

Helena Paris News

Resolve right now to make a change in your life!

April '10

A message from Helena...

Hello and welcome to April's Newsletter

Spring has begun and it's time for a makeover - a life makeover. Your life can become cluttered with old attitudes and hurts so you need to make space for new and brighter things to come. Take the opportunity to take control of the direction your life is taking, taking control of your future

We celebrated love last month, and this month we continue with the same theme, but on the other side of the coin. "Unrequited Love".....The pangs of love are not always felt equally and are sometimes not shared. Together we can look at ways to deal with the pain and move forward.

"It was life changing" also looks at Love and the insecurities that a new relationship can bring.

Wishing you all a brighter tomorrow.

Love Helena x



In this issue:

Relationships

Unrequited love

April Special Offer

FREE Spa Day for Two!

Our Readers

Astrology

It was life changing....

Why not call today on
0800 970 2100

Relationships....

Unrequited Love

Love is a beautiful thing, but not when it's unrequited. You're totally head over heels in love with someone and they don't even know you exist, or worse still, they know but aren't interested.

Don't get unrequited love mixed up with a "crush" – we've all had these, many came when we were younger. Unrequited love can affect your mood and the constant obsessing can affect all areas of your life.

Here are some tips for getting over it, or at least making your life more manageable.

They don't know you exist...

You have two options - tell them, or accept that nothing will happen. You can't carry on revolving your life around someone who hasn't got a clue.

They don't feel the same...

It can feel like the end of the world – but please know that the heartache will fade and so will your feelings for them.

Don't feel embarrassed that they know how you feel – in most cases they'll be flattered and touched that you feel that way. If they think it's funny and laugh in your face – use that horrible behaviour as the first reason why you need to get over them. You don't want to be with

someone who would treat other people that way.

Accept it's not your fault...

Don't waste your life wondering why they don't love you back. You can't choose who you are attracted to and neither can they. There is absolutely nothing wrong with you, so don't spend your life thinking that if you change yourself then maybe they'll grow to love you. Start to enjoy the things you used to before they came along and who knows, love may be just around the corner for you; after all, these things normally comes along when we're least interested.

FREE Spa day for two!

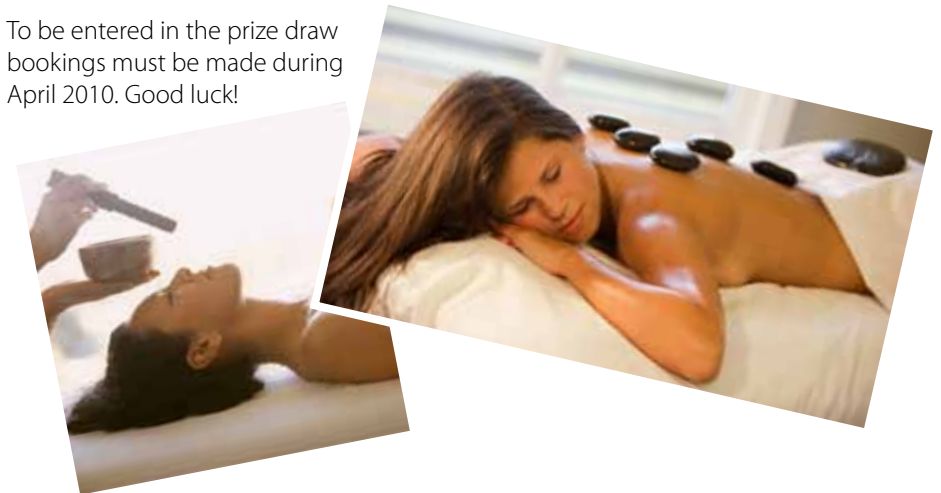


Everyone deserves a little treat now and again so why not enjoy a spa day with your best friend, courtesy of Helena Paris!

This month book a 30 minute reading for the regular price of £39.99 and you'll be entered into our prize draw to win a spa day for two! Each 30 minute booking you make gains another entry to the prize draw so why not double your chances and make a booking for a friend?

The prize can be used at 85 locations around the country and you can choose the perfect package for you. Whether you fancy a neck & shoulder massage, a facial, or relaxing in the steam room and sauna, you and a friend of your choice will come away feeling relaxed and stress free!

To be entered in the prize draw bookings must be made during April 2010. Good luck!



www.helenaparis.com | 0800 970 2100
0906 122 2005 | Text 'HOPE' to 78887

Our readers



Francine : 4248 - Clairvoyant

Francine is a wonderful Clairvoyant who has many clients when they have felt their most vulnerable. Francine gives you confidence with what she picks up around you, that you are talking to the right reader. Francine is very popular with clients wanting answers with affairs of the heart and all family matters. Feel better now by giving Francine a call.



Jessica : 4285 - Clairvoyant

Jessica is a warm and understanding Clairvoyant whose sensitive readings have helped many clients who are going through a difficult time. She is also a past lives consultant and dream analyst who believes strongly that both have much to tell us about our present situation. Often consulted about emotional, relationship and financial issues, Jessica is a gifted all-round Psychic; able to explore in depth whatever most concerns you at the time. A call to her will leave you feeling as though you have been speaking to a kind and wise friend.



Jennifer : 4242 - Clairvoyant

Down to earth, gentle and kind, Jennifer is a natural clairvoyant who will give you true direction without asking a lot of questions. In fact you will be the one asking the questions because she will channel so much information about your situation. Jennifer can also consult her Angel Cards if you wish. Empathic and completely non-judgemental, she is a very good listener - you can tell her anything you like and be sure of receiving sympathetic guidance. A reading with Jennifer will leave you with understanding, clarity and genuine hope.



