

# FREE SPIRIT

September 2024



## FEATURES

Autumn Equinox, Tea  
Candle Gazing and Angels

## PLUS

September Horoscopes  
& Reader Profiles

**Jenna Ortega**

Watch out...  
The Ghost with the Most is Back!

discover your future, release your past

## Editor's letter

**C**an you believe that we are swiftly approaching autumn this month? Instead of feeling melancholic about the changing seasons, we are embracing the Autumn Equinox. Refer to page 4 for Vanessa's insights on what this period brings and turn to page 13 for information on autumnal teas with medicinal properties.

Have you seen the original Beetlejuice movie? If so, you may be excited to learn that this beloved classic now has a sequel. Jenna Ortega, our cover star, plays Astrid, who unintentionally triggers a gateway to the afterlife!

We conclude our Tarot Minor Arcana series with the Pentacles cards from 8 through to King. Stay tuned as we will introduce different spreads in upcoming months.

If you have a friend or family member who is grieving and want to know how best to support them, flip to page 5 where we outline three crucial steps.

Then, Sarah shares her thoughts on candle gazing (pages 8-9), while Ruth details her perfect day out (page 12). Lastly, don't miss your horoscope predictions for September.

*Charlotte*

## Marketing

Psychic Light Ltd. PO Box 435, Sittingbourne, Kent ME9 0WB.

We want to reassure you that we take the processing and handling of your data very seriously. We do not and never will sell your data to a third-party or allow any third-party access to your data for marketing purposes.

If you have opted-in to receive marketing materials from us, we will continue to send to you until such time as you change your preferences or unsubscribe, or we deem a suitable amount of time has passed since you last used our service and consider that you are no longer interested.

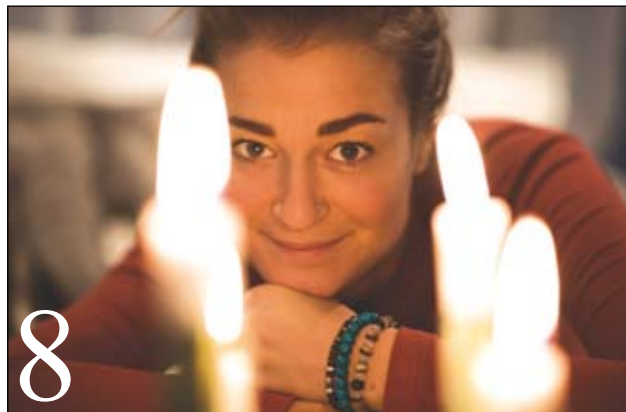
We want to ensure that it is as straightforward for you as possible to change your marketing preferences and unsubscribe should you wish to, the quickest way to do that is to email us providing the relevant information to:

[unsubscribe@bureautelecoms.com](mailto:unsubscribe@bureautelecoms.com)

[www.psychiclight.com/privacy-notice/](http://www.psychiclight.com/privacy-notice/)  
[www.psychiclight.com/terms-and-conditions/](http://www.psychiclight.com/terms-and-conditions/)

# INSIDE FREE SPIRIT

Magazine **September 2024**



Jenna Ortega image: Ga Fullner / Shutterstock.com

PAY BY PHONE BILL

**0906 111 0901**

£1.50 per minute plus your phone company's access charge.

PAY BY CARD

**0800 915 2347**

£32.95 for the first 20 minutes, £1.50 per minute thereafter.

## Choose a reader to begin your journey

Pick from our many talented psychics, all with different techniques



**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 troubleshooter for many years.



**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.



**Kelly**  
PIN: 2444

Kelly does not ask any probing questions; you will find she immediately tunes in with you. She connects to Spirit to channel reassurance about your dearly departed loved ones. Her expertise is in; guiding folk on their life journey, offering healing and awakenings.



**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.



**Pauline**  
PIN: 3798

Pauline inherited her gifts from her family. Her speciality is relationship readings; she also likes to bring in Tarot/Angel cards, especially when she needs to tune into her guides. Pauline finds Pendulum work can assist when a yes or no answer is required.

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.





# Wheel of the Year: Autumn Equinox

Falling on Sunday 22nd September 2024, the Autumn Equinox marks the second time in the year when day and night are of roughly equal duration. The energies bring a pause, a transitional moment between the light of spring and summer and the darkening half of the year.

