

# FREE SPIRIT

A close-up portrait of actress Emma Stone with her signature red hair, smiling gently. She is wearing a blue and white striped long-sleeved top. The background is a solid red color.

September 2023

## FEATURES

Temperance & Devil Tarot cards  
Cleansing Rituals and New Energy

## PLUS

September Horoscopes  
& Reader Profiles

## Emma Stone

'Poor things' - A modern  
take on Frankenstein !

discover your future, release your past



## Editor's letter

**S**o, we are marching into September - after a holiday season, it is back to school, back to work and back to reality - we look at that and the Autumn Equinox.

If you are thinking of getting in the spooky mood before October and Halloween descends, then; you might want to check out the film we are reviewing - Poor Things, a modern take on Frankenstein.

In this edition, we discover the Serpentine crystal, and if you like crystal healing, then; you will find Sarah's article on cleansing a very interesting; and useful read. We also check back in with Marcus, a great reader when you need to talk to someone like you would a friend. Then, Pauline writes an exciting piece on New Energy - check out the list!

We continue our dream series - endless climbing, and on the Tarot front, it is the turn of Temperance and the Devil. Then, last, but by no means least, Chrystalyte tells us what the zodiac has in store this month with September horoscopes.

Charlotte

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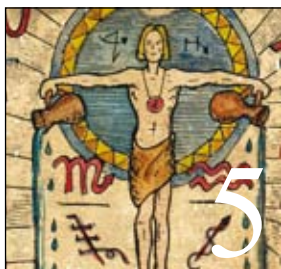
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## Choose a reader to begin your journey

Pick from our many talented psychics, all with different techniques



**Ellie**

**PIN: 1180**

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



**Karen**

**PIN: 5791**

Karen is a medium and clairvoyant; she finds the work both unusual and rewarding; she brings comfort to many, as she has a very calming approach. Karen works with a spirit guide to offer unique readings to clients guiding them through difficult decisions.



**Mary**

**PIN: 5055**

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



**Michaela**

**PIN: 3232**

Michaela's life experience and abilities with Tarot and Angel cards make 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.



**Ruth**

**PIN: 2022**

Ruth has devoted her life to spiritual development; she feels that continuing change and the ability to adapt are significant in our life journey. Ruth works closely with her angel guides with dedication and sincerity to effect change in the lives of those that call.



**Seph**

**PIN: 1369**

Seph is a no-nonsense reader, providing an easy rapport with her clients; she will do her best to listen and tell you what she thinks. As a devotee of karma, Seph is also a firm believer in 'let the Seeker find the Light', in her own words meaning 'Say it like it is'!

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

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



# Reader Profile

## Marcus

PIN: 9399



Marcus is a gifted psychic medium; psychic ability and mediumship run in his family. Marcus was able to embrace his psychic gifts from a young age, and he has developed the power of insight to see the future with clarity. Marcus has always embraced nature and feels at one with the elements. He feels the power of thunderstorms, and he finds the abundance of wind and rain recharges him, and he draws from these powerful elements.

On a personal level, Marcus enjoys spending time walking along the beach and drawing on the energy of the sea. His grandmother taught him never to be afraid and always embrace its power. He is a loving owner of two cats, and he believes all animals have a sense of self and finds cats to be particularly intuitive. If you need any guidance with your furry loved ones, then; Marcus is more than happy to assist you.

As a reader, Marcus is very passionate about his clients and always strives to give clear and honest readings regarding the future or in seeking to contact those passed over. He deals with people from all walks of life daily; and this has allowed him to become an even more accommodating and understanding psychic and medium. If you need guidance on any matters, including love, relationships, prosperity, pets or even house moves, then; Marcus will use his gift to see a clear way forward for you.

Marcus has obtained extensive knowledge of star signs and can see when two people are meant to be together. His favourite area, is offering guidance in matters of the heart. Marcus understands the facts in these situations and the importance to his callers. He is a very spiritual being and believes in the power of positive thinking. If you call to the universe, it will listen, so by calling out what you want (out loud), you can pull it into your life.

