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Celeb Matches

What makes them sizzle or fizzle?

Some celebrities make a natural astro-match - at least for a while - and it's easy to see what draws them together or ultimately sends them packing. Brad and Angelina for example are, respectively, Sagittarius and Gemini Suns, a famous case of opposites attracting. After all, they got together on the set of *Mr and Mrs Smith*, in which they have it out for each other. Yet, the magic may be at an end..

continued on page 3

**Psychic
Vocabulary**
p6



**Connect with
your Pet**
p7



Horoscopes
p4



Psychic Profile
p8



April 2010

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INSIDE
8 pages packed with
inspiration!

NATURAL SPRING CLEANING

Harsh chemical cleaners are not only tough on germs, they're tough on you and the environment as well. Look no further than your kitchen cupboards for cheap and effective alternatives like salt, citrus, vinegar, essential oils, and bicarbonate of soda.



KITCHENS

- Lemon and orange essential oils are antibacterial and help cut grease, making them ideal for homemade dishwashing liquid. Mix ten drops of each with 125 ml of unscented natural liquid dishwashing soap and shake well.
- Clean and polish stainless steel by rubbing a thin paste of baking soda and vinegar onto the metal surface. Rinse well with water and dry.
- Bicarbonate of soda removes grease and burnt on stains from pots, pans and other utensils. Flush drains with a solution of boiling water, baking soda and vinegar, followed by a few goes with the plunger.



GLASS

- Mix about 170 ml of water with 90 ml of distilled vinegar in a spray bottle and shake well (you can also add two drops of lemon essential oil to give a nice fragrance). Spray onto surfaces and wipe with a clean, lint-free cloth.



BATHROOMS

- For a bath-cleaning solution, add vinegar or lemon juice to water.
- Borax with tea tree oil banishes mould and mildew from tiles and surfaces. Dissolve 120g of borax in hot water, let cool and add oil. Apply to mildew with a sponge or brush. Let it sit for a few hours and then rinse well with water.
- Borax and lemon juice can clean and deodorise toilet bowls, and help remove mineral deposits. Put 120g of borax and 60ml of lemon juice into the toilet bowl. Let it sit overnight. Next morning, scrub with a toilet brush and flush to rinse.



DUSTING/POLISHING

- Use a mixture of extra virgin oil and fresh lemon will clean wood furniture. Combine two tablespoons of olive oil and two tablespoons of fresh lemon juice in a small glass jar. Shake well and apply to furniture using a soft cotton cloth.



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Astrology Celeb Matches by Adam Scott

What makes them sizzle or fizzle?

Some celebrities make a natural astro-match - at least for a while - and it's easy to see what draws them together or ultimately sends them packing. Brad and Angelina for example are, respectively, Sagittarius and Gemini Suns, a famous case of opposites attracting. After all, they got together on the set of *Mr and Mrs Smith*, in which they have it out for each other. Yet, the magic may be at an end. Conflicting reports of a breakup are inevitable for a couple of this status, with opposing astrological synastry and complex public relations concerns. On the other hand, having two Sun-signs both in the same element makes for a healthy and easy mix. LeAnn Rimes, for example, is a Libra Sun, with Venus in Virgo, while Eddie Cibrian is Sun Gemini with Venus in Cancer. This is a good astro-match all round. Have your chart done by an expert and you will see your full compatibility revealed.

The Moon tells us about our emotional nature, which is vital when we're interacting every day. This planet is important for both sexes, but is especially important in a man's chart. The Moon's sign shows the kind of woman he is attracted to. Justin Timberlake has Moon in Sagittarius, so he looks for a spirited and freedom-loving woman. Regardless of his partner's actual sign, he will always idealize Sagittarian traits, and even imagine that she possesses them, even if she doesn't! This may be difficult if his girlfriend has no planets in Sagittarius at all. An astrologer will tell you about your ideal image of a man or woman.

Venus is the other planet that a man 'projects' on to a woman. If Venus and the Moon are similar in nature, his relationship needs are straightforward, but otherwise it requires balance. It is very rare for everything to fit together 'perfectly' and there are always adjustments to make. Justin Timberlake's Venus is in Capricorn shows he likes earthy qualities in a woman.



