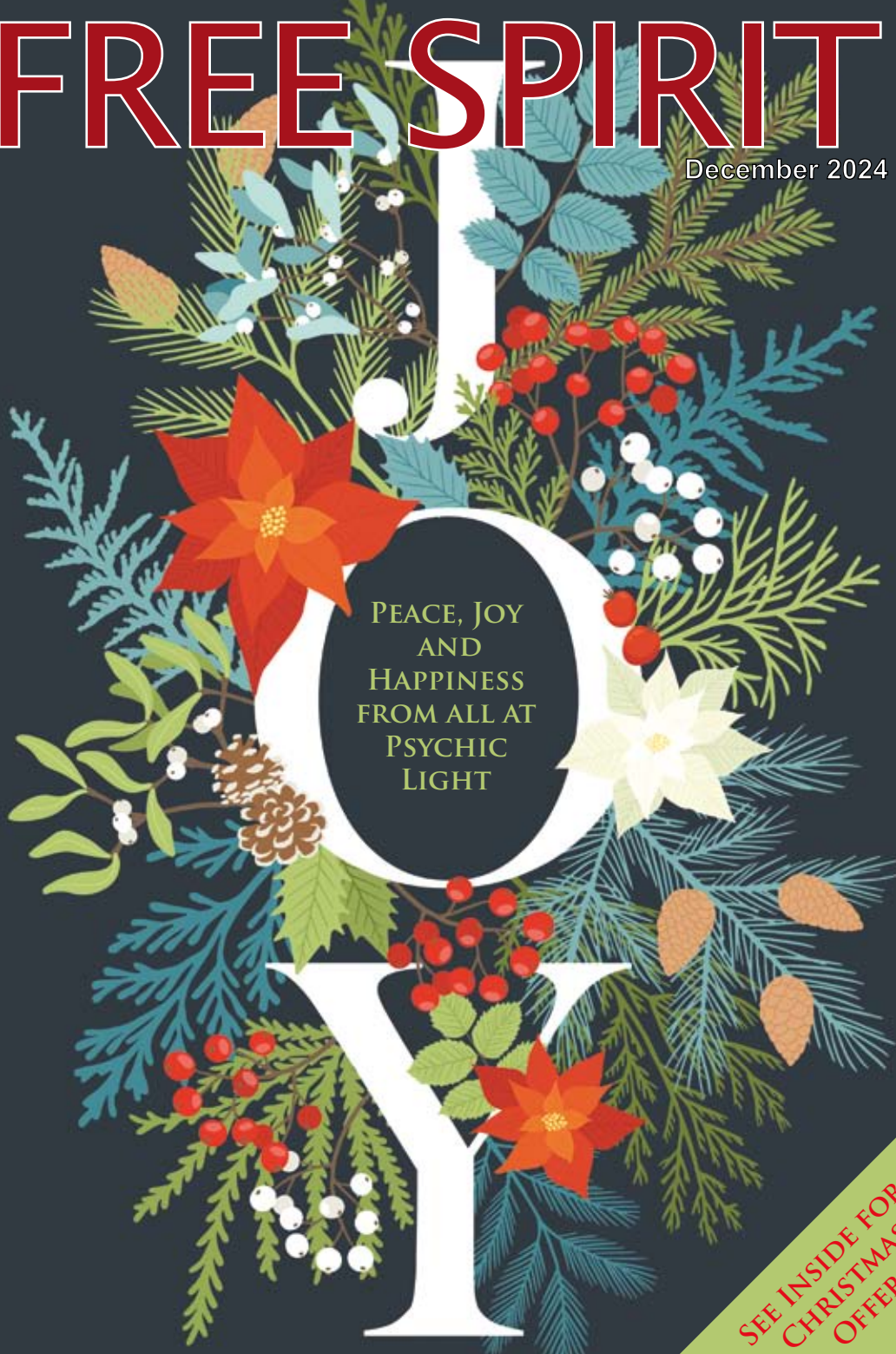


FREE SPIRIT

December 2024



PEACE, JOY
AND
HAPPINESS
FROM ALL AT
PSYCHIC
LIGHT

SEE INSIDE FOR
CHRISTMAS
OFFER

Editor's letter

Season's Greetings! We kick off the December edition by drawing your attention to page 3 (opposite), where you can find details of our seasonal offer running throughout December. Just quote "Merry & Bright" when you call. *Terms apply.

We take a look at some of our European neighbours and explore the different ways they celebrate the season. Witches, cats, and Bishop's feature, as well as leaving out carrots and snacks - sometimes in shoes! Presents are often opened way before the 25th of December. Read on for more twists and turns.