A gifted lightworker Marcus has been called on this path for many years, and he is incredibly enthusiastic about sharing his gift. He also feels it to be a precious instrument used to support others. He is upstanding and honest in the way he approaches his clients with their readings, giving as much information as he can. Marcus passes no judgment on any of his clients or situations. He is not easily shocked as he has seen many situations during his years as a reader.

### Testimonial:

*Thank you, Marcus for a great reading. You picked up on an ongoing issue and gave me clear guidance on how to move things forward and made me realise it's not a lost cause... Beth*

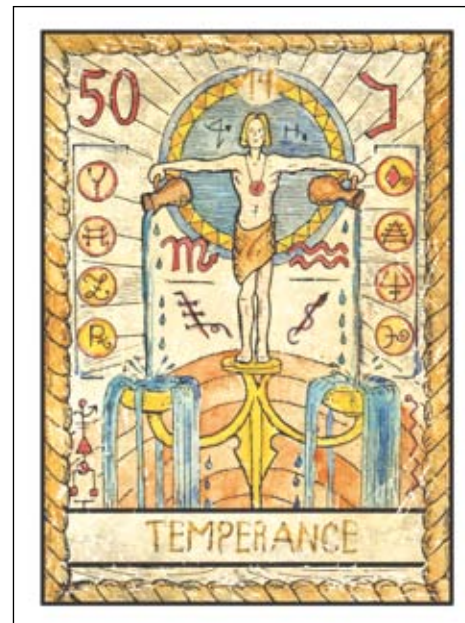
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## Explore Tarot With Us...



We continue our journey this month with cards 14 and 15 in the series, Temperance and the Devil.

### xiv - Temperance

If we could sum up the Temperance card in 3 words, they would be: prudent, self-disciplined and cautious, in terms of a phrase, 'everything in moderation'. Temperance demonstrates a need for harmony and balance in life. All areas of your life, from work, family, love, money, pastimes, exercise, spirituality etc; require attention, and all must work in harmony for a happy and fulfilled life.

When the Temperance card appears in a spread, one or more areas of your life are likely out of kilter, which in turn is impacting every aspect of your being. Maybe your work/life balance is off, and you have too much responsibility, a big project or hard deadlines to meet. Or, it could be you are going through relationship difficulties, which are all-consuming. You may be caring for children or elderly parents, which is putting a strain on the time, you have available. Or, perhaps, you have financial worries. To cope with these issues, you may be using unhealthy crutches, like alcohol and food, or are you generally; not nurturing yourself very well?

Often, the Temperance card depicts an angel; pouring a liquid from one chalice to another - symbolising the ebb and flow of daily life. Equally important is that the angel usually has one foot in water and one on dry land, signifying further the importance of balance for the body and mind.

### xv - The Devil

Much like the Death card, The Devil card is often; feared in Tarot; because of its name and association with black magic, but; also, because the card is misunderstood.

If this card is dealt in a spread, you likely have a feeling; of being trapped - by someone or something and it can also describe an addiction. Even thinking about the situation is difficult for you, so it just lurks in your life; like a dark cloud. Only; very occasionally, will the card mean that someone spiteful is in your life with malicious intent.

The drawing of this card should be seen as positive - as it is the wake-up call you need. You cannot go on ignoring the problem, and the issue is likely to be perceived by you as bigger and bigger the longer you leave it. It is time to acknowledge things and, more importantly, put in place constructive steps to deal with things.

Perception is everything with this card; you have likely decided that you are trapped in your situation - but is that the case? Is the problem of your own making? Have you chosen to not walk away? The Devil reminds us to take a cold hard look at ourselves, and in the light of day - what do we see?







**Y**ou may often hear or read the term 'cleansing', referring to spiritual rituals and daily habits. Sometimes this term is confused with cleaning or clearing, and although there are some similarities, there are also many differences when it comes to this ancient spiritual act.

Cleansing is useful for spiritual tools and spaces. The most common of these; are your crystals, alter space and ritual tools such as candles etc. It is, however, also important; to cleanse your spiritual self, body and energies. In this article, I will take you through various ways in which you can do this; and easy ways to incorporate it into your daily practice.