The Sun in a woman's chart says something about the kind of man she is attracted to. This doesn't mean they all marry guys of the same sign, but a compatible element (fire, earth, air, water) is good. When couples' Sun signs are very different, we look to other planets for the attraction. Beyonce Knowles is a Sun Virgo and husband Jay-Z is Sagittarius, earth and fire, not an obvious mix.



Opposites attracting, but is it fleeting?

But Beyonce's Mars is in Leo, which means she looks for fiery, flamboyant qualities in a man. This planet matches perfectly with Jay-Z's freedom-loving Venus in Sagittarius.: astrological chemistry at its absolute best.

Barack and Michelle Obama are Leo and Capricorn Sun respectively and many people have commented on their independent career paths. There is bound to be competition and compromise in such a high-pressure relationship. How do they relax? With a perfect match between his Venus in Cancer and her Venus in Pisces, chemistry is not a problem. Venus is also planet of the arts and they were first drawn together by shared musical tastes.

Good astrology doesn't guarantee true and lasting love, but its principles have stood the test of time. Some challenges between two people's charts are helpful - they keep things interesting. But knowing your personal horoscope lets you see the dynamics of your relationship very clearly - just like the celebrities.

Aries (Mar 21 - Apr 19)



You are shining with the Sun in your sign, and the light is green for the kind of new projects and fresh beginnings you crave - especially with a new Moon in Aries on the 14th. The material and sensual worlds have an increased lustre to your eye, so help yourself to some pampering, especially if you celebrate your birthday this month. A romantic outing will be passionate, but watch out for quarrels - keep them playful and they can work to your advantage. If you are looking for a new relationship, the ball is in your court - take the initiative and watch what happens.

Taurus (Apr 20 - May 20)



You resonate strongly with personal beauty this month. Spa treatments, hairstyles, and wardrobe changes will powerfully aid and rejuvenate you. However, if it's attention you seek, you may feel unseen and unheard until late in the month, when the sun enters your sign. A friendship teetering on the brink may finally cross the line into romance, but don't take it too seriously. When Mercury turns retrograde in your sign on the 17th, misunderstandings are more than likely. Take things with a grain of salt and avoid all types of binding agreements until Mercury resumes forward motion on 10th May.

Gemini (May 21 - June 21)



You are a natural born networker, and opportunities to mingle are abundant for the first half of April. Get them while they're hot, because things will take an introspective turn mid-month. Sometimes a sharp word from you is meant to sting, but this month it may bite back. Bide your time as Mercury backtracks and don't try to do too many things at once. Mercury goes direct in May, and soon after will be in your sign along with the Sun. Positive changes in diet and exercise are doubly auspicious in April - try something fresh and new to give your body a boost. This will keep you clear on other levels.

HOROSCOPES

CAREER

LOVE

SPIRIT

DESTINY



Chris Odle
Astrologer & Shaman

Thrusters are firing with the Sun in Aries and Mars burning hot in Leo, but a Mercury retrograde puts the brakes on as the month progresses.

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Libra (Sept 23 - Oct 22)



The Sun is burning hot in your partnership zone for most of April, and the new Moon is also found there. A chance at new love will arise - whether you see it or not is the question. In matters of cash, your instincts are solid, and if you take a prudent and straight-talking attitude, your pockets will grow a bit heavier. Someone you know will probably find fault with your actions when really, you are not out of line. This happens, and when it does there is nobody better than you to smooth out the ruffles and leave everyone feeling right. The end of the month will bring an invite to a party or gathering - take it and celebrate a job well done.

Scorpio (Oct 23 - Nov 21)



Are you feeling psychic, Scorpio? When impressions around you are strong this month, don't let yourself be unfairly influenced. A fiery Mars helps you make good use of the penetrating insights coming your way. By the end of April, your relationship zone will be lit up and the Moon will be full in your sign - a strong brew, to say the least - one that will put you in the middle of some highly magnetic vibrations. The past will also show its face. You may feel as though old lovers and friends are queuing up to re-connect. The outcome of the past revisited will be positive as long as you stay true to yourself.

Sagittarius (Nov 22 - Dec 21)



A fling can certainly be good fodder for your constant curiosity, just make sure no one is getting the short end of the stick, especially since any secrets you keep are liable to wander out into the open this month. Even when romance is fueled by curiosity and pure excitement - as it often is with you - look for deeper meaning. Work will demand extra time and effort from you in April, but dividends are forthcoming. Freshen up your home and work environments with auspicious flowers and flourishes. A close friend will act distant - stay in a neutral place, neither insisting nor abandoning them, and they'll come around to you.

