

discover your future, release your past

Editor's letter

his month we welcome in the Autumn Equinox, but don't worry about things turning too autumnal just yet as the clocks don't go back until the end of October. We do delve into Crystals - Moonstone and Sunstone, that set the September mood perfectly.

Did you know that in the UK September is also Friendship Month? We look at what charity The Oddfellows is doing to get us all connected once more.

If romance, rather than friendship is on your mind - then turn to page twelve where we look at the chemical and hormonal changes that go on when we fall in lust/love!

On the reader front this month, turn to page 7 to catch up with Alice and page 10 for Joanna. Of course, your monthly horoscopes are also waiting for you on pages 14 & 15.

Do you dream a lot? If so, you might be interested in reading more about Lucid Dreams (p.9), then we look at lock down weight and how to get on a healthy food plan once more. Last but by no means least we have some light relief in the form of the film: Here Today, our cover star Tiffany Haddish and Billy Crystal feature.

Charlotte

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Adele PIN: 3622

Adele is an awakened empath and spiritual healer. She is able to guide clients by passing on messages and information to suggest powerful solutions for their future. Adele is open to all sorts of possibilities and is highly receptive to angelic guidance.



Hilary PIN: 3897

Tarot is a prominent presence in Hilary's life. It has changed her outlook and is a major factor in low she approaches situations. She believes the cards do not control your future but are a wonderful healing tool that brings insight to puzzling situations.



Julie **PIN: 3123**

Love and relationships are lulie's speciality, but she is able to give quidance on most issues affecting people's lives or connect with their loved ones. lulie is an honest, caring platform medium and she's assisted by her three spirit guides.



Marcus PIN: 9399

Marcus comes from a family of clairvoyants; he provides dependable, informative readings and as such many return for further auidance. He is an honest reader who spiritually comes alongside a person and gives them caring loving advice and support.

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



Michaela PIN: 3232

Michaela's life experience and abilities with Tarot and Angel cards makes her particularly good at readings involving all types of relationships. When her partner ended their relationship suddenly, she turned to Spirit and successfully rebuilt her life.



Sandra PIN: 2662

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

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



Give me a High-Five*, it's

Our friends are said to be the family we choose!

As a quote by philosopher Aristotle goes: "In poverty and other misfortunes of life, true friends are a sure refuge. They keep the young out of mischief; they comfort and aid the old in their weakness, and they incite those in the prime of life to noble deeds."

Friends make us all happier and healthier people, and for that reason. 1-30th September is recognised in the UK as Friendship Month.

Friendship Month is organised by not-for-profit organisation Oddfellows:

www.oddfellows.co.uk/about/friendship-month/ and aims to highlight the importance of friendship to the nation. During the month of September, the society stages free/inexpensive events up and down the country to connect people with their communities and help people make friends. The campaign has been running in the UK since 2010 and is all about reminding people how beneficial it is to have good, caring people around you.



Oddfellous

Now more than ever, Oddfellows is working hard to bring friends back together, as so many people have suffered during the pandemic with loneliness, isolation and social restrictions. September will see them hold making friends, Helping People many taster events up and down the country, some online and some in-person...

The gift of friendship

Many people believe true friendship is a gift that cannot be bought or sold. Many of us would be lost without trusted companions. Friends often understand us when our partners and family members don't, enduring the good, bad and craziest times of your life. Your group of friends are your support group and should be made up of individuals who you know you can trust and rely on when you need them

Your friends will motivate you, help you out with problems, and create everlasting memories with you. They will not judge you based on any of the decisions you make, good or bad, and help you bounce back from the lowest of times. As we go through life and people come and go, those who become our friends will remain, becoming a constant in your life.

You certainly don't need an entourage of people around you to be able to say you have friends. It may just be that you are lucky enough to have one genuine, trustworthy friend to share your life and friendship with. Whatever the case, you should surround yourself with good people and always aim to be a good person to them in return.



September is the perfect month to get out there and celebrate friendship. Whether you want to show your appreciation for your friends, or are feeling disconnected and lonely, Friendship Month offers a warm welcome to everyone.

Events that are running range from walks and picnics, pub lunches, guizzes and afternoon teas, and give everyone a chance to meet new people and, more importantly, make new friends.

Ideally, we should celebrate our friendships each and every day but we know that often this is not the case and we can end up taking our closest friends for granted. So, why not dedicate your daily meditation ritual to a certain friend this month or have a get together with your closest pals and enjoy spending time together? The choices are endless but whatever you do, make sure you make the most of the month and get out there and celebrate!