### *The Importance of Cleansing and Clearing*

It is important to cleanse your crystals, tools and energies regularly, or as often as you feel you need to, simply because it clears away old, stagnant and possibly negative energies and recharges items; so, they can be used to their fullest potential. Take, for example, a crystal that you have been keeping in your pocket all week to give you strength and courage in the workplace. This crystal will have been working hard all week to dispel and absorb negativity for you, and now cleansing it properly; will release all of this.

### *How to Cleanse your Tools, Space and Self*

There are many ways in which to cleanse your space self and tools. Let's start with how to cleanse; your crystals, candles, and similar. Here is a list of various ways to do this; however, when working with crystals, always check which ones can safely be placed under water, soil and salt before you complete your cleansing, as some crystals can be damaged, with various cleansing methods. For example, amethyst crystals will fade in direct sunlight, so cleansing with running water or under moonlight is more suited to their unique needs.

**Cleansing under running water** - is very common, and an easy way to cleanse your crystals and spiritual tools (assuming they are waterproof). Simply hold each crystal under cool running water (or even better in natural running water if you are near any), and in your mind's eye, imagine the crystal releasing all of its previous unwanted energies with the flow of the water.

**Cleansing with sunlight and moonlight** - is a great way; to both cleanse and charge crystals and items at the same time. Place all of your crystals in direct sunlight (but not the ones that can be damaged by direct sunlight!) and leave them to absorb the power and energy of the light. This technique; also works brilliantly under the moonlight and even better with a full moon overhead. Any crystals that will fade under sunlight are fine to cleanse and charge under moonlight, so that's a great alternative for these.



**Cleansing with incense and smoke** - the usual form of incense to cleanse crystals and tools is Sage. Light the incense or smudge stick and bathe your crystals and tools in the smoke. Although sage is the go-to for this practice if you need extra power to banish negativity, Dragons Blood is a fantastic cleansing tool. Incense is also a great way to cleanse entire spaces and rooms in your home, and it works just the same as when using it to cleanse smaller items. Incense is ideal when you are moving into a new home, if there have been some arguments that you want to move on from, or for banishing any negative energies from your environment.

**Cleansing with soil** - is a thorough way to cleanse crystals and items; however, remember to check that it is safe to do so with each item before you do it. I like to do this when I receive a new crystal as it gives it a deep cleanse and grounds the new crystal, ready for you to bond with it for the first time. The easiest way to do this is to bury or place your crystal into bare soil overnight; this can be done outside or in one of your favourite potted plants inside.

**Cleansing with salt** - similar to a soil cleanse, this is a pretty thorough way to cleanse crystals, but as always, some types of crystals do not cope well with salt cleansing, so always double-check before you do it. Using pure dead sea salt or Himalayan salt is important for this - no table salt, please! Bury a crystal in the salt overnight, and it will be cleansed and ready for use the next day.

**Cleansing using your breath** - is a useful technique; if you are stuck on other methods to cleanse or need to do a 'quick cleanse' on certain items. Any crystals you do this with must already have bonded with you; and have been thoroughly cleansed in the past. Hold the crystal in your hand and use your breath over it. In your mind's eye imagine all the negative energies leaving the crystal and charge it with your new fresh energy.

### *Cleansing your Body and Spiritual Energies*

Cleansing your body is just as important as cleansing your tools and crystals because when it comes down to it, your body is one of the most important tools in your spiritual practice! You may be surprised to know; that pretty much all of the above methods; can be used here. Why not treat yourself to a cleansing dead sea salt bath after a hard day, or lay on the bare soil outside to feel grounded and recharged? Burning Sage or Dragons Blood will cleanse you, along with your environment, and we all know how good a bit of sunbathing (or moon bathing) feels.

I hope this aids in your day-to-day spiritual practice and gives you peace of mind that all your tools, crystals and personal energies are cleansed, refreshed and ready to face whatever each day throws at you.