Colours change in nature from vibrant yellow and green to the more mellow shades of autumn. Oranges, reds and golds abound and bring their peculiar warmth as the temperatures drop away. It truly is the season of mists and mellow fruitfulness.

Our ancestors celebrated this season of Autumn Equinox, or Mabon, as the second harvest celebration of the year. Lughnasadh was the first and Samhain the third and final harvest. Mabon marked the harvest of apples, grapes, root vegetables, berries and rosehips.

The harvest which started at Lammas, or Lughnasadh, has continued and we look at the fruits of our labours and acknowledge all our achievements and the growth in our lives. The intentions we set at Samhain last year as seeds to overwinter are brought to fruition in the seasons of harvest. It's time to take stock of our lives and begin to contemplate our successes and, yes, our failures too. We can look with gratitude to all the lessons we have learned and the progress we have made, celebrate new partnerships forged over the year and cleanse the ground for the coming year.

Just as the vines that supported the ripening fruits wither away and nourish the ground for next year's growth, it is time to consider what no longer serves our own growth and discard it. Let it fall away like an autumn

leaf, filled with the spent energies of the past seasons and leaving the embryonic bud of next year's new growth still hidden, protected from the harsh winter weather to come.

Carrying out a simple meditation to balance and cleanse your energies and prepare for the fallow period ahead, where we rest and let our intentions sit beneath the surface to lie dormant until the spring awakening comes around again can be a simple but effective way to honour the transition that the turning of the wheel brings in.

The next significant event in the Wheel of the Year is Samhain, where we began this journey. We have come full circle with the changing seasons, the rotation of the Earth that is our home, and the energetic wonders of our human lives lived out on this amazing planet. As our ancestors have done for countless generations, we now have the chance to honour the special times where one season crosses over to the next. Fill your home and your heart with the bountiful goodness that has been given to you to nourish you and take you forward in your life. The cornucopia is the symbol of abundance that we have achieved a successful harvest, literally and spiritually.

Thank you for taking this journey through the Wheel of the Year with me. I hope that you will journey safely, as the Wheel turns once more.

*With blessings and hope for the future,*

Written by Vanessa,  
PIN: 3900



## SUPPORTING SOMEONE

### THROUGH THE

# LOSS OF A LOVED ONE

**W**hen somebody you love is grieving, you automatically want to make the pain they are feeling go away. However, as much as we want to help, there is no perfect way to support them as everyone grieves differently. You may have even considered doing nothing at all and wait for them to approach you. Now this is an option, but often not a good one.

Unless you have lost someone who you love with all your heart - a child, a spouse, a family member, your best friend; you may find it hard to relate to the pain the griever is feeling. A part of them feels gone forever and they are left with an emptiness that feels like it will never go away.

It is our human nature to help each other, which is why we have recommended a few things you can do to be there for someone when they have lost a loved one...

- **This is not your loss**

The main task is to provide your friend with support. Even if you think you would cope with a loss in a different way, refrain from giving advice or proposing ways to 'get over it.' Your current role is simply to be there for them during this challenging period.

- **Remain in the current moment**

Currently, your friend is experiencing a lot of pain, so it might be tempting to discuss their future and how eventually, they will manage to deal with the pain they are going through and 'move on'. However, each person copes differently with such situations, and it could take months or even years before they can truly cope again.

Bringing up the past might intensify their emotions as it recalls happier times. They may start questioning if they made the most of their time with their lost loved one and realize that life will never be the same as before. Stay focused on the present. Even though it's tough right now, stand by your friend during this period.

- **They come first**

Your friend may be facing a new situation, leading them to express anger or frustration towards you. Remember not to internalise their words as they are upset about the situation, not you. Even if you feel neglected, unvalued, or wounded, avoid retaliating against them. Seek support from someone else since your friend may not be available emotionally right now; it's important for you to address your own feelings too.

If you're struggling to support a loved one, reaching out to **Psychic Light** could provide the peace and insight you seek. Your friend can also turn to our gifted mediums when they are ready to cope with their loss. Mediums have the ability to demonstrate that our spirits continue beyond death. If and when you, or they, are prepared to receive a message from a departed loved one, we are here to facilitate that reconnection for you.







## Extra Juice Anyone?

The bio-exorcist Beetlejuice is back and ready to haunt a whole new generation of the living!