Remember that while Friendship Month only comes once a year, friendship is something to be treasured

* Goes without saying, adopt to your preference. Virtual high-fives, fist bumps, 'sensible hugs' and big waves can all be used!



Archangel Raphael: Patron of healers and those who need healing

Hebrew, is chiefly responsible to support, heal and guide us in matters regarding health.

Anytime you call upon Raphael, he will be there. This healing Archangel isn't shy or subtle in announcing his presence. He wants you to know that he's with you, as a way of comforting you and alleviating stress along your way to a healthy recovery.

aphael, whose name means "God heals" or "He who heals" in

For this reason, many people call upon Raphael when they are ill or amid a serious issue or problem and need guidance. We are frequently vulnerable to thoughts that can blow small problems completely out of proportion, making them seem hard to overcome.

Don't face your problems alone...

Raphael reminds us that it is not up to us to face these problems alone, as it is his duty to guide us through the healing process. When you call upon Raphael it is best to be open to how his assistance will appear and release any expectations you may have of how the experience will go.

Archangel Raphael's colour is that of emerald green. Many reports of people calling upon Raphael have told of bright green light, with emerald surrounding the person or area that needs healing. The light can be in the form of sparkles, flashes or waterfalls of colour. He knows that if he announces his presence through his glowing green light, you'll immediately relax and begin to feel the healing effects.

Dream & Crystal Healing

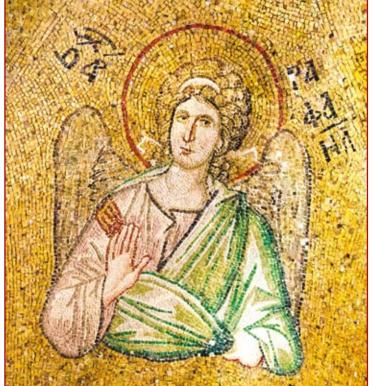
Sometimes Raphael may appear to us in our dreams. While we are asleep our minds are much more open to sending and receiving angelic messages. If you have a dream time encounter with Raphael, you'll likely remember your dream, and his emerald light will resonate with you long after you wake up.

Incorporate green crystals into meditation to resonate strongly with Raphael.

Malachite, Peridot, and Green Tourmaline all connect with the healing energy of Archangel Raphael.

Releasing Spiritual Pain

We can call on Archangel Raphael whenever we need his help to release physical, emotional, mental and spiritual pain from our minds and bodies. Raphael is waiting to help; all we need to do is ask!



Stig Alenas / Shutterstock.com



From a very young age, I could see Spirit. My earliest memories are of out of body experiences and having conversations with the spirit of a red-coat soldier who lived in our house. When I was older, I discovered that my grandmother had the same abilities, which is probably why I was never discouraged. These early events set me on a life-long course to understand the spiritual side of the universe, my nature and to improve my abilities.

I have worked in Australasia, the U.S.A. and the U.K. in a variety of fields both spiritual and commercial. This includes my time as a Hollywood script consultant, a songwriter as well as a professional psychic of long-standing. I have always known that it was my calling to be a worker in light.

I don't believe in standing still. It is essential to constantly strive and to keep learning. In the past, I have done courses at the Spiritual Association of Great Britain, with Madeline Montalban and many more. I am a hypnotherapist and particularly concentrate on Past Life Regression amongst other therapies I practice. I have been very fortunate with the teachers I have met, in particular, two Ascended Masters whose teachings and guidance are priceless. We are on this earth in bodies because our souls have things to learn they could not learn in any other way. We all need to discover our Soul Purpose.

Once we remember we are Spiritual beings we can enjoy the experience of being human while knowing we are all connected. The diversity of our lives, love and loss, triumph over diversity, gives us the understanding we need on our journey to enlightenment. We all enter the arena of awareness differently; it doesn't matter how we get there or how long it takes. We must learn to accept divine guidance, learn to have faith in our experiences and have belief in the guidance we receive.

My soul purpose is to guide others on their journeys. To this end, I work with Spirit to give sincere readings. I can connect you to the forces guiding your life. I believe the power of insight gives you the clarity essential to make important decisions or to resolve a personal crisis.