Reader Vanessa explores the topic of Relationships at Christmas, from family to partners; it can be a mix of both happy and tense times - find ways to navigate through. Then Adele writes for us again, this time on the Jhanas - it's a very interesting deep-dive; if you are on a self-help journey, it is not to be missed!

For entertainment this month we have Mufasa: The Lion King - have you seen the original at the cinema or theatre? Then we close out two series from this year: Tarot - by discussing the Heart of the Matter spread, and Signs & Symbols - with trees.

Lastly, turn to pages 14 & 15 where Chrystalte delights us with our December horoscopes. *Charlotte*

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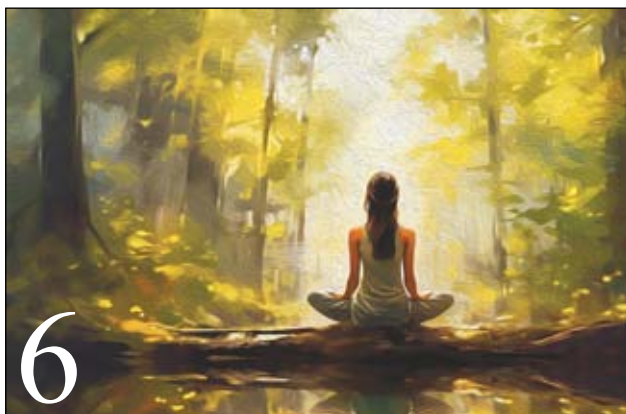
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INSIDE FREE SPIRIT Magazine December 2024



Mufasa movie image. Courtesy of Disney



We would like to wish all of our customers
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Christmas is a fantastic time of year when much of the UK will be engaging in many of the same activities, frantic last-minute shopping, planning lunch with military precision, wrapping gifts, decorating the house, and more often than not now - even the outside. However, it is also a great time for traditions, as every family will have certain rituals, they follow that make Christmas uniquely theirs.

If you have family living abroad or have ever travelled during this time of year, you have no doubt experienced how different countries and cultures have their own unique traditions that symbolise Christmas. Therefore, let's explore some European customs that might surprise you!

- In **Finland**, Christmas Eve is a significant celebration, while Christmas Day is more subdued and typically spent relaxing at home with family. In the city of Turku, a special ceremony takes place that many people watch on TV or listen to on the radio. During this event, the commencement of the Christmas peace period is declared, lasting for

Festive Traditions in Europe



20 days starting from midday on Christmas Eve. It's customary for individuals to enjoy special rice porridge and plum fruit juice for breakfast on this day. A fun tradition involves hiding almonds in the porridge, and whoever discovers them is believed to have good luck in the upcoming year. Some may also unwind by visiting a sauna before partaking in evening festivities. Interestingly, Father Christmas goes by Joulupukki in Finland, which translates to "Christmas Goat." As a result, individuals often wear goat masks when giving out presents during this festive season.

- In **Germany**, St. Nicholas Day festivities commence on 6 December. Kids tidy up their rooms, clean toys, and polish shoes and boots before placing them outside the door. The following day, the boots are filled with sweets, nuts, and small gifts for well-behaved children. However, if they've misbehaved, St. Nicholas' helper Knecht Ruprecht will leave twigs instead! On Christmas Eve in Germany, a meatless meal is enjoyed while children unwrap their primary Christmas gifts on 24 December. Meat dishes are typically served during a festive feast on Christmas Day.

- Easter holds more significance than Christmas in numerous regions of **Greece**. Nonetheless, Christmas remains a vital holiday. On Christmas Eve, children move from one house to another, playing music and singing carols in exchange for delicious treats. Before Christmas arrives, fresh basil is wound around a wooden cross to sprinkle water throughout the house as protection against mischievous goblins known as Killantzaroi. Some individuals even keep a fire burning, believing it will deter these goblins from causing havoc! Typically, gifts are exchanged on January 1st.

- In **Iceland**, children must wait until the Christmas Eve meal is over before opening their presents. The main dish of this meal is Hangikjot, a roasted leg of lamb. There are 13 Father Christmases known as Yule Lads in Icelandic tradition. These playful figures are believed to reside in the mountains and visit towns individually during the 13 days leading up to Christmas. Kids dress their shoes out for the Yule Lads, who will fill them with gifts if they've been good or rotten potatoes if they've misbehaved. It's customary for everyone to receive new clothing for Christmas; failing to do so might result in being devoured by a giant Christmas cat named Gryla, who is the mother of the Yule lads!

- In **Italy**, Epiphany on 6 January is a special day for children. If they have been good, they receive a stocking filled with sweets; if not, they get a stocking full of coal. This tradition is carried out by La Befana, the Italian Christmas witch. Legend has it that she travelled with the Wise Men to visit baby Jesus on Epiphany.