So, good they named it twice - Beetlejuice Beetlejuice (2024) is the much-anticipated sequel. Warner Bros have launched a number of trailers, that confirm a death in the family, original character Charles Deetz. Director - Tim Burton confirms that this death sets things in motion...

### Cult Following

In 1988, the quirky horror-comedy by goth-cinema icon Tim Burton raked in \$75 million at the box office, clinched an Oscar, and captivated children with its dark charm. Despite its success, calls for a sequel were left unanswered by the cast and director. Consequently, "Beetlejuice" evolved into a cult favourite instead of becoming a massive franchise. Michael Keaton's repulsive ghost character remained stuck in the afterlife for the following thirty years.

### Catch Up

In the original film, Adam and Barbara Maitland, portrayed by Geena Davis and Alec Baldwin, tragically drown in a car accident. They return as ghosts to their beautiful Connecticut home only to find it sold to real estate agent Charles Deetz, his wife Delia the sculptor, and their daughter Lydia. The Maitland's seek help from the mischievous poltergeist Beetlejuice, played by Keaton, who proves difficult to control. Eventually, both families reach a compromise while Beetlejuice faces consequences in Hell's waiting room.

### Beetlejuice 2

Taking place 36 years later, the sequel to Beetlejuice features the Deetz family revisiting their old home due to an unforeseen family loss. Lydia is now a mother to a rebellious daughter named Astrid, played by Jenna Ortega. The Beetlejuice 2 trailer shows Astrid accidentally opening a portal to the afterlife, setting free Keaton's mischievous character for another adventure.

### Cast

Michael Keaton, who plays Beetlejuice, is making a comeback to the series as the ghost with the most. It's reassuring that Tim Burton, the original director, is also returning given his previous positive remarks about working with Keaton. Winona Ryder returns to portray Lydia once again, with O'Hara reprising her character as Delia, Lydia's artist mother. Jenna Ortega (our cover star), who starred in Burton's latest TV series "Wednesday," portrays Astrid, Lydia's daughter. In the upcoming film, Justin Theroux from American Psycho takes on the role of an enigmatic character named Rory. Monica Bellucci, known for her role in Spectre, portrays Beetlejuice's wife. Additionally, Willem Dafoe is set to play a "law enforcement officer in the afterlife."

Alec Baldwin and Geena Davis, who were part of the original cast, are not expected to reprise their roles in the sequel - but watch this space! The screenplay for the movie was written by Alfred Gough and Miles Millar, known for their work on "Wednesday."

### Trailer & Release Date

Warner Bros has officially confirmed the release date for Beetlejuice 2 as Friday, September 6th, 2024.

[www.beetlejuicemovie.net/](http://www.beetlejuicemovie.net/)

# signs & symbols

## ANGELS

**A**ngels are frequently depicted as youthful and beautiful beings, symbolising their elevated status. They are commonly adorned in white attire, representing their purity and spirituality.

Frequently mistaken for Cherubim, cherubs or putti (derived from old Italian putto, which means 'child') were representations in Classical art of plump, unclothed infant figures, typically male and commonly depicted with wings. Cherubs are often depicted welcoming people to heaven, and they are frequently seen carrying musical instruments.



- **CUPID** - associated with love and romance.
- **BAROQUE PUTTO** - frequently carved into designs of furniture and architectural features on buildings, they are often gilded in gold for added reverence.
- **MEMENTO MORI** - as a symbol of innocence, often juxtaposed with a sign of mortality, signifying the transitory and cyclical nature of life. There is much imagery attached to the way angels are depicted, with spiritual meanings linked to their physical attributes or attire.
- ◀ • **HALO** - The halo symbolises light and divinity. Descriptions of angels frequently depict them as radiant beings or enveloped in a particular aura, often illustrated by a halo encircling their heads.
- **CENSER** - The scent emanating from censers is believed to transport the prayers of individuals to the heavens. In some depictions, an angel may be shown gently waving the incense towards a sacred figure as a gesture of reverence.

• **HARP** - In Heaven, God is surrounded by a multitude of angels known as the 'heavenly host'. These celestial beings are commonly shown holding musical instruments, such as the harp, representing the harmonious praise they offer to God.

• > **WINGS** - The wings of an Angel symbolise its spirituality and close connection to God. They also represent the Angel's capacity to travel between Heaven and Earth to fulfil God's will.