BEST WISHES. SARAH

# POOR THINGS

**T**his latest Hollywood film is another book adaption with the same name - Poor Things, from a 1992 novel written by Alasdair Gray. Our cover star - Emma Stone plays the lead once more; the movie could be considered a gothic romance, primarily set in the Victorian era, but it has strong ties to Mary Shelley's Frankenstein!

Of course, many have interpreted Frankenstein, and Alasdair Gray is no different; his novel presents the various conflicting ideas in the story. The reason it is so appealing and relevant today; is it deals with themes of identity, social inequality, feminism, relationships and memory.

## Release Date and Trailer

Poor Things is being distributed by Searchlight Pictures, with an 8th of September release. Be warned; it has adult themes and content that some may find disturbing! The film will likely be featured at the Venice Film Festival between the 30th of August and the 9th of September, so you may see what the early reception is like.

[www.searchlightpictures.com/news/poor-things-official-trailer/](http://www.searchlightpictures.com/news/poor-things-official-trailer/)



## Plot

Emma Stone plays the character of Bella Baxter; she is part of an experiment by the brilliant, albeit unorthodox scientist, Dr Godwin Baxter. Bella is brought back to life after meeting a tragic end, and the film documents her evolution as they try to sync her brain and body!

It is no wonder that Bella is confused, as her brain is replaced by that of an infant. The film charts Bella's struggles with identity and the world around her. At times Bella feels lost and trapped and so escapes through other-worldly adventures. The end of the story is one of a search for answers, hope and freedom - is that not what we all want and need?

## Cast

The Director is Yorgos Lanthimos; he worked with Emma on The Favourite, a film that garnered her a third Oscar nomination. In fact, they are also set to work on another movie together, an anthology called AND. The supporting cast is equally impressive; Dr Baxter is played by Willem Dafoe (Spider-Man). Mark Ruffalo (The Avengers) features as lawyer Duncan. You might also recognise Christopher Abbott, Rami Youssef and Jarod Carmichael, Kathryn Hunter and Margaret Qualley, to name a few.

Poor Things images: courtesy of Searchlight Pictures, Emma Stone image: Andrea Raffin / Shutterstock.com

Back to school,  
back to work,  
back to reality...



**S**eptember can be a period of adjustment for many. Children go back to school, and perhaps, they are starting; a new school, changing teacher or classroom. Adults often have time off in August and may have gone on holiday; it is a time when many reflect on their life and particularly their job - and it is easy for the Sunday Night Scaries to set in, as usual routines have to resume.

September is the time we welcome in the Autumn Equinox - otherwise known as Mabon, the period where once again, night and day are equal in length. Those that don't particularly enjoy the warmer months may be looking forward to a time of jeans, jumpers, boots and scarves, but others are sad to see the summer fade and the nights draw in.

## So, what can we do; to make the most of this Autumn season?

- Try to get back into a usual routine, early to bed and setting an alarm for the morning.
- Do as much as possible the night before; so that the morning doesn't seem so frantic. Packed lunches, packing school bags and sports kits, getting clothes ready etc.
- If time allows at the weekend, you may find it helpful to do some food prep for the fridge and freezer; so you still have something nourishing to eat on nights when you have to be out of the house; or days when things haven't gone to plan.
- Children are naturally anxious if things are changing for them, education-wise. Try to spend some extra time with your children, discussing any fears they have about school beginning, and try to show excitement for the new term and everything they will learn and experience.
- If you have to commute to work, then; try and schedule an extra 10-15 minutes for those first weeks back, as September traffic can be a shock after the school holidays, especially if we add rain into the mix!
- If you have worries over your job, then try to spend some time in the evening writing down any concerns and looking at what you can and cannot impact. Hopefully, this will allow you to get more rest and sleep better.
- Reminiscing over the summer can be great for everyone. Perhaps you can talk about the friends/family you met, the new activity you tried, and the new places you went and look over photos together.
- If money allows, why not book something to look forward to? It doesn't have to be a holiday or even a weekend away; it could be a day out. As a family, you could book a trip to a safari park. Get a date night on the cards with your partner, and you could have a facial or get your nails done.
- If you are finding September a struggle, then don't forget that the team of readers at Psychic Light are available 24/7 - so give us a call!