Entering a committed relationship is a spiritual journey we undertake with another person. This is so important for our personal growth and well-being that Spirit is always happy to give guidance on matters of the heart. Also, it is quite acceptable to be successful; Spirit always wants the best for us and is only concerned with how wealth is used. Consequently, I do consultancy work in the worlds of business, films and the police.

The Ascended Masters say we are in a time of Awakening. That may explain why so many people feel something is missing in their lives. The universe is waking you up! It's time to meet the new day.

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Crystals: Perfect for Autumn Equipox

t 8.20pm on Wednesday 22nd September 2021 in the UK, the Autumn Equinox will occur. At that moment the centre of the Sun is directly above the equator, and around the globe day and night are of equal length. This process happens twice per year - Spring Equinox in March and Autumn, Autumnal or Fall Equinox in September.

Today, we are exploring two crystals that are perfect for celebrating this change in season - Moonstone and Sunstone.

Moonstone

As you might expect from the name of this crystal, it has strong associations with the moon, moon phases and your psychic intuition. It is a perfect crystal to work with when a fresh start is needed. Just as the moon waxes and wanes throughout the month, so to do our emotions and needs. It is natural at points in our life to feel a cycle of change is upon us. Even when we know change is needed, we can still be fearful of what lies ahead, this is where Moonstone's calming energy supports us through transitions.

Used during a full moon phase, you should sense enhanced lucid dreaming abilities. At any time of the month working with Moonstone should heighten your clairvoyant skills both on a conscious and subconscious level.

From an emotional standpoint, Moonstone is helpful in stabilising emotions and calming stress and it is also a very healing gem. It has quite a female energy, and those that harnesses its abilities may be more inclined to believe in and welcome serendipitous moments.



Supstope

If life is feeling a bit mundane, you've lost your 'va va voom', so to speak - then Sunstone is the perfect crystal to start working with to bring back your joy and spark for life.

To many this is a magical crystal that brings luck, good fortune and light into your life. As a gem it also has some specific uses, you might want to work with this stone if you have difficulties in saying 'no'. It will support you, as you begin to consider whether you should continually put everyone else's needs above your own. Another good use is in decision making, if you have a tendency to procrastinate over things big and small, then continued work with Sunstone could change your behaviour over time.

Emotionally, Sunstone can lift your spirits, leaving you feeling more energetic, optimistic and enthusiastic. You should feel more able to see the positive in people and situations.

Lucid Dreamzzzz

Are you aware that we have different types of dreams? You might immediately think, of course - sometimes I have a pleasant dream, and others would be considered nightmares. But I am actually talking about a dream classified as a Lucid Dream.

What is a Lucid Dream and Why Would You Want One?

Put in a simple term, a Lucid Dream is when the person dreaming, becomes aware that they are having a dream... This altered state of awareness usually occurs part the way through the dream, and Lucid Dreams normally take place in the Rapid Eye Movement stage of sleep, often referred to as the REM cycle.

A nightmare style dream could still feel scary, even if the person is in a Lucid Dream state, but over time people can differentiate that it is just a dream, and not actuality and therefore they are not in real danger. Eventually with practise and focus a person can take control of the dream.

Whether we like it or not, often a dream-state brings to the fore what we are concerned about in conscious life. Embracing Lucid Dreams allows us to work through these anxieties. If you were having a nightmare or going over a real-life scenario in your dream, you may push your body and brain to wake up, or keep sending the dream away and focus on something else instead. However, in a Lucid Dream, you may be more willing to move through, knowing it is a dream and not actuality, which can bring you to useful conclusions that you can carry out in real life.

Can you help yourself into a Lucid Dream state?

It can be difficult at first to enter a Lucid Dream state, without waking. You can try some of the below techniques. This isn't something that should be practised nightly, as dreaming can be a restorative process - so just try a few times a week, or if you enter a period of dreaming a lot.

- Recall your dream either if you wake in the night or in the morning. Note down any words, symbols - anything that stays with you. It doesn't have to make complete sense.
- When you are awake, think of something unusual a talking animal, or a colourful object. Then when you think you are entering a Lucid Dream state, conjure up your item. Then you will know you are in a Lucid Dream situation.
- If you have an unresolved dream that you think needs unravelling, then before you go to sleep, try to create that dream scenario in your head. With practice it is possible you will pick up the dream when you are asleep.