### Hierarchy of Angels

- **ARCHANGEL GABRIEL** is often depicted with a trumpet - symbolic of his role as a Herald.
- **ARCHANGEL MICHAEL** is associated with God's armies of angels and signifies chivalry.
- **ARCHANGEL RAPHAEL** Raphael embodies healing and is often seen as the bringer of news.
- **CHERUBIM** symbolise a profound understanding of God's will, indicating wisdom.
- **GUARDIAN ANGELS** safeguard an individual, presenting their prayers to God, and offering guidance along life's path.
- **SERAPHIM** hold the highest rank among angels and are positioned closest to God. Four Seraphim soar above God's throne, singing praises to Him. They represent love and light through their six radiant wings.
- **THE SEVEN ARCHANGELS** (3 listed above) significance is evident in the fact that the only angel names mentioned in the Bible belong to them. They serve as powerful conduits of God's will on Earth by delivering divine messages to humanity.



# Candle Gazing



Written by  
Reader Sarah  
PIN: 9888

In this article I want to share a ritual which is fantastic for calming the body and mind in this hectic world we now live in. It also helps with control, focus and balances our bodies. The best bit is this ritual does not require any tools other than a candle and a dark, quiet room and it can take as long as you personally want. Let's have a look into the ancient ritual of candle gazing.

Candle gazing has been around for a long time. There are mentions of it in many of the ancient yoga practices along with Wiccan lore and ritual.

Candle gazing itself claims to have various health benefits when practiced regularly.

*These benefits include:*

- Increased cognitive performance and focus.
- Improved memory and spatial attention.
- Better mental health.
- Improved eye health.
- Better-quality sleep.

It has also been noted that candle gazing can increase performance and focus in individuals. In today's stressful environments people whose gaze does not linger for long on a single thing, therefore people who show signs of constant eye movement are recognised as being more prone to having problems focusing mentally. Practicing candle gazing forces you to focus on one specific spot for a certain amount of time, naturally leading to increased focus and control.

Candle gazing has also been shown to improve mental health. It does this in the same way as any form of meditation does - slowing down the body and the nervous system and restoring balance and calm.

*Here is a quick guide on how to perform your own candle gazing ritual:*

\*Remember as with any ritual you are entirely free to make it your own and evolve it to fit in with your own spiritual practices.

1. Use a candle you are personally drawn to. Remember scents and colours have deep spiritual meanings. For example, black for protection, red for love and relationships, green for health and healing etc.
2. Find the time of the day which you feel most spiritually aware to perform this ritual. Personally, I find it very useful last thing at night just before bed, but anytime is perfectly fine.

3. It is important to find a quiet space with no chance of interruptions. Make sure it is a space you feel entirely safe in. A darker space is preferable but again not essential.

4. Light your candle and take a few deep breaths to calm your nervous system. Start to let your eyes focus on the flame slowly and naturally.

5. Start to follow the movements of the flame with your eyes, becoming more and more engrossed as you do so. Let any thoughts come into your mind but try not to dwell on anything in particular.

6. Make an effort to blink as little as possible whilst not straining your eyes.

7. Develop a sense that your eyes merge and become one eye, invoking the intuitive third eye chakra.

8. It is sometimes interesting to let your eye lids close naturally and consider the patterns that dance behind them after candle gazing.

9. Finish the ritual with gratitude and by blowing the candle out.

Personally, I think this ritual is a lovely simple way to connect with the element fire and calm your nervous system at the same time. I hope you enjoy giving it a go and feel its benefits too.

*Best wishes as always, Sarah*



## Psychic Text Readings



### Text a Psychic

- Our Text Reading service offers the same care; and attention as our live readings; answers are provided by highly intuitive psychics.
- Our team are waiting to answer any questions you have about your future, love life, relationships, happiness and more.
- Do not sit and worry; text details of any problem you have, and we will answer with our perceptive insights. Or, you could ask the psychic to predict what your future will bring.

### To Text a Psychic

**Text LIGHT + your question to 84232**

Readings sent as 3 messages (£1 per message, £3 total).  
Messages sent by you are charged at standard network rate.  
Service details will appear on your bill. Bill-payer's permission. 18+ only.  
Cannot discuss Health, Pregnancy, Finance or Legal. Entertainment Only.  
We may send free promotional messages To opt out text PLSTOP to 84232.  
SP: Allstar Psychics Ltd. Helpdesk: info@allstarpsychics.co.uk or call 0208 712 5690.



