you feel about that'... In reality, a good therapist actively listens and gives the person, time and space to explore their own emotions.

Only Half-Listening

You may consider that you are a good listener... But, very often in a conversation, we can be only half-listening. The other part of us is already getting ready to share a similar experience, input a witty anecdote or move on to a new topic. A good listener focuses entirely on what is being said. They are not afraid of the odd pause, while they gather their thoughts before asking a relevant question, getting the friend to further expand on the topic at hand.

Active Listening

This type of active listening is useful in so many areas of life. It makes partners, family members, work colleagues and friends feel heard and valued. It's not always easy to listen, without feeling the need to guide the conversation, to bring it back to us in some way, or interject opinions. When you give people space to talk, you will find they fully elaborate and get everything off their chest that they need to say.

Difficult Conversations

Of course, some conversations are more light-hearted than others. But you usually have a sixth sense for when

someone needs to talk about something more serious, even if they seem to be beating around the bush to some extent. If you find yourself in this situation, then follow these tips for a successful listening conversation:

- You might find it easier to be out on a walk, people don't always find it easy to open up when sitting in close quarters face-to-face.
- Your body language can tell a person a lot about whether you are fully engaged in what they are saying.
 Put down your phone/work, and let the person know you are ready to talk.
- Try not to fill gaps in the conversation. Let the person think and start talking again when they are ready.
- You can of course ask 'open' questions, but sometimes a more useful technique is to clarify your understanding of what the person has shared with you, including perhaps how they might be feeling.
- Remember, that the person probably isn't looking for your advice or take on the situation. They may just need a safe space to explore what they are going through. The closer the person is to you and the more you care, the harder it is to not rush in and try and fix everything. But resist, as what is right for you, might not be right for them. Try and set aside how you might feel in the situation and what you might do and focus on what the person is saying.
- It can be helpful to reinforce to the person your belief in them, and that you trust that they will know what is right to do for them. Often people have a gut instinct on issues, they just need a reminder to trust in their judgement.

m) (ythical Creatures — m



What is the Griffin?

The Griffin is a fascinating mythical creature that is usually depicted with the body of a lion and the head of an eagle. It is sometimes depicted with a long snake for a tail. This mixture indicates strength and intelligence; the lion is regarded as the king of beasts and the eagle, the king of birds. It used to denote strength, military courage and leadership.

Origin

Depictions of the Griffin are most commonly featured in the art and lore of Ancient Greece; however, evidence of Griffin imagery can be found dating back to Ancient Egyptian art as far back as 3300 BC.

History

Griffins are normally known for guarding treasure. They were thought to be protectors of gold sources, particularly in India. These winged creatures would find gold in the mountains and built nests from it, which they kept a hostile guard over to protect from hunters.

Griffins were well known for their speed and ability to fly, as well as their power and wisdom, which made them a popular choice for many armies and royal families who assigned them to protect their treasure.

In Greek Mythology, the Griffin was regarded as more powerful than an ox whilst having the ability to fly, thus the Griffin was chosen to pull the chariot of Apollo, the sun god around the Earth.

Role

In other mythological records, the Griffin stands for undying devotion. Depictions of Griffins in many cases are found on tombs, where they still guard their masters. Griffins are usually used to symbolise strength, virtue and honour. Their magical power makes them powerful allies or formidable enemies.

Though now relegated to the realm of myth and legend, the Griffin has proved to be one of the more enduring mythical creatures and still manages to capture people's interest to this day.

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Seph has been a spiritual healer both absent and present for over thirty years. She discovered her healing ability when travelling with friends on holiday. One friend asked her if she could assist her as she was feeling guite ill all of a sudden.

Her friend had soreness on her arm, due to a past event involving an old gas cooker, which left her friend with burns across her arm. Seph, held her hands over the burn scars and told her friend to imagine the feeling of snow falling on her skin, each snowflake taking away the pain. Focusing and staying in a trance like state, Seph focused her energy towards the main burn marks and areas of pain. Seph's other friends watched in wonder, as the concentrated area of pain seemed to become less inflamed and she watched as their friend became more stable. About a week later her friend noticed new skin growing over where her burn marks had been.