Described as old and ugly, dressed in tattered clothes, La Befana symbolises the passing of the old year. Similar to leaving treats for Rudolph and Santa Claus in the UK on Christmas Eve, some Italian families leave wine and food for La Befana. Just like many families in the UK, lunch on Christmas Day holds great significance in Italy as well.

- In the **Netherlands** and parts of **Belgium**, Christmas festivities kick off early with the arrival of Sinterklaas, also known as St. Nicholas, by boat on the final Saturday in November. Unlike Father Christmas in the UK who rides a sleigh, Sinterklaas moves around dressed in red Bishops robes on a white horse named Amerigo. Upon his arrival, children place a shoe with a carrot inside for Amerigo. The little ones typically receive their gifts on the night of 5 December, referred to as Sinterklaas Eve.

- **Norway** annually gifts the UK with a Christmas tree placed in Trafalgar Square in London as a gesture of gratitude for the support received during World War II. During Christmas, Norwegian children anticipate the arrival of two mythical beings. The first is Julebuk, a goat-like creature that acts as a gift-bearing gnome. The second is Jul Nisse, who watches over farm animals and pranks children who forget to leave porridge for him. To receive presents left for them, children must remember this tradition and open their gifts on Christmas Eve following the main meal.

- In **Poland**, on 6 December, some children may get gifts for St. Nicholas Day or Sw Mikolaj. Christmas Eve is significant in Poland as families come together for Wigilia, a meal where they begin eating upon spotting the first star at night. The traditional Wigilia meal consists of 12 courses, often featuring carp fish. Additionally, families share a special bread wafer called "Oplatek" symbolising forgiveness, and adults exchange presents during this time.

- In **Spain**, Christmas festivities kick off on 8 December with the Feast of the Immaculate Conception. In Catalonia, a unique tradition takes place on this day known as the beating of the Christmas log. From December 8 to the 24th, children feed dried fruit and nuts to a cheerful log named Tió de Nadal each night. They keep it warm by covering it with a blanket. On Christmas Eve, kids gather around to sing while hitting the log with sticks in a playful manner. Following this ritual, they unveil the blanket to discover that Tió de Nadal has

"pooped" out an array of treats! Similar to Poland, the primary Christmas feast is enjoyed on the Nochebuena or Christmas Eve. While some gifts may be exchanged on Christmas Day for children, it is traditional in Spain to

open presents on Epiphany (6 January). This date commemorates when Three Kings visited baby Jesus and presented their gifts.

- In **Sweden**, a special celebration takes place on St Lucia Day, observed on 13 December. The origin of the tradition surrounding St Lucia is somewhat unclear, with various stories possibly merging together. One account suggests that St Lucia was a young Christian girl martyred in the 4th Century for her beliefs. Swedes honour this day with numerous Lucia processions featuring a girl clad in a white gown adorned with a crown of candles. Children unwrap their gifts on Christmas Eve after leaving a bowl of porridge out for Tomten - their version of Father Christmas - to receive presents from him. On Christmas Eve, Swedes enjoy their main meal, typically a lavish buffet known as Julbord, where guests are encouraged to indulge multiple times in the array of festive foods available.

Would you consider adopting any of these countries' traditions? It's surprising how many icons are associated with the season and how many countries open presents not on the 25th of December.





The Jhana state is not something which gets added onto ordinary, unchanged selves. Rather, the Jhana state is an experience of ourselves as we reorganise, sublimate, and refine the various factors of our mundane (as opposed to Transcendental) consciousness. The Jhana states are our experience of ourselves as we potentially exist on higher and higher planes of being. As human beings we have the possibility of living at different levels. We may well be familiar with those times when we live at a less than human level: when we are in the grip of craving or hatred, when we sink into an animal torpor or when we wander aimlessly about, living on but the most superficial level. We can also think of those times when we are more completely and truly human, when we are self-aware, acting responsibly, non-neurotic and directed. Between us and the Jhanas are a few enemies to be conquered: the five gross hindrances.

The Five Hindrances

Desire for Sense Experience & Hatred

The first is Desire for Sense Experience. In meditation the senses are not in operation. But we find it difficult letting them go: The second hindrance, Hatred, is basically the same thing. The mind is hooked onto an object that it is unwilling to leave alone; but this time the object is one that causes us pain. These two hindrances make up a pair, being both concerned with craving.

Restlessness & Anxiety

The next two make up another pair which is concerned with very different modes of energy. Restlessness and Anxiety, Restlessness, the first, is the inability to settle down. The mind is rushing fitfully. We have no particular track, no purpose: there is just energy more or less out of control. Anxiety, the second is irrational anxiety; it isn't as though there is anything concrete to worry about - but we feel anxious, tense, worried, on edge, so this too prevents us from finding, or even from looking for,

the peace and calm of meditation.