Joanna is a natural clairvoyant who has qualifications in Tarot and esoteric studies, she was a relatively late developer in terms of the psychic realms but has now made up for that and is always ready to advise where

Having a lifetime's experience of clairvoyant psychic work, much of it overseas she can guide you on life's pathway. She says "My senses are finely tuned to give messages, to assist in getting you back on your spiritual path. I work with light and love and universal energy. I have seen a ghost and had a poltergeist experience and so nothing will surprise me. You can feel free to tell me anything and I will not judge you, just give you honest information to guide you back on the right pathway."

Joanna is a qualified reader of Tarot having studied and gained a certificate, with this skill and combination of psychic and clairvoyant ability she will support you in discovering that love is the most important aspect of life both for yourself and for those relationships around you with family, partners, children, friends and work colleagues. Joanna loves to work with the Tarot as it can give very specific guidance especially when people have confusion in their lives and do not know what questions to ask.

Testimonial's:

I just had a lovely reading with loanna. She was very down to earth and got my situation instantly. She understood what I was going through and was able to give me support in understanding the overall picture. I would definitely recommend a reading with Joanna as a very down to earth, easy to get on with person who is very gifted in what she does. A big thank you for assisting me and guiding me.

I have talked to Joanna regularly for over two years. Joanna is aifted and sweet, and her predictions always come to pass. More importantly, she is a wise person who can see through the mud. I always feel much better after talking to her. I will forever be grateful to Joanna for all her care and support. Nai

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You never know who's going to change your life...

Here Today

Billy Crystal plays character Charlie Burnz, who is a veteran comedy writer. In the trailer you see him meet Emma Payge - a New York singer, played by our cover star Tiffany Haddish. Charlie believes that Emma has bid and won a meal with him from an auction, that is true - but she has no idea who he is, turns out she just bid as her ex liked him! To add further insult to injury, she paid just the princely sum of \$22...

Despite this rocky start (including an incident with a seafood allergy, an epi pen and a hospital visit), Emma and Charlie forge a sort of soul-mate relationship. The film charts their deep bond, that bellies the generation age gap between them, and redefines what trust, love and friendship mean along the way.

I don't want to give too much away, although you could guess from the trailer, but the film deals with a sensitive health matter, one that will be close to many of our hearts. But, as you might expect from a Billy Crystal movie, this film is a comedy. Variety describes it as a 'watchable movie with a soft centre.'

The Cast:

Sharon Stone makes an appearance as herself, Charlie's Doctor is played by Anna Deavere Smith. Louisa Krause plays Charlie's late wife, who we see in flashbacks and Penn Badaley and Laura Benanti depict his children.

If you enjoy watching Tiffany Haddish, then you can next see her in Paul Schrader's "The Card Counter" alongside Oscar Isaac and Tye Sheridan. She has also been picked to play the great Olympian - Florence Griffith Joyner in a biopic film.

When can we see the film?

As sometimes happens in film, this movie was released in the US first on the 7th May 21 by Stag 6 Films. But Sony Pictures will not have a cinema theatrical release in the UK until the 3rd of September 2021. Here Today is co-produced by Astute Films, Crystal's Face Productions and Big Head Productions.

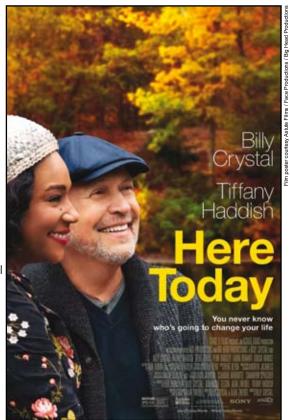
Edinburgh Film Festival:

Here Today has been chosen to close the Edinburgh International Film Festival (EIFF), which takes place between the 18th and 25th August 2021. It is the 74th festival, and despite Covid there will be in-person screenings across Edinburgh and Scotland, but virtual streaming will also be offered by Filmhouse at Home.

Billie Crystal was pleased that people could have a proper cinema experience once more: "To have an audience sit inside a cinema together and share the experience of this film after these unusual times makes me very happy."

Trailer:

Visit this link to watch http://tiny.cc/heretoday





Attraction

You would think that attraction comes first, but in fact it is the second part of the process after lust. It is in this phase that you are besotted by your new friend. This time it's all in the brain: adrenaline, serotonin and dopamine all kick in to gear, making you giddy and restless in love, as messages go back and forth from your body and brain.

You are probably familiar with dopamine; it is the high that is often associated with drug addiction. The reward system in the brain can get equally excited about chocolate, caffeine and other stimulants - in this case love...