# THE MINOR ARCANA PENTACLES CONTINUED



Our exploration of the Minor Arcana progresses. Previously in August, we explored the Ace of Pentacles and cards numbered 2 to 7. Now, we will delve into cards numbered 8, 9, and 10 along with the Page, Knight, Queen, and King cards. This marks the conclusion of our detailed examination of the Minor Arcana cards. However, throughout the remainder of 2024, we will venture into Tarot Spreads.



## THE EIGHT OF PENTACLES

Everyone is unique; we all have different abilities, interests, skills, and talents. The Eight of Pentacles appearing suggests that you should wholeheartedly embrace these interests and delve deeper into exploring them. Your passion may not be as captivating to others or might be deemed insignificant, leading you to question whether you should pursue it.

Find strength in the Eight of Pentacles to accept yourself for who you are. It's essential for us to celebrate our individuality, whether it pertains to your career choice, sense of humour, hobbies, family dynamics, physical characteristics, and more. Be self-assured and let your true self shine through.

At times, this card indicates that you are on the verge of acquiring new knowledge - perhaps through career-related training or simply pursuing a hobby for enjoyment. As Pentacles are linked to finances, there is a chance that this new endeavour could lead to financial benefits. However, monetary gain should not be the sole driving force behind embarking on this journey.

## NINE OF PENTACLES

The Nine of Pentacles is a significant card, indicating that your hard work has paid off, leading you to a point of satisfaction, achievement, and happiness. You have acquired the material wealth necessary and should take pride in your accomplishments.

There are various specific reasons why this card might appear in a spread, with other cards aiding in its interpretation. For instance, you may be contemplating a home relocation - a move that could prove advantageous on multiple fronts and provide you with a larger and more beautiful outdoor space. This change might also allow you to connect more with nature by cultivating your own produce.



This card may symbolise an unexpected windfall such as a work bonus or extra funds from selling property or another asset. It can also surface when contemplating significant expenditures like designer items or luxury goods such as a new car or valuable jewellery piece. Such purchases would likely further solidify your position in society.

## TEN OF PENTACLES

First of all, congratulations are in order. You have a happy family life and material satisfaction. The Ten of Pentacles describes the attainment of something you have wanted and strived for. It also signifies the end of a cycle, marking the beginning of a new period. What will this new phase look like for you?

Unlike the Nine of Pentacles, which symbolises monetary security achieved through hard work and determination, the Ten of Pentacles is more likely to represent finances or valuable heirlooms passed down through generations or an inheritance. It's also possible that an inherited item could be non-monetary, such as a craft, skill, or even a family business that has been handed down.

If you receive the Ten of Pentacles and none of the above scenarios seem to apply, it may indicate struggles within your relationships with loved ones. Perhaps family dynamics have been tense. In such cases, this card's appearance should give you the courage to confront these issues with confidence that resolutions will lead to marked improvements as you move forward.



## PAGE OF PENTACLES

If the Page card refers to a situation for you, then it is in the early stages. This phase will require careful nurturing for you to achieve the outcomes you desire. Initially, it is all about planning, but the 'doing' phase is what will determine success or failure.

The Page of Pentacles can also indicate that some news is on its way to you. Money might come your way, a job offer could present itself, you may be contemplating an investment, or perhaps a house move is feasible. Whatever the opportunity or news may be, it's important



to weigh your options thoughtfully and present yourself in the best possible light to relevant parties.

It's possible that the Page card represents a person who likely holds a responsible position related to property or finance. They probably appear trustworthy, mature beyond their years, sensible - straightforward yet diligent and capable. Your interaction with them is likely temporary; they are there to fulfil a specific role in your life for a brief period and can be extremely valuable in your corner.

## KNIGHT OF PENTACLES

Like the Page card, the Knight can represent a situation or person, but it is likely connected to financial matters, as well as practicalities and ideas that are already well established.

Knights in the other suits represent events unfolding quickly, but this is not so with the Knight of Pentacles. This card more often represents something that has come to a grinding halt, albeit temporarily. Maybe you are waiting on someone else, or timescales are out of your hands - you just have to sit out the wait.