We are far too much on the surface of things, in a scatty, speedy, and anxious state of mind. Again, the antidote, the way out of this hindrance, is first to recognise that it is a hindrance; and then, in whatever way we can, to try to become calmer and more concentrated. Paradoxically, the most effective way of dealing with this hindrance is meditation itself, so we should redouble our efforts, and our resolve, to concentrate on what we are meant to be doing. The opposite mode of energy is the hindrance of sloth and torpor:



dullness, heaviness, stagnation, blockage of both bodily and mental energy. Sloth is mental dullness; torpor is physical heaviness: the sort of feeling we get after a very substantial meal. Naturally, this gives us a rather unpromising start for any sort of meditation. To get rid of it we first have to recognise it as a hindrance, which will not be easy. Recognising it as a hindrance has implications! It implies that we have to do something about it, and sloth-and-torpor will resist this.



Doubt & Indecision

Doubt and Indecision, the fifth hindrance, stands on its own. Perhaps it underlies all the others, since it is basically through lack of confidence in our meditation- and in ourselves- that the other hindrances arise. Indecision is the other component of this basic hindrance- we don't make the decision to get on with the meditation, because any decision, once made, requires acting upon, requires

action. We shrink from action because we have no confidence in ourselves; we remain stuck fast in Indecision.

So, we must do something about Doubt and Indecision. Recognising it for what it is: a hindrance. Then we ask ourselves, Do I want to develop or not? Is it possible for me to develop or not? We must then answer, Yes, I do want to develop. Yes, it is possible for me to develop! In this way we'll become more confident; and on that basis we'll decide to get on with it; and we will have got beyond the hindrance of doubt.

A State of Mind

What happens with all the hindrances is that we tend to identify ourselves with that state of mind- so we have to always remind ourselves that there are higher states just beyond our sight. We think we are only limited, little humans. We doubt that enlightenment is a real possibility for us and as soon as we limit our expectations in this way, further progress is not possible.

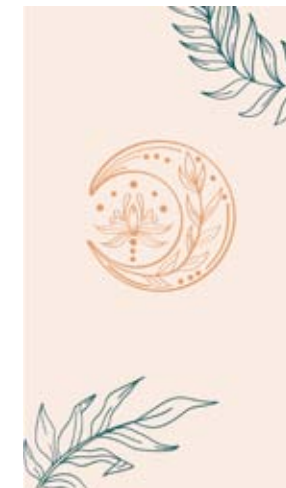
Now that we have been through all five, we will have seen that the most effective means of conquering the hindrances is recognition: seeing that the hindrance

is a hindrance, and deciding to move out of it and because we tend to identify with the mental states we happen to be in at a particular time, this will require imagination and confidence.

To move out of the hindrances requires that we find a method which works in our own case. Each person's mind is unique and only very general guidelines can be given for finding a method.

Four Traditional Antidotes

The following sequence of four traditional antidotes might give us some ideas. Firstly, there is cultivation of the opposite tendency, for example, loving kindness to counter hatred; secondly, we can consider the consequences of allowing the hindrance to take us



over completely (which might have a sobering effect); thirdly, passive resistance - allowing the hindrance to come and go as it will, but giving it no particular attention (which would keep it going); fourthly, the last resort is suppression, forcing it out of the mind.

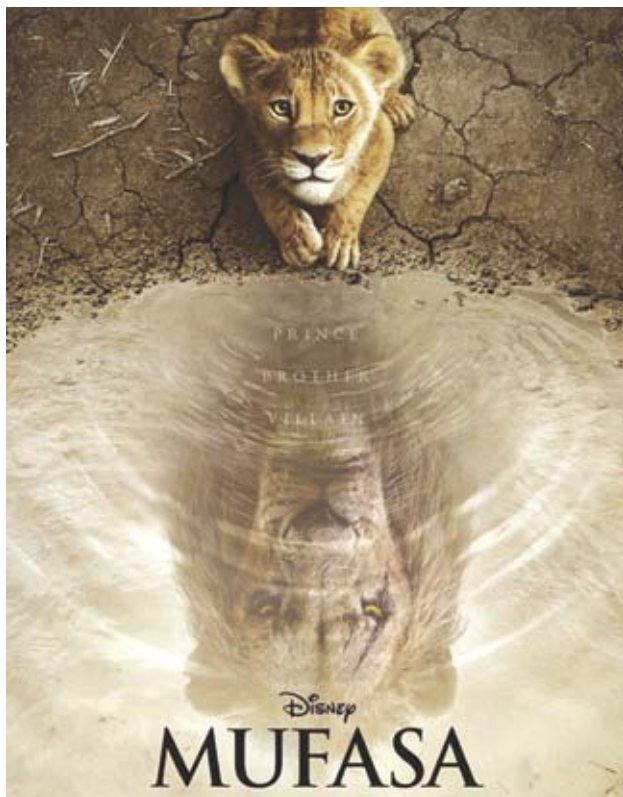
In meditation we should be looking all the time to see whether we are really meditating or not. There must be an element of purposiveness, of knowing why we are

doing what we are doing, knowing what we want and whether we are achieving it: we must check up on ourselves continually. This should be our strategy. Without some form of strategy, we will never be able to conquer the hindrances.