# New Energy:

## by Reader Pauline

**W**hat is this new energy on the Earth? It is the Unity Consciousness of the Fifth Dimension. Rather than the isolation of the Third Dimension. We are now ascending into the Fifth Dimension globally.

The whole planet is being bombarded with 5D energy. Gaia is not allowing the combined energies anymore. We have to change with her - our bodies are already vibrating in 5D, but our minds will take longer to adjust.

We need to spend as much time in nature as possible focussing our bodies on meditation. We should focus our thoughts on waking and sleeping, letting go of any worry or anxiety and redirecting our minds towards positivity.

*Signs you are already living in 5D:*

- You see everything as energy.
- Toxins and toxic people have been removed.
- There is No Ego!
- No judgement.
- There is more connection to nature, in particular.
- Psychic abilities are heightened.
- Lighter meal consumption.
- Faster manifestations.
- No scarcity, only abundance.
- Everyone and everything is perfect in your eyes.
- Freedom from lower emotions.
- Reality becomes more fluid and flexible.
- Love and compassion conquer fear.
- Developing a certainty of being eternal.
- Realising the possibility of time travel.
- A higher consciousness prevails.



The 5th Dimension is also known as the Mystic Dimension, as it can only be experienced through consciousness. This happens slowly and can take months or years!

Pauline, PIN: 3798

## Reader Profile



# Pauline

**PIN: 3798**

Pauline is a natural-born psychic clairvoyant, the ability coming from both sides of her family. Her psychic gifts came on in leaps and bounds, with her grandmother's encouragement.

As a Scorpio Pauline, has always been very intuitive and interested in metaphysics. She started some years ago giving readings to her family and friends and then started developing her skills in Tarot through classes and practice.

To further her development - Pauline joined a Reiki Master Class - consisting of Reiki levels 1, 2, & 3. She has also studied Counselling with the British School of Yoga.

A while back, Pauline started to think about moving forward professionally, contacting several psychic companies intending to become a telephone reader. Since then, it has become her chosen life path. Pauline loves seeing how she can support others as they find their way.

Pauline enjoys doing general readings but, her clients find her relationship readings the most useful. Pauline works with the aid of her three Spirit Guides. She also uses Tarot cards and Angel cards, particularly where timings are needed. Pauline may opt for assistance from the Pendulum when yes/no answers are required. Sometimes (very occasionally), Pauline may pick up a message from someone on the other side; for a client, although she doesn't profess to be a medium.

In terms of her personal life, she is married, with grown-up children and two teenage grandchildren. She is an animal lover and owns a tortoiseshell cat and a beige/white rabbit. Plus, she sponsors a donkey at a sanctuary in Devon.

As a water sign, Pauline; is highly intuitive and non-judgemental and takes pride in her readings. This work is a vocation for Pauline; she looks forward to taking your call.

**Leave a Testimonial:**

If you have had a reading with Pauline, we would love to receive your feedback, you can leave a Customer Comment via our website: Scroll to the footer and click 'REVIEW A PSYCHIC': [www.psychiclight.com/review-a-psychic/](http://www.psychiclight.com/review-a-psychic/) Choose 'Pauline' from the drop-down menu, fill in the short form and leave your comment. *Many thanks*

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# A certain Serpentine

**A** Serpentine crystal's predominant colour is green, but it has a mottled appearance and is often flecked with red, brown, black, white and even yellow. It is easy to source, it is found at home in Cornwall and also in America, Italy, Norway, Russia and Zimbabwe.



## Qualities

Many people turn to Serpentine to enhance their spiritual journeying, and like many earthing gems, it is useful for meditation. If you are doing Chakra work, then you should find this stone useful for clearing; and also for stimulating the Crown Chakra in particular.

If you are struggling with your past and how you are remembering things, then Serpentine can be helpful, and it can be utilised for past life work too. Overall, this gem is great at retrieving wisdom and insights - so turning to it when you have a problem to solve; or something is weighing heavy on your mind; is a great idea.