When this card appears, you may feel that your life is more about the mundane right now than fun. Pay at work is probably good, but perhaps you are not in the most creative position right now. On the home front, it is more about necessities than luxuries - but perseverance wins the game here - keep slogging away.



When the Knight represents a person, you may consider them a bit dull and unimaginative. Perhaps they like rules and conventions and are quite traditional. However, at least you know where you stand with them - they are straight shooters, and you feel grateful for their dependability.

## QUEEN OF PENTACLES

At the time of the reading, the Queen of Pentacles describes a woman who is important to you. Alternatively, the card could be suggesting that you emulate some of the personality traits this person possesses.

This woman is a diligent worker, fully dedicated to her commitments and takes pride in completing tasks. She values teamwork and expects everyone involved to contribute equally. Despite her strong work ethic, she also knows how to have fun and recognises the importance of relaxation.

It's probable that this individual works in real estate, investments, or finance-related fields. It's possible she operates a family business passed down through generations. While money holds significance for her, she manages it wisely and shows generosity towards others. Charitable acts are important to her; she gives financially and also her time and expertise. A stable home life forms the foundation of her happiness and achievements. She gravitates towards individuals who mirror qualities like dependability, trustworthiness, reliability, and loyalty.



## KING OF PENTACLES

The King card also describes a significant person in your life at the time of the reading or can denote their positive attributes that you could emulate.



Very often, this card is depicted with the King having monetary success - holding a golden orb, a pentacle, wearing an illustrious crown, seated on a throne in front of a castle. He is likely mature, with his wealth accumulated over a lifetime of hard work. He could be involved in finance, property, or even the building trade. Others may describe him as having the

Midas touch. He will never throw away what he has achieved or attained on impulse; this quality also makes him an excellent leader and role model.

This person may not be considered visionary or have flair, but that's not essential here. The lessons he would impart are likely to involve cultivating close family and friend relationships that you can depend on. Being grateful for what you have including the people in your life and working diligently while taking pride in your efforts. Ultimately being content with your current situation is also emphasised as valuable advice from this individual.





# Ruth's idea of a perfect trip!

Recently, my partner and I visited the historic city of Chichester in West Sussex. The city boasts a beautiful Cathedral, a bustling shopping centre, and the picturesque South Downs National Park. We arrived on a Sunday afternoon and stumbled upon a Spiritualist Church in the city centre. Their Divine Service was scheduled to start at 6:30 pm, so we decided to attend. During the service, I received a heart-warming message and evidence of survival from the medium regarding my late mother, who passed away when I was young.

Our three days in Chichester were filled with peaceful moments - shopping, leisurely walks, enjoying nature's beauty, observing wildlife. By the time we returned home, both of us felt rejuvenated and re-energized from our mini getaway.

My partner loves history, particularly English history. Some time ago, he suggested that instead of going abroad for holidays, we could invest our holiday money in joining the English Heritage and National Trust societies. This would grant us free entry to most historical castles, stately homes, and gardens within the UK. This idea made perfect sense to me, and as a result, we have visited some wonderful places such as Queen Victoria's Osborne House on the Isle of Wight, Anne Boleyn's childhood home of Hever in Kent, and Richard III's tomb in Leicester where he was originally found buried under what is now a car park!

Despite the chaos of modern living, my partner's philosophy in life, is to be in tune with nature as much as possible. Slow down one's pace of life, step back, and listen to your own higher consciousness. Appreciate the world in all its glory and find something to celebrate and be grateful for every day of your life. This is something that I can wholeheartedly get behind. *Love and Light, Ruth*

### Ruth's Profile, PIN: 2022

Ruth came relatively late to her spiritual path after realising her life just wasn't the way she wanted it to be. Now she enjoys sharing her gift to enable other people to experience the same change in direction for a happier and more fulfilling life. Ruth will guide and teach you self-empowerment so you can affect change for yourself.

### Ruth's Testimonials:

*I really felt that Ruth connected to what was going on and how I was feeling straight away. Ruth was extremely spot on in the reading and I left the reading feeling uplifted and miles better. Thank you, Ruth, you really assisted me today x. Kelly*

*Thank you, Ruth, for being so patient and kind on our call. You touched on things I needed to hear and I was so happy to hear from the one person I was seeking guidance from. I will be back. Your gift has opened my eyes up more than you know. Thank you xx. Hollie*

Chichester Cathedral courtesy Wilkopox / Shutterstock.com

## Time for tea?

**S**eptember can often be a month of two halves. The beginning can see the last of warm summer days, and by the Autumn Equinox, the misty, foggy weather of winter can begin to take hold. Lots of people struggle to transition from one season to the next, so why not harness the potential from these teas to feel your best?