Written by Reader Adele
PIN: 3622





MUFASA THE LION KING

As this is the Christmas edition, we decided to feature a feel-good film suitable for adults and children alike. Going to the cinema at this time of year can be a very festive experience and is a great activity for all ages, especially if you have visiting guests to entertain.

The Mufasa story:

In "Mufasa: The Lion King," Rafiki is called upon to share the tale of Mufasa with Kiara, a young lion cub who is the daughter of Simba and Nala. Timon and Pumbaa also contribute their classic humour to the storytelling.

Narrated through flashbacks, the story unveils Mufasa's beginnings as a cub

without parents, wandering in solitude until encountering Taka, a compassionate lion who is destined to inherit a royal lineage. This serendipitous encounter initiates a grand adventure involving a diverse ensemble of outcasts on a quest to discover their fates. Throughout their collaborative efforts to elude a dangerous adversary, the strength of their connections will be put to the ultimate test.

Cast

The upcoming movie will centre on Simba's father, depicting his transformation from a young cub lacking nobility to becoming the ruler of the jungle. A fresh cast has been selected to voice the younger versions of Mufasa and Scar, while Donald Glover and Beyoncé are set to reprise their roles as Simba and Nala in later parts of the film.

Aaron Pierre, known for his roles in "Foe," "Brother," and "Genius," will lend his voice to Mufasa. His co-star from "Genius," Kelvin Harrison Jr., is set to voice Scar. Disney has unveiled that Scar's actual name is Taka and clarified that the characters are not blood-related brothers.

The star-studded cast also includes Blue Ivy Carter, the daughter of Beyoncé and Jay Z, who voices Kiara, Simba and Nala's daughter.

Soundtrack

Disney has revealed that Lin-Manuel Miranda, known for his work on Hamilton, Encanto, Moana, and In the Heights, will be crafting the original songs for the upcoming musical adventure. Collaborating with Mark Mancina (Tarzan, Speed, Twister, Brother Bear, Bad Boys), Miranda is also involved in producing the music. Lebo M will contribute additional music and performances to the project.

History

Regarded as one of Disney's most triumphant franchises, the initial 1994 "Lion King" amassed \$960 million globally, while the 2019 adaptation raked in \$1.6 billion at the international box office. Additionally, the remake was honoured as one of Variety's Critic's Picks in 2019.

Trailers

The film will be in UK cinemas from the 20th of December. In the meantime, here is a link to Disney's official trailers: www.disney.co.uk/movies/mufasa-the-lion-king

Mufasa movie image: Courtesy of Disney

signs & symbols TREES



As we reach the conclusion of our Signs & Seasons series, we take a look at Trees. Collectively, they hold various meanings for us, symbolising life, death, strength, growth, Heaven, Earth, and even the underworld. They also offer sustenance for both humans and animals while providing materials used for shelter and firewood to keep us warm. Many trees have historical associations with spirits and deities; some serve as focal points in communities and are revered for their age and significance.

- The **CHRISTMAS TREE**, typically a fir tree, symbolises the winter solstice as an enduring tradition. Decorating trees originated in 16th century Germany. The lights on the tree represent stars, Sun, and Moon illuminating the Tree of Life.
- **HOLLY**, a symbol of hope and joy, is linked to the German Goddess Holle. The red berries symbolise her blood, believed to have been shed to bestow everlasting immortality upon it. Holly held sacred significance for the God Saturn and is sometimes viewed as a Christian representation of the cross.
- The **PINE** tree represents strong character and virility. Being an evergreen, it is associated with immortality and the Roman God Bacchus. Among the American Indian Iroquois, the white pine holds significance as the tree of peace.
- The **SPRUCE** tree is often associated with resilience, strength, and longevity. It symbolises hope, new beginnings, and the ability to overcome challenges. In some cultures, it represents protection and clarity of mind. The evergreen nature of the spruce tree also signifies eternal life or immortality. Overall, the spruce tree carries positive connotations related to growth, endurance, and vitality.
- **YEWs**, symbolise immortality, they were cultivated in Celtic groves. Over time, some of these groves transformed into locations for Christian churches. The Celts believed in the Yew's magical and mystical powers and so crafted wands and bows from it.
- The **OAK** symbolises masculine power and bravery. To the Druids, it held a sacred significance in connection with divination. The Celts held the oak in high esteem, associating it with gods of thunder, sky, and fertility.
- The **LINDEN** tree is a well-known European symbol associated with happiness, beauty, and friendship. It is linked to the Goddess Freya and has long been believed to be resistant to lightning strikes, leading Lindens to be seen as protective guardians of villages.