Cancer (June 22 - July 22)



Your comfort zone, especially in terms of relationships, is being challenged from multiple angles. You may see someone familiar in a new light, and a fling is a definite possibility. Appeal to a trusted friend to keep emotions from boiling over. If you are suddenly overwhelmed by the feeling that something - a partnership, an arrangement - needs to change, you may be right. Still, double-check your feelings because acting on first impulse is likely to produce a rude awakening later. Meanwhile, a new job or other venture is called for with both the Sun and a new Moon appearing in your career zone.

Leo (July 23 - Aug 22)



This is a month of give and take for you, Leo. You are feeling independent, creative, unstoppable - you're looking good and exuding leadership. This energy is coming from Mars, and you'll be able to utilise it nicely, provided it doesn't turn confrontational. Financial decisions need utmost care and planning, and Mercury retrograde on the 17th is your deadline for agreements. Emotionally there are deep currents at play with family or old friends. Working through feelings is not always your cup of tea, especially when you have so much happening elsewhere, but toughing it out proves lucky in the long-run.

Virgo (Aug 23 - Sep 22)



An orderly life is usually a thing of beauty to you, but this month, going through the motions will leave you restless. Shuffle the deck by making unexpected calls, visits, and decisions. Beautiful environments and performances bring you much needed energy, and a little Spring cleaning will inspire you to go deeper on the quest for self-improvement. The more you love who you are, the more others will admire you. Keep love and money out of your whimsical adventures for now, as frivolous spending will prove unlucky, and a fleeting love connection may cause a deeper, more fulfilling possibility to float out of reach.

A romantic outing will be passionate, but watch out for quarrels - keep them playful and they'll work for you.



Capricorn (Dec 22 - Jan 19)



With Saturn doing a 180 this month and backing out of your career zone, it's time to step back and look at the bigger picture. The heart and soul of your ambitions is the quest for happiness, so take a look around and find your blind spots. When you find yourself confused and full of questions, your need for a friend is real - someone who will listen in depth. Beware of new attractions born out of need or confusion - things will get clearer when the Sun makes a lighthearted switch to earthy Taurus on the 21st. As the month winds down, you can too, and there will be plenty of ways to do just that.

Aquarius (Jan 20 - Feb 18)



It's easy come easy go in areas of money and business. Equal opportunities to gain and lose suggest that your better judgement is needed. What's more, you are likely to be involved in multiple disagreements within romantic and business relationships. This is nothing to be afraid of, as your well-known pragmatism and cool-headed tactics can work wonders of mediation and leave things better off. Make it a point to find resolutions before Mercury tucks tail and moves backward on the 17th. If love appears, it may draw opinions from others - how you feel is what matters.

Pisces (Feb 19 - Mar 20)



Sweep out what's holding you back, both in your psychic and physical surroundings. Working to transform your physical environment can have surprisingly real effects on your emotional and psychic landscapes. Once you've cleared the clutter, turn to unresolved issues in your relationships. This will be hard-work, but the more you uncover, the lighter you will feel. Only then will you be able to rebuild communications from new vantage points, enjoying greater closeness with people you love. If you seek new romance, prospects will kick in soon enough - now is the time to make room by letting go of the past.

ENHANCE YOUR **PSYCHIC VOCABULARY**



Candle Magic

using candles to focus in on issues, to meditate and change luck or energy, or ask for help. Various colours and fragrances or types of candles are used according to the desired effect.

Colour Healing

using the energies of various colours to heal the physical, emotional and etheric bodies. Colours are used to change mood and outcomes in both healing and magical work, e.g. burning a coloured candle, wearing or surrounding yourself in a certain colour.



Psychometry

the ability to pick up information from objects or photographs. Readers often ask clients to hold a photo or commonly worn object during a phone reading. In development circles this is often the first skill taught.

Etheric Body

the subtle body, the aura, and chakras that exist around our physical body. These are the energetic centres that healers work on. Psychics can read the aura around the body and heal holes in it.