Serotonin is the reason why it seems we have a onetrack mind when in lust, the levels are lower than normal, and this allows us to literally become infatuated with another person.

Lastly another thing is at work during these phases, our negativity levels fall and our social judgement is impaired. So, we literally see through 'rose-tintedglasses'. This may be why our friends or family do not always see what we see in our new partner, they are not blinded by love.

Love... Is it all just Chemical?

he beginning of a relationship is filled with excitement, as soon as you have left them, you can't wait until you can see each other or talk again. You get butterflies at the thought of meeting up, and soon they are all you can think about!

It is easy to assimilate the above feelings as 'falling in love', certainly the combination of lust and love can leave you feeling as though you have met your soul-mate. But there is a reason that scientists, writers, professors and more have debated and written about love for centuries, some even describing it as a 'temporary madness'! That is because, there are a lot of chemical reactions at play, when we go through the three phases of love: lust, attraction and attachment

Lust

Both men and women are driven by hormones in the process of falling in lust (testosterone and oestrogen - in case you were wondering). These hormones are part of the process of what piques our interest, why we choose one person over another

Honeymoon Phase

The honeymoon phase of a relationship, which will encompass all of the above can last anywhere from six months to three years. By which time couples are reaching the last stage - Attachment.

Attachment

In this phase you are highly comfortable with your partner. You feel very close to them, and content - in other words attached as a couple entity.

Hormones are still at play, this time oxytocin and vasopressin - and the more physical contact and affection between the partnership the more these hormones are released.

So, whether you are looking back at the start of your relationship or are embarking on a new one. You can rest assured that feeling like you are going just a little bit mad is normal, and that you can't underestimate the chemical effect that are your hormones!



ccording to studies by PHE, approx. 40% of UK adults have put on weight during the pandemic. This is very understandable, changes in routines, more time spent at home, less time exercising, more stress all added to a need to be comforted by food and to release some boredom. The average weight that people put on was about three kilos or half a stone.

If you were a healthy weight to begin with, that small amount extra was probably not going to be a major issue, but the problems come if you were already carrying some extra pounds.

Some people will have lost the weight, once their routines got back on a more even keel, but others may not be so lucky. It is the latter group that is more concerning. For some people, every time they go on holiday, hit a stressful period or something like Easter or Christmas where more food and drink are consumed and enjoyed, they don't lose the weight after. So, they end up getting that little bit heavier year after year after year.

So, if you are struggling to get rid of those stubborn lock down pounds - what can you do?

Mediterranean Diet

Rather than going on a diet - you may want to consider an overall approach to healthy eating. For example, the Mediterranean Diet. This isn't a diet, in the conventional sense of the word, but more a way of eating for several countries, that has proven to be an effective way of eating for good health.

Important Eating Principles

- Eating the recommended daily levels of fibre per day (30g), getting most from wholegrain produce.
- 50% of your plate coming from vegetables and fruit. Eating lots of variety of foods, especially different colours and types of fruit & vegetables.
- Protein sources coming from fish (especially oily varieties), shell fish, seeds, nuts and legumes.
- Eating dairy products and poultry in moderation. Seeing red meat as an occasional food and keeping processed products especially of the meat variety to
- Including healthy fats, like olive oil, that add flavour, satiate the appetite and reduce inflammation.

• Keeping balance, by indulging in treats every once in a while. But generally, on a day-to-day basis limiting refined carbs and sugar products.

Lifestyle Factors

There are other components of a Mediterranean diet that make it good for long-term health, beyond what you eat. For example:

- Taking meals as a family and in a social way not eating standing up, on the hoof or whilst watching
- Choosing red wine as a drink in moderation, adds to the social aspect of dining and is rich in antioxidants.
- Getting outside for at least 30-minutes per day, to expose your skin to the sun, helps your circadian rhythm and tops up your Vitamin D levels.

Unlike other diets, the Mediterranean way of eating can be adopted for life and enjoyed in any country. It is more a plan of what you can eat, rather than a diet built on exclusion.



Aries can embrace that 'I'm in the Mood for Love' feeling, from the 22nd onwards as you enter your 7th love sky and begin a yearly love and social high. Mars also enters your love sky on the 15th, finances are good and you need to prosper others, which by karmic law brings abundance. Your likeability factor brings success more than personal efforts, and you'll be looking at joint love/money ventures, best dates are the 5th & 6th.