Psychic Readings for Guidance in Love AND Relationships at Christmas

Christmas may conjure up thoughts of romance, togetherness, tender moments shared in a cosy and intimate setting. Spending quiet time with that special someone, curled up enjoying the crackle of a log fire and soothing candlelight. Well, it's a great thought but for many of us the reality is anything but the romantic ideal!

If you're single, all the celebrations can leave you feeling a little left out and isolated unless you are lucky enough to have close friends to share the day with. Loneliness at Christmas is more common than you might imagine, and it can hit us at any stage of life. You might still be waiting for that special person to come into your life, or you might have suffered the loss of your family through separation or divorce. At Christmas a bereavement can feel particularly raw, and no matter how long ago it happened, it may bring bittersweet memories to your mind at this time of year.

Reaching Out

Feeling that you need to reach out to someone who will listen to you without judging how you're coping can be the first step to finding a way through any emotional

or practical difficulties. Psychic Readings are a really valuable tool, helping to put things in perspective and understand the potential for a better way forward. If you have suffered a bereavement, a reading with one of our skilled Mediums may help to offer you particular comfort and reassurance.

Sometimes you may find yourself having shared pre-Christmas celebrations with someone who you felt you had made a connection with but has now become unavailable, and it's hard to work out if the potential actually existed for an ongoing relationship at all. A Psychic Reader may be able to connect with that situation in a way that gives you more information about the brief encounters of life, and any future possibilities attached to that event.

In any new relationship, Christmas is both exciting and uncharted territory, perhaps with different family customs to accommodate, and you might have more time to spend together than in a normal week. Take it easy and find the middle ground if you can; you have plenty of time to get used to what each other wants from Christmas. If you're trying to work out what is important in this new relationship, and see things from your partner's perspective, a Psychic Reading could offer the insights that you need.

Expectations

Grand expectations revolve around the festive season, meaning that we can end up feel overly pressured into making things "perfect" for everybody, which inevitably leaves us tired and stressed just when we need to be unwinding and taking advantage of the time away from our regular schedule. Having a plan to take the hassle out of the holidays is a great idea, and it's never too early to start making your survival plan!

Try to think ahead and make space for each other, even if it's just unwinding with a mug of hot chocolate after children and house guests have retired for the night. And if the atmosphere feels tense, have a few moments of time-out!

Where there has been a separation or a divorce, we might feel the need to come together at Christmas as a family in some form or other, and the boundaries for these occasions may well benefit from being quite tightly drawn so as to avoid any misunderstandings. Planning in advance can be helpful so that everyone knows what to expect, but if you're finding yourself struggling to cope emotionally or practically in this type of arrangement, it can be very useful to ask your Psychic Reader and Healer for guidance around every perspective, and for healing of emotional wounds that might have been aggravated by the situation.

You may feel a need to talk over a situation around an estranged member of the family who is perhaps not accepted by others in your home at Christmas, and the opportunity to discuss these types of relationships can be especially useful with the added dimension of a Psychic Reading, which is always completely confidential and non-judgemental, and focusses upon bringing you comfort, release and closure around potentially upsetting issues.

Christmas Meal

Christmas dinner can feel a little strained when you have family or friends around the table that don't get on with each other, or with whom you frankly have little in common outside the annual gathering. It can feel hard to cope when your patience is thin, and if you have children, that have probably been up since

3AM, and by now are somewhat over excited. So, take a few moments to breathe deeply, enlist the help of anyone who can carry a plate, and tuck into the roasties. After the big meal is over and everyone has collapsed into the armchairs, checking in for a Psychic Reading might help you to understand just what the dynamics of the conversations across the table were actually saying.

Post-Christmas

Post-Christmas stresses tend to revolve around spending, who contributed most over Christmas, and discussions about who not to invite next year. Try not to let these concerns get in the way of a bright New Year, it's usually the case that given a little space, the fact that we do actually love each other can get us through the worries. Talking things through in a Psychic Reading can make this a little easier.



Beloved Pets

And finally, our animals can be a major source of love and healing to us, offering fun and devotion in equal measure. Sometimes, they may be the only other living soul we spend Christmas with, and we love them without limit. Our relationship with our pets can be so close that we each "hear" the thoughts of the other, and they are a constant source of joy and comfort, just as we are a source of comfort and love to them.