It is not always easy for us to identify where unbalances lie in our life, and the healing energy of Serpentine is great at consciously directing the energy; where it is needed. You should feel more in control, mentally, physically and emotionally after working with this crystal.

## Health

Serpentine is used as a cleansing stone; many turn to it for detoxifying - body and mind. It is thought to increase the absorption of calcium and magnesium, and some use it alongside conventional medicines for better blood sugar control and diabetes. It can also be useful for pain relief and muscular aches and pains.

Like many gems, you can wear Serpentine as a piece of jewellery, carry a small piece with you or on your person, or hold it in the place you want it to have the most impact when carrying out your spiritual practice, breathing exercises, or when meditating.

## Features

One of the reasons it is so popular for spiritual work is its ability to gently bring together, the past, present and future, and make angelic connection easier. Serpentine promotes forgiveness and compassion, especially for past events and experiences you have lived through. Use this crystal when you are ready to reconcile past events and move into your future, emotionally clear and full of hope.

# Understanding your Dreams

## Endless Climbing

### The Dream

This dream can take several forms; you are climbing and climbing - it could be a staircase, a mountain, or a seemingly endless set of steps that lead to nowhere. Higher and higher you climb, but you never seem to reach your destination. Probably at some point in the dream, the climb becomes almost impossible. Perhaps it gets too steep, maybe the earth underneath you becomes unstable, or it could be too narrow to navigate. You may even dream of a spiral staircase; and have the sensation - that you are going in circles! You keep trying to make progress, but it is to no avail.

### Dream Meaning

When you experience this dream, it is likely that, in your waking life, you are also trying to reach an achievement. It will be a big deal - it could be a promotion, you may be passing an exam, achieving a qualification. Whatever it is - it has taken a lot of focus, effort, determination and commitment to get this far.

In the dream, when you find the climb is becoming too much, it demonstrates that in your waking life, you have underestimated just what it is going; to take to realise your goal. Maybe you didn't realise how hard it would be, how much it would impact all other areas of your life, the resources you would need, or how much time it would take.

In the dream, you may reach a point - where you are clinging on for dear life. You could find the ground is crumbling beneath you; or that you are dangling on the side of a rockface! What this means in real life; is that you are frightened that your dream may slip away, that your support network is not up to the job, or that reaching the finishing line is nigh on impossible.

### Take Action

Do not worry; whilst this dream can be alarming - it is a sign that you are ready to face your situation. Keep in mind the phrase 'one step at a time'! It is time to take a slow and steady approach - short bursts of energy will burn you out. Think what you would do in real life if you were faced; with a mountain to climb or hundreds of stairs to climb - with little practice or experience. You would likely break it down into smaller walks, take breaks, eat snacks, and lean on other people for motivation and support. So, this is also true of achieving your goal. Break it down into smaller steps. Appreciate it may take you longer than you thought. Take time to appreciate how far you have come. Check that those around you are on board with your plans and gather their help. Take things down a gear when needed - but keep moving!



# Astrology

With our  
expert:

Chrystalyte

Welcome to Free Spirit's in-depth  
horoscopes for September 2023



Aries



Taurus



Gemini



Libra



Scorpio



Sagittarius

The driving force behind the Virgo New Moon linked to Jupiter and Uranus in Taurus is an earthy one. These signs demand real-time results and put us to the test with practical efforts yet also offer scope for a gentle pace! With six planets in retrograde motion – appearing to move backwards – it's a time for review, reflection and revisits. There's also an opportunity to try again with something that didn't work first time, or which you've simply put off. You have both the courage and tenacity to get solid results!

Venus resumes a forward motion pattern again on September 4th, allowing an opportunity to pick up where you left off with something or someone. Some shifts and adjustments mean that things are not quite the same, but that's probably no bad thing! There are also chances to review other situations and connections this month and you could make quite a breakthrough with a project that you had been hoping to find your way through but just felt stalled on before. An extra pair of hands could make a big difference!