Empath

people who tune into others' feelings, but unless trained, empaths can be overwhelmed by these emotions. Empaths can be healers; people open up to them and they always know what is really happening. They can actually feel another's pain.

Intuition

is the way these messages come through: flashes, thoughts, feelings, dreams, sensations and images. Each psychic has their own way of keeping their intuitive faculties sharp. Intuition is like any other skill, practice makes perfect!



What's going on in your psychic world?

Talk to a Clear Psychic and get insight.

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Connect with your Pet

by Patrick Arundell

Pampered pooch or fantastic feline - many of us are blessed by sharing our lives with a special and companionable pet, so it is no surprise to discover many traditions have grown up around these creatures over the years. So, as much as you may be glancing adoringly at your furry friend lying beside you as you read this, it really is no coincidence that we have developed such a kinship. Here's a little background on exactly how...

The dog is the animal which has endured longest as a pet and they have many traditions and fables attached to them. Traditionally dogs were associated with the crossing point between worlds, so they were often the companions of the Gods associated with death, such as Hecate. Equally, they were believed to guide and care for the souls of the dead as they passed into the other world.

Mythical dogs were also said to protect the living, for example, in Somerset, in the UK, folklore recounts the story of The Gurt Dog ("Great Dog") a magical canine which protected children who were playing on the nearby Quantock Hills. It also accompanied travelers; acting as a protector and guide.

Reflecting the friendly nature of dogs, in Scotland, it was believed that a strange dog coming to the house meant a new friendship was on the way. Dogs also symbolized the wind and the harvest which chased away famine. This developed more fully in the legend of the Cynocephalus - dog headed man who chased away demons.

Another ancient custom claimed that if someone was bitten by a dog they should take a hair from the creature's coat and lay it on the wound which would then be cured. This may sound rather fanciful, yet the modern notion of "the hair of the dog" as a hangover cure, is a folk-memory from these past times, which is still alive and kicking in the here and now with all its might!

Cats have been with us nearly as long as dogs, the Ancient Egyptians adored cats and they were sacred to no less than three Goddesses; Set, Isis and Bast. In 950 BC Bast became a national deity as well as being the Goddess of joy, dancing and music.

In Japan, Maneki Neko, or "good luck cat," is a beckoning feline that is said to bring good fortune and is very much part of the nation's culture. It is believed to invite wealth, so piggy banks are often created in the shape of the Maneki Neko. The country is still festooned with images and models of Maneki Neko at every turn.

Like dogs, cats have been associated with the weather, and it was said that if a cat sat with its tail towards the fire the weather would change, if it lay with its forehead on the floor or washed behind its ears, rain was likely, whilst if it chased its tail you should expect a storm!

Black cats have a large number of legends surrounding them, originally they seem to have been seen as being unlucky but this was later reversed, so today should you meet a jet black cat on your travels, good fortune is likely to follow. Similarly, if you are getting married and a cat deigns to turn up at your wedding, the union should be a highly fortunate one.

When it comes to our four legged friends, science agrees with tradition that having a companion animal can benefit our mental and physical health, so in one way or another connecting with our pets really can bring us good luck. And of course some of us can bond more closely with our loyal furry friend, than we can with often fallible humans! But a well loved pet, looking at us with beautifully trusting eyes, is indeed, a richly rewarding experience for both us and for them!

READER PROFILE ALISON



When did you first realize you were psychic?

From about 7 years old, I realized I had something going on, an inner knowing of a gift. As my life shaped up on my spiritual path, it all started to fall into place.

Have you had any great experiences with a customer who you have read for?

Every client I read for is a wonderful experience; there have been many great experiences. Spirit surprises me at times too - spirit is the phenomenon, I am the channel. When feedback comes, I thank spirit for its love and support. When a client returns and tells me the reading was amazing, or phenomenal, I know spirit did the job well, and I know that my spirit guide is working well too - his name is David, he is a fat cheeky monk, and when a client raves about a reading, I hear him chuckling and see him smiling. I love David.

What makes a good psychic reading?

I feel it's all about connecting and understanding the person initially, getting a link with the person, tuning in with spirit and giving validation. I can do this without too much communication, but the more open the person, the more a reading will flow, and the better spirit can channel.

“ There have been many great experiences with clients. When a client returns and tells me the reading was amazing, I know spirit did the job well.

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