The festive season should be a time when each and every one of us feels nurtured, experiences love and gratitude and offers these things out to others.

That is the true spirit of Christmas; whether you celebrate the season as a religious holiday or not, love is at the heart of this time of the year. I sincerely hope that each of you will find the joy of love in your hearts and lives, and that the inner peace and all the blessings of Christmas will continue to live with you throughout the coming year.

Vanessa, PIN: 3900



TAROT SPREADS

THE HEART OF THE MATTER

So far, we have explored the Celtic Cross and Horoscope spreads. Today, we turn our attention to the Heart of the Matter spread.



WHY MIGHT YOU USE THE HEART OF THE MATTER SPREAD?

This comprehensive spread offers a detailed examination of different areas in your life. It is not advisable for beginners to use this spread on themselves due to its complexity. It is best interpreted by an experienced Tarot reader who can provide you with the necessary insights and guidance through its intricacies.

LAYOUT OF THE CARDS

So, there are thirteen cards in the spread. As you can see from the above image, they flow in order, starting with one card at the top (1), three cards on the next line (2-4), five cards on the following line (5-9). The pattern then repeats with a line of three cards (10-12) and finally ends with a single card on the last line - number 13. This pattern creates a diamond shape.

WHAT DO THE CARDS IN THE SPREAD REPRESENT?

What you will notice about this spread is that the various number cards seem to represent the same thing. 1, 5, 9 & 13 = Current influence. 2, 3 & 4 = What you wish for. 6 & 8 = Obstacles. 7 = Heart of the matter. 10, 11 & 12 = How others see you.

HOW THE CARDS ARE READ

Unusually for Tarot spreads, the cards representing the same things are grouped and read together because they signify a specific situation. Therefore, the reading does not follow chronological order but rather appears as listed above. First, the current influences are addressed, followed by the querent's desires, then obstacles in their path are discussed. Next is delving into the core issue before concluding with exploring the emotions and experiences of those involved but on the periphery of the situation.

WHY MIGHT THE HEART OF THE MATTER SPREAD BE USEFUL?

A person might use this spread if they are feeling somewhat stuck in life, as if things are a bit too mundane and they are in a rut. Perhaps they have ideas about some things they want to shake up but are unsure of the direction, and possibly have people in their life who are not thrilled with any possible changes.

This spread could be used for a relationship reading, especially for a long-term union. There may be a sense of growing apart. It could be that they are facing significant decisions such as where to live due to job opportunities or whether to have children. Alternatively, they might be on the brink of entering a new phase in life, like an empty nest or nearing retirement.

Rest assured that whatever your situation, our experienced Tarot readers will guide you using the best spread for your specific circumstances.

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Choose a reader to begin your journey

Pick from our many talented psychics, all with different techniques



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 understood.



Bryony

PIN: 2727

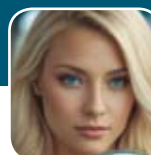
Bryony is an incredibly insightful reader specialising in emotional journeys involving relationships and significant life decisions. Bryony is also well-placed to offer spiritual counsel in the area of business, having been a corporate trouble-shooter for many years.



Jasmine

PIN: 5115

Jasmine is a clairsentient, clairvoyant medium; she has worked with her guides for 35+ years. She is a natural healer and has a unique affinity with animals. Jasmine can transfigure Spirit and loves the crystal ball, healing runes and numerology.



Josephine

PIN: 4499

Josephine leads people on a journey toward spiritual awakening, combining clairvoyance, clairaudience, clairsentience, and remote viewing. With a deep bond to the angelic realm, she offers valuable advice, healing, and empowerment.



Mariah

PIN: 1881

Mariah is a medium, clairvoyant and healer; her style is honest and compassionate. Through Spirit, she will support, empower and illuminate, just as her guides have done for her. Mariah specialises in bringing clarity to situations which may be causing you pain and stress.



Sarah

PIN: 9888

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

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.

Astrology

With our expert:

Chrystalyte

Welcome to Free Spirit's in-depth horoscopes for December 2024



Aries

December's first half may feel easier going than the second, thanks to Mars in forward motion until the 6th – a new Moon in your fellow fire sign of Sagittarius. This points to relatively high energy maintained, perhaps thanks to support from friends, neighbours or relatives. But energies could increasingly be needed by other people, which will keep you busy and purposeful, but may also be draining. The key to happiness lies in finding some balance, and if that means slowing down and disappointing on some social invitations, so be it.