As a reader, Seph will heal and provide absent healing, if permission is given to do so. Over the years she has had many followers, whom Seph calls upon to support her using positive energy. Together with the assistance of Spirit they obtain absent healing whenever possible, for those in need.

Seph has been involved in Spiritualism since childhood, and is a natural born psychic. She is a plain talking Medium, Clairvoyant and Healer, who can connect with people, and delve into their issues through the colours of their aura. Many have said Seph 'shoots from the hip', but has a way of making you feel better at the same time.

With her family, Seph runs a school in Scotland where they teach psychic development and all things Metaphysical, to give those learning a much clearer understanding of the subjects involved.

A practising Wiccan, Seph uses her knowledge for the good of all, a reading from Seph will make you feel your path is clearer; apart from that, she is a very understanding lady. Her forte is relationships, but she can deal with problems of any kind. She will get to the bottom of and unravel the toughest issues until you understand it. Seph spares no punches but you get the facts and you make a new friend!

Testimonial

Absolutely wonderful reader, I was so impressed with the way she was able to tap into my inner thoughts and show me the way to take my life forward. A very wonderful reader, polite and friendly, to the point and a wonderful Scottish accent. She is very positive and I would absolutely recommend her to my friends, family and work colleagues. This reader is spot on and I just absolutely loved it. Thank you so much Seph.

Peter, Greenock - Scotland

View the profiles of all of our readers by clicking 'OUR PSYCHICS': psychiclight.com/psychics/ We would love to receive your feedback following a reading, you can do this via our website, scroll to the footer and click 'REVIEW A PSYCHIC': psychiclight.com/review-a-psychic/

SPOTLIGHT ON THE HEART **CHAKRA**

here are seven chakras, and the heart chakra is the fourth. It is also known by its Sanskrit name - Anahata, which translates as either unhurt or unbeaten. It is the place where compassion, love and empathy are stored, but can also be a storage locker of past hurt and pain.

Decision Making

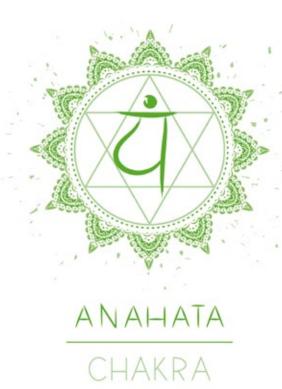
This chakra is concerned with our ability to make decisions, of course, these sometimes relate to romance and matters of the heart. But, also in regards to wider family relationships and particularly unconditional love for ourselves and others. Plus, love is shown for the universe and spirituality, not just for people.

Heart on their Sleeve

You have no doubt heard the saying, "they wear their heart on their sleeve", this is very true of people functioning through their heart chakra. However, there is a cautionary tale here, as a balanced heart chakra makes for a compassionate person, full of empathy, warmth and love. But an unbalanced heart chakra leads to an emotionally exhausted individual. To balance the heart chakra, a person must learn when and how much to open up their hearts. Permanently open, leaves them too exposed and at the service of others. Never opening, leaves them closed off and in an unforgiving place.

Health Issues

The Heart Chakra impacts other areas of the body, such as the lungs, immune system, vagus nerve and



circulatory system. So, it's possible that when the heart chakra is unbalanced, someone could feel a related health issue, for example struggling to breathe easily.

Green & Pink

The dominant colour of the heart chakra is green, with a secondary colour of pink. As you might expect then, healing this chakra can come from green endeavours. Everything from what you eat, perhaps practising yoga or meditation out in nature, even embracing green and pink crystals and more...

Self Love

Healing the heart very often needs to start with self-love, only when you are truly at ease with yourself, can you fully accept others and invite in their love for you. Until that time, you may very well suffer psychologically with hurt feelings, anger, loneliness and more. Of course, past experiences can take their toll, and it is easy to have blockages from a fear of being hurt or concerns over rejection. But experiencing pain is part of the process of love. To some extent, if we never experience heartbreak and loss, we struggle to fully appreciate what we've got when we find true love!