### Fennel Tea

Fennel has been used for medicinal purposes for centuries. It was particularly popular in Roman times. One of its modern-day uses is to enhance mental clarity, whether you need to clear your mind of negative chatter or the humdrum of daily life, or prepare yourself for learning/training.

- Crush one teaspoon of fennel seeds. Add them to a teapot and pour hot water over them. Let the mixture infuse for five minutes. Strain it into a cup. Add a slice of orange and honey to taste (if desired). Drink the tea, and take a moment to breathe deeply, allowing any mental blocks to clear.

### Lemon Ginger Tea

If you are looking to harness the magical energy of the Autumn Equinox period, you may find it useful to make this ginger and lemon tea.

- Ideally, the ginger should be fresh and grated finely into hot water. The lemon element can come from either fresh lemon slices or lemon balm leaves. Steep the tea for five minutes, strain it, and add a sweet element to taste.

While drinking the tea, make a list of areas in your life that could benefit from a push towards success. It could be your health needing support, your career, romantic life, or perhaps an uplift in spirituality. Once you have created your list and while you are still enjoying the tea, reflect on what a successful outcome would entail for you. Now envision yourself living that dream!



### Cranberry Tea

If your mind, body, or soul is in need of nourishment, then making this tea that is perfect for the mid-winter season can be the blessing that is needed.

- Chop up a small number of almonds, walnuts, and cranberries. This is lovely with fresh cranberries that many supermarkets now carry for the autumn/Christmas period, but dried ones are fine if none are available. Add two cloves and a tea of your choosing - black or green. Infuse in water for five minutes, and serve with a natural sweetener like maple syrup and a slice of orange peel.

Sit down for a quiet moment to drink your tea, and as you do, give thanks and blessings for all you have, especially the people in your life. It can be useful to have a pad and pen nearby just in case anything comes to you during your contemplation.

# Astrology

With our expert:

*Chrystalyte*

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



**Aries**

Now is the time to get busy with detailed tasks requiring more focus, given a new Moon in Virgo, able to deal with the minutiae of life so well. What you cover across these weeks will surely set you in good stead for the future, with so many things in their right place. There may also be a need for greater simplicity, keeping day to day tasks and routines straightforward so there's a solid plan and foundation to work from. You also stand to recover something you thought was lost.



**Taurus**

It's likely to be easier to manage the small stuff this month, even if it's because of the need for extra practice! Have faith in yourself with the tasks that seem to require more patience or courage, as you can gain something special from going the extra mile. Amid-month Venus-Jupiter connection smiles blessings upon you, so long as you notice when they're around and make the most of special moments. Something could need to change around September 22nd, with Pluto highlighting an uneasy development. Take the plunge toward improvements!



**Gemini**

September is generally a better month for decision-making with a new Moon in the sign of Virgo, since you share a planetary ruler - in Mercury - with that sign. It's like saying you've got allies, as well as extra clarity about details and intricate issues. It may also be easier to get help with tasks you don't have the time or patience for. Uranus and Neptune seem set to throw curved balls around the 7th and 22nd, which could draw attention to important issues; you'll no doubt light on creative solutions!



**Libra**

Libra can be laid back by nature, but September is a month for grasping hold of advantages before they pass you by. It seems something may need action by around the 22nd, at least, when a build up of energy signals the heart of an issue. An eclipse in Pisces suggests a detail missed, which could merit interest or action later. Someone or something you were relying on may be unavailable, yet also creates space for investigating fresh options. A relationship has capacity to deepen, taking you into unexplored realms.



**Scorpio**

It may be a coming change brings mixed blessing, given Pluto linked neatly with the Sun but more awkwardly with Venus. So maybe you have to let someone you care about down, or allow some previously valued items go, but this gives you back needed space and focus. Meanwhile, the eclipsed Moon on the 18th suggests an emotional matter may need to be handled separately, at a more convenient moment. A break in mid-month could help relieve any escalating tension, especially if it revolves around an unusual theme or location.