Gemini has more than a fair share of ups and downs to navigate, given a ruling planet – in Mercury – that goes retrograde more often than any other! Expect September to have a particularly bi-polar feel, but at least keeping any low energy to the first half, whilst the higher phase positively peaks during the second two weeks from when Mercury resumes forward motion on September 15th. This coincides with a Virgo New Moon linked to outer planets, Uranus, Neptune and Pluto, sweeping you towards a review of external attachments.

There are opportunities opening up to improve your position, as well as regain dignity in a situation where you felt reduced, disrespected or even unrecognised. Venus resumes a normal, direction course of motion against the backdrop of a plethora of retrograde planets, helping to ease your path from September 4th. But do aim not to over-extend. Watch your step especially around the 17th and 29th when a few extra challenges may arise. All is made a good deal easier wherever you can instantly recognise the wisdom in backing off temporarily!

If you are in need of a lot of reorganisation in certain aspects of your life, you can at least potentially take comfort from realising that quite a few other people are in a similar boat! An unusually high level of planets in retrograde motion indicates that a lot of reviewing, sifting, clearing and rearranging is taking place at many levels. The great news is that the end result should mean a simpler set of arrangements, with matters running more smoothly and/or a number of issues finally put to bed.

Jupiter is the last planet this month to join others in a retrograde travel direction – appearing to move backwards along the zodiac belt. But it does so fairly soon, around September 4th, suggesting there won't be much chance to rev up on certain projects. On the plus side, you don't really need to; what is required is more of a stepping back and assessing matters. With a continued focus on Taurus, ensuring that money flows work for you seems a top priority, but being true to your values also matters.



Cancer



Leo



Virgo



Capricorn



Aquarius



Pisces

Processing new developments may seem difficult if you're neglecting to deal with older issues. The impact of retrograde planets at this time is not negative, however, it simply means you need to slow down so you can sort out any tangles or snags. Then your life becomes clearer and easier to navigate, as energy lifts and the path ahead looks brighter and smoother. Whilst there may be no magic wand to hand, requesting help from the Universe will almost certainly result in answers appearing where you feared there were none!

Nobody should really argue with a Leo about what matters! You know what feels significant to you, and if others don't get it, that probably says more about them than anyone else. It may be natural to question yourself temporarily, as so many planets are retrograde this month. But try not to doubt that life has a positive plan for going forward; it's just going to take a little time for it to become clearer. Meanwhile, remember to reach out for help where your own resources feel limited or stretched.

Your main task is to decide what you can no longer put up with and what you're going to change for good. Maybe that's two tasks, but Virgo is often able to manage several projects at once – and you could be surprised at how much you achieve when you're busily spinning several plates at once! It could also help if you can allow yourself to access assistance with any tasks that feel like too much hard work off your own bat. Others' specialist knowledge or skills may soon prove invaluable.

Capricorn's ruler, Saturn, has a less confrontational relationship with other planets in September, especially as so many join in the same, backward-focussed path along the zodiac. This translates not only as feeling less alone, but also into realising just how much of an old-hand you are in certain areas of experience! Being able to light the path for others can help you remember just how much you have already withstood, learned and achieved. As Saturn will change direction in November it won't be long before you witness much greater progress.

Breakthrough opportunities are there for the asking and the taking around mid-month and month's end; you simply need to channel what you want and take action around what comes your way. Aquarius has a secret hotline to the Universe's bounty but doesn't always tap into it, so make an effort to break the mould and treat yourself to some cosmic goodies! The Sun's move of sign from the 23rd should also elicit a welcome breath of fresh air. Remember that a change often is truly as good as a rest!

The New Moon in mid-month could bring more changes for someone around you, or affect you indirectly, since it occurs in Virgo, the sign that sits across the other side of the zodiac to Pisces. Either way, its link to outer planets Uranus and Pluto marks potential turning points, bringing both endings and new beginnings. The Piscean ability to flow with life's changes will be a great blessing, helping you to navigate both slower and faster moving streams. Be ready to see a situation quite differently from around September 19th.





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