Taurus

Taurus is almost sure to feel a sea change occurring around Venus's change of sign on December 7th. Moving away from solid, reliable Capricorn to more rebellious, less predictable Aquarius may seem jarring, but could jolt you out of any sense of tedium or simply feeling stuck. It may be you're required to make clearer choices as it won't do to just teeter along with the pack. Venus aligns well with Uranus, the planet that rules Aquarius, early in the month, giving an early heads up to needed, beneficial moves.



Gemini

Gemini knows, perhaps more than most, how it is possible to start again with any narrative or journey. At least if the other players are willing! And then there's always going solo, if that suits your purposes better. But the chances are you will want to link with others in certain ways this month, or lay the ground for doing so in the future. A lot could feel simpler once Mercury resumes forward motion in Sagittarius in mid-month, though still be prepared to have to dance around others' needs, temporarily.



Libra

The Libra desire for balance / harmony, whilst retaining a safe distance, may be better realised when Venus moves into Aquarius around Dec 7th. The planet continues in that sign into the new year, providing potential for smoother & more promising connections in relationships & with new projects / opportunities. Aquarius respects structures, but also welcomes in innovations, so be prepared to do a few things differently. You could also be opening your heart to someone with unique qualities or special connections. Neptune sprinkles nostalgic and magic memories meanwhile.



Scorpio

The move of Mars to retrograde motion – appearing to move backwards in the zodiac – from December 6th could mean a few plans need revision. Don't be surprised if life seems or needs to slow down; there will be solid reasons for this, though their full logic or resolution may not be obvious for a while. Mars is in Leo, so you may encounter situations where pride is a theme, but where dignity is also your guiding light. Magnetic charm is a Scorpic natural bonus and could equally win you points!



Sagittarius

The Sagittarius new Moon suggests a new seed planted as the month options. As Jupiter hits the centre level of Gemini's zodiac degrees in mid-month, it may become clearer that you're reaching a turning point. Whether a so-called tipping point feels in your favour or not may be less significant than realising it is imminent, and whether you need to do anything to encourage or prevent it. Whatever the outcome, a Venus-Jupiter link on the 20th shows someone caring and/or helping, especially if you reach out and explain what's happening.



Cancer

This is a month of two new Moons – with the second on December 30th referred to as a 'black' moon – in your solar opposite sign of Capricorn, suggesting something interesting going on around someone else in your vicinity. There could be an opportunity to turn the page with this person, making a tricky situation feel more positive. Meanwhile, the mid-month full Moon in Gemini may coincide with lower energy then, or reduced sleep. Either way, you may soon be more energised once the Moon moves through Cancer across December 15-17th.



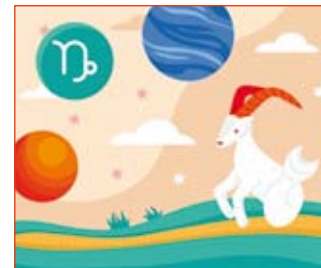
Leo

Two new Moons in one month is quite a rarity, but is applicable to December and presents Leo with a sense of two new starts. Perhaps this is around different projects or relationships. But could also be about two strands of development in the same one. In either case, the likelihood is of a wonderful boost, overall. But don't worry if you can't see the full map of where things are going, initially. You are probably not supposed to know that much detail yet. Relax and let the future unfold!



Virgo

December is rather a month of two halves, but with things gradually improving, so don't panic if you get off to a slow start! Virgo is a sign so strongly linked with worry and the pre-Christmas run up is usually quite stressful, so maybe no surprise if you're feeling frazzled for a while. But things are likely to feel more manageable from when Mercury stops being retrograde mid-month, even if there are still loose ends to tie up and work to be done. A conversation around the 6th looks illuminating.



Capricorn

The second of the unusual occurrence of two new Moons in a month will be in Capricorn, pointing at a new start or beginning on the way. It could feel a little while coming, so do not be too surprised if not a lot changes quickly. New ideas and options need time to develop, but when the moment is right for any seed to take hold firmly, it can do so in no uncertain terms. Do not be disheartened if blocks or obstacles seem to stand in your path meanwhile; they are very likely temporary.



Aquarius

At either end of December, on the 2nd and 28th, Uranus links with Venus, which undergoes a change of zodiac sign in her path around the 7th. Some useful changes could occur both early on and later, particularly around any surprise blasts from the past. Whether you see such connections as positive or otherwise is pretty much secondary to how you decide to respond. Any bumps in the path can help you move in a more productive direction, so try to welcome all, but move away from what doesn't appeal.



Pisces

It's really good news with Neptune due to move to forward motion again on December 7th. Whilst you may not be able to pick up every piece of a story immediately, you probably will start to see what's important in a clearer way. Sometimes it helps just to identify where there's a problem because, once you see it, you are on the path to beginning to manifest a solution. Several lunar links look useful for smoothing the path with areas that have been troubling; keep your eyes to the horizon.



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