**Sagittarius**

As the Sun squares up to Jupiter on September 12th there may be an extra challenge to manage then, but one that's got potential to stir creative juices! The key to success is to shift nervous energy towards action rather than let it stress you. Where any oomph is missing, though, just allow extra time. Jupiter connects well with Venus in mid-month suggesting help on hand from others, as well as general cheer and goodwill. A hiccup around chatty Mercury on the 21st advises against criticism or arguing too hard.



**Cancer**

A partial eclipse of the Moon in Pisces on September 18th aligns Cancerians with extra Water sign vibes, helping with deepening your intuition. But it may be that you contact old feelings from previous situations first, and need to work out what those are telling you. Meanwhile, the Virgo new Moon on the 3rd suggests extra tasks of a practical nature. They may seem tedious at first, but bring an odd satisfaction once you get your teeth into a few of them! Don't be shy to seek any needed assistance.



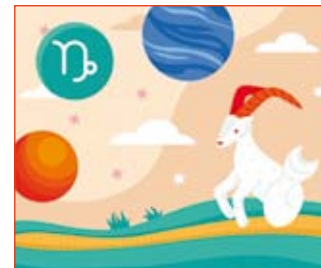
**Leo**

The eclipsed Moon suggests something previously missed could come to light just after mid-month, with options to stop a problem in its tracks. Energy or focus may also be slightly reduced for a while, signalling a need to be watchful of taking on more than the ideal level of commitments. Remember, it's likely to be fine to maintain a system you know works for you; others will tend to understand and/or find their own way to solutions. A useful development around the 22nd should help turn with turning a corner.



**Virgo**

With a Virgo new Moon and lunar eclipse in the solar opposite sign of Pisces, this month's developments could have an extra personal feel. You may need to work out your own priorities foremost and worry less about what others want - a dilemma for Virgo, the famous 'sign of service'. The eclipse suggests a full escape route may be temporarily out of reach. Yet this is part of a cycle, and the overall picture is easier and clearer with Mercury also in your sign - so, aim to keep calm!



**Capricorn**

Even if you feel a distance away from a full solution around a particular issue, there could be some sort of movement fairly soon, thanks to a new Moon in your fellow Earth sign of Virgo. With the Sun and Saturn in opposition around the 8th, you could be keen to turn down any heat. Moving away from the spotlight could provide space for a broader focus. Mars should add a welcome boost around the end of the month, when you'll likely be ready for action on something that matters.



**Aquarius**

Uranus begins the month by turning to retrograde motion - apparently moving backwards against the general, forward star path. As this is the planet where all bets are off, as a rule, that tendency could be more intensified. You may, however, be keen to keep certain things as they are, whilst they seem determined to change in a flash. The main wisdom here is probably around a lack of control. But it may not stop you from needing to take certain steps for reassurance, or to connect with the past.



**Pisces**

Neptune hanging in the last degrees of Pisces seems determined to experience a last hurrah, when it comes to stirring up chaos! But this planet obscures things for good reasons; it is often only our desire for control that makes any ensuing messiness hard to bear. An eclipse of the Moon in Pisces may temporarily add to any fog or confusion, yet could also provide scope for a welcome break! If there's any scope to delay key decisions or plans, that might be the best option for the time being.





## Discover Your Future, Release Your Past

Insightful Readings with Sincere Psychics and Mediums

You want the **best quality readings possible** and our psychics and mediums offer just that!

Do you need answers to life's burning questions? Do you need to know where your relationship is going? Do you seek to communicate with a loved one in Spirit?



**CARD PAYMENT**  
**0800 915 2347**

**£32.95 for  
20 minutes**



**PRE-PAY MINUTES**

**psychiclight.com/  
pre-pay-minutes/**

**Offers Best Value**

20 minutes costs only £30  
10% free minutes available  
Top up & call 24/7



**PAY BY PHONE BILL**  
**0906 111 0901**

**£1.50 per  
minute**

One to one readings with sensitive, highly gifted mediums and psychics

**For Love & Relationships call**

**0906 111 0902**

£1.50 per minute

**For Amazing Mediums call**

**0906 111 0903**

£1.50 per minute

**Psychic Email Readings**

**psychiclight.com/email-readings/**

Ask 3 specific questions. £39.95  
Detailed written answer within 72 hours.

Relationships Business Couples Bereavement Family Sexuality Wellbeing Divorce

**www.psychiclight.com**