You're still enjoying a strong fun/ The Gemini home/family sky is strong pleasure sky until the 22nd, it's a good time to schedule more leisure pursuits into your life. A time of letting go, taking a holiday from your personal goals and enjoying the dance of life. Retrograde planetary activity reaches its peak for the year on the 27th, including Mercury (money), be careful with funds. Good paydays are the 5th, 6th,19th & 20th. Your health/work sky retrograde action, the world of fun/ has a great transit for job seekers.

Taurus

this month, and the New Moon on the 6th will further explain emotional and family issues. All those uneasy questions will be answered by the month's end. Finances are strong from the 6th-20th as the Moon waxes. There may be a windfall and as the Moon moves through your money sky twice, earnings are good. Despite Mercury's leisure calls to you. Enjoy!

Gemini



Moon-folk can downplay career just now, as the cosmic light shines on your favourite pastime - caring for home/ family and their emotional well-being. Even Mars your career planet will be in so family is the actual career right now. Perhaps you'll decide on a home 1st-11th. A problem with the beloved is resolved on the 5th or 6th. Finances are given a boost on the 28th & 29th.

Cancer



September is bathing Leo's with solar rays of autumnal abundance, and you continue enjoying a yearly financial peak until the 22nd. Mars is also in your money sky until the 15th, which your family sky from the 15th onwards, is a good financial sign. Since he rules your beneficent 9th sky, he becomes like Jupiter - the planet of abundance makeover? Good dates are from the in your star sign. Your scholarly sky is powerful from the 22nd onwards, it's financial peak. By spiritual law, you get a good time to study, you may take a special course closest to your heart.



Virgo's can look forward to a month of autumn gold, vou're still on a personal pleasure high. You look good, have great charisma and for now, you can keep admirers at arm's length. Put your energy into taking care of number one. Your money sky is powerful, half the planets are there or moving through. After the 22nd you enter a yearly what you focus on. Great money dates are the 5th, 6th, 19th & 20th.

with our expert





September is the month Libran's can Finances which have been a bit chancy take a Cosmic vacation. You could be of late, start to flow abundantly tapping your feet and humming 'Just after the 22nd as lucky Jupiter is Direct my Feet to the Sunny Side of receiving good aspects. You also have the Street'. Fun is the keynote now, a wonderful transit for love and have a glamorous image. Venus moves into just let go of cares and worries and enjoy life. You can have fun with the your own sign on the 11th, it's effortless love and shows that love is pursuing children figures in your life, they are our teachers, they don't need a reason you. Mars (health) moves into your to be happy. Look forward to a super spiritual sky on the 5th, causing a flow payday between the 8th-11th when of cosmic harmony with the beloved, and bathes you with sacred healing.



Welcome to Free Spirit's in-depth

horoscopes for September 2021

Centaurs are just getting over Mercury's solstice 29th-30th of last month, a pause in the heavens then a change of direction. This happened in your love/ career sky, with a short pause then a change of direction. You're still working to balance love and career. Yet success is rising, albeit slowly, you're still in a yearly career peak until the 22nd. Venus (health) moves into your holy sky on the 11th and sends divine healing, and Saturn (money) sends you abundance.



Venus travels with lucky Jupiter.

Libra

Capricorn's can celebrate this month as your 10th career sky becomes ultrapowerful from the 22nd onwards. You've worked long and hard for your dreams and this puts you on the success ladder. So, you'll be focussing more on career than home/family, and the good news is the family supports your goals. Pay more attention to health, energy levels, diet and R&R from the 22nd onwards. Love-wise charisma is best from 6th-20th as the Moon waxes.



September is a wonderful month for water bearers, you'll be spoilt for choice in your work and leisure activities. Your 9th sky of theology is very powerful from the 22nd onwards, which is great for college-level students and success in studies. This is one of the most beneficent houses for philosophy/ religion, areas which are exciting for you. The Sun (love) enters Libra after the 22nd who lights up your emotions to spiritual harmony, the key to love.



Pisces are basking in their love/social sky until the 22nd. Romance can happen as you pursue your fiscal/health goals. Why not reign in self-interest a little and fine-tune the Pisces sweet-talking skills, they are like money in the bank now. Your 8th rebirth sky is strong after the 22nd, you create a way of growing by cutting back, pruning the clutter from your life. Money is good from 15th - 23rd, plus you have a resurgence of cosmic energy.

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