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Astrolc



June for Aries, it seems like a more of a yearly fiscal peak until the 21st, occurs on the 10th in your own sign leisurely and laid-back kind of month. the month ahead is prosperous, but and impacts on Ruler Mercury, June The good news is that money planet a little ambiguous. Money planet is in essence a happy and prosperous Venus makes beautiful aspects with Mercury is retrograde until the 21st, it month. Until the 21st you're still in Jupiter from the 3rd-5th, which brings extra money and a lovely romantic slows it up a bit. There's also a Solar encounter. On the 10th we have Eclipse on the 10th in your money sky a Solar Eclipse which falls in your communication sky, which brings into focus home, family and emotional wellness. You create inner-harmony which reflects an afterglow.



the Moon with the results!

Cancer

which causes corrections. On the 21st finances become clearer as Mercury moves forward. On the 12th Mars moves into your home/family sky and shines a light on all things spiritual.



Moonfolk should reduce schedules The Lion Kings & Queens are now in during the Solar Eclipse of the 10th, a period of personal independence, when the cosmic energies come and although other people are always eyes at lucky Jupiter from the 3rd-5th. together. This eclipse falls in your important, your way is the best way spiritual sky and signals changes in this month. It's time to make things your sacred affairs. As the Sun's your happen that bring you joy, if others money planet, every Solar Eclipse don't go along, bless them and go your brings corrections in finances. After own way. A Solar Eclipse on the 10th the 21st money windfalls come to you falls in your groups/colleague's sky and and your appearance is a big plus in brings dramas and changes in the lives diary around the Solar Eclipse (10th), earnings. Take care of number 1, the of friends. Mars moves in on 12th, have Cosmos supports you, you'll be over more patience with the beloved; and a manifest as a makeover - Look Out Guru comes to your rescue.



Gemini

more likely to enjoy a makeover and a

new image - the main message of the

Cosmos. On the 21st the Sun enters

vour money sky and begins a yearly

fiscal peak. Venus in the money sky

from 2nd-27th shows miracle money.

perhaps a Venusian gift from heaven?

doesn't stop the flow of finance, just a yearly pleasure high, so you are

June is 'Bustin Out All Over' for Virgo's, as lovely money planet Venus makes This should bring increased earnings and lucrative financial opportunities. Venus will also be in your 11th friends/ fondest wishes sky from the 2nd-27th, most of the month, so another positive for earnings. Reduce your which falls in your career sky and can World Here I Come!

with our expert



beauty in all its forms, they are here to beautify the world and love to bring people together. A Solar Eclipse on the 10th falls in your 9th sky of religion/education, so you'll have an ideal time to work with family and friends. The 9th sky is benign for you, more blessings than burdens. Venus stays in your career sky from 2nd-27th, do. Mars moves into your career sky on you're in charge here, the Sun's in the 12th ready for lovely Venus to join your career sky from the 21st when him on 27th, they send love, funds and you enter a yearly career peak. business success.





Welcome to Free Spirit's in-depth

horoscopes for June 2021

Sagittarians are usually noted for the enrichment of mind and the higher intellect which knows about philosophy and spiritual concepts. Your generosity is legendary, which could be useful as the Solar Eclipse enters your love/marriage sky on 10th. It affects both Mercury (love/ career) and Neptune (family), meaning changes on the work front, and family dramas. Saturn urges caution, no excessive spending; then Jupiter helps you become a follower of fashion.



The good news for Capricorn's is that in spite of an eclipse many enjoyable things are happening in June. On the 21st the Sun enters your 7th sky of love and you begin a yearly love and social peak. Singles are meeting noteworthy people and partners are making up life's purpose.



Water-bearers have another eclipse this month, this time a Solar Eclipse on the 10th. It's relatively benign for you, occurring in your 5th sky of children/ creativity and impacts on the children figures in your life. Lead them through uncharted waters, and keep them for lost time on the social front. A out of harm's way. Those involved in Solar Eclipse occurs on the 10th in the creative arts show you approach your health/work sky, changes at the things in a new way. After the solstice workplace and new health regimes are of 21st the Sun shows good improved possible. Love lights the way to your health and the pearl of emotional



On June 21st you receive the Sun's solstice rays as he moves into your 5th fun/children sky, and you begin a yearly personal pleasure peak. This is a very creative time, an interlude where you can get in touch with your inner-self and with the joy of life. Could this be a cosmic thank you for being so patient during the previous Solar Eclipse, which occurs on the 10th in your home/family sky? After the dramas, family plays cupid, and love comes knocking at the door.

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