Isobel : 4336 - Clairvoyant & Medium

Isobel has been working as a professional Medium for almost 30 years and has a reputation for being one of the best. Isobel is also a natural Clairvoyant who is particularly popular with looking at relationships and work issues. Isobel is a very honest reader who will tell you exactly what she sees however difficult.

www.helenaparis.com | 0800 970 2100
0906 122 2005 | Text 'HOPE' to 78887



Sara : 4386 - Clairvoyant

Sara is a naturally gifted Clairvoyant, Clairsentient and Clairaudient. She has been gifted all of her life and so has a lot of experience when communicating with her spirit guides. Sara can provide healing over the phone and will help clear any negative energy around you. Sara is a past life consultant and can naturally help you move ahead of those things that may be holding you back from your past. Sara does not ask questions and will give you validations that will help you know that she has a genuine link. Sara definitely has the WOW factor!



Georgina : 4322 - Clairvoyant

Georgina is a natural Clairvoyant who has been working professionally for over 20 years. Georgina is well known for her accuracy and timing. Georgina doesn't need to ask questions and the information she gives is never general or vague. Georgina is experienced in all areas of life especially career and relationships.



Shaz : 4277 - Clairvoyant & Medium

Shaz enjoys using her exceptional gifts of clairvoyance, mediumship and healing to help others. "It is what I was meant to do", she says. Working closely with Spirit, she has enabled many people to come to terms with the loss of loved ones and move forward. Shaz can consult her Tarot and Angel cards if requested and she can also advise on psychic protection. As well as giving sensitive and positive life-path guidance on any issue, friendly Shaz can help you to discover and develop your own psychic and spiritual nature.



Rose : 4002 - Clairvoyant

A true Romany, Rose comes from a family of psychics and her gifts of clairvoyance, mediumship and healing have been passed down through the generations. She links strongly with her spirit guides to uncover the deeper truths of your situation - "They work hard for us up there", she says - and she is also blessed with the ability to use Angel Cards, Tarot and the Crystal Ball. Specialising in relationship issues, Rose's fascinating readings combine practical guidance with spiritual insights, leaving you feeling far more confident and aware.



Louise : 4320 - Clairvoyant & Medium

Louise is a Natural Medium, Clairaudient and Clairsentient. You will feel at ease instantly with Louise. Louise is especially popular with clients who are feeling very confused and anxious about the future. Louise likes to look at things in a very straight forward manner and will give you answers that you can understand however complicated life seems. Louise is a very warm and caring reader who is always ready to listen.

Astrology 04/10

by Justin Toper

ARIES (21 March-19 April)

Doubtless the recent Full Moon has placed an extra strain on an existing relationship. No matter. Chances are the New Moon in Aries on April 14th will enable you to go deeper, if not protect your honour. After that, you cannot be tamed, and if anything your personal life will be distinctively better. True enough, what occurs around the 25th or 28th could easily upset your calculations. But in some ways, the financial odds are tilted in your favour.

TAURUS (20 April-20 May)

This is likely to be a time of changes and challenges - which you are well equipped to handle. Admittedly, you may not know what others are really planning. Though, inevitably, what happens around the 7th, and again about a week later is bound to alter a lot of your opinions and feelings. Yet, once the Sun enters Taurus on the 20th, and is magnificently aspected by Pluto on the 25th of April, you should be in your element, if not making a sentimental journey. This is a world where you belong.

GEMINI (21 May-20 June)

In some ways, you should be among friends and sharing good times with those who are light and frothy. In fact, for you the New Moon on the 14th, and developments around the 18th of April should restore your faith in human nature, not to mention take you on a wild ride. However, because the Sun changes signs on the 20th, you could become slightly anti-social - but this has more to do with what is being discussed in private. Chances are, in fact, that what is secretly agreed between the 25th - 28th is something you can't say no to. And it won't hurt you to admit you are rather intrigued.

CANCER (21 June-22 July)

Not only are you a home bird, but you may be rather relieved that a move has been postponed. Now however, it's gloves off time, while you go all out to improve your career and reputation. In this respect, the New Moon in Aries on the 14th is when rivals finally acknowledge your gift. After which, it's time for some fun, despite the fact that what you experience on or prior to the 28th of April could leave you in an emotional conundrum. Still, as long as you are not caught out.

LEO (23 July-22 August)

You don't need a travel guide, even though you will be entering a whole new world this month.

Nor should you unduly worry if what occurs on the 7th of April seems to affect your movements or whereabouts - though you still need to create order, even at the cost of getting your hands dirty. Then the New Moon in Aries a week later urges you to take a leap of faith that is so radically different. Whilst, the Full Moon on the 28th stresses matters closer to home. Yet, in many ways, the emphasis on an ambitious move which alters your position immensely.

VIRGO (23 August-22 September)

The accent is on what you own, earn, or share with others. Ok, because Saturn re-enters Virgo on the 7th of April, you may not always find life rewarding. Never the less, what you experience several days later is priceless, and even the economic landscape seems surprisingly different. Aside from which, the Sun brilliantly aligned with Pluto on the 25th highlights emotional ties and travel plans - and the two are furiously linked. Perhaps you are ready for a break with no stings attached.

LIBRA (23 September-23 October)

The recent Full Moon in Libra - as recently as the 30th of March could affect the overall shape of one particular relationship. And there appears to be a mutual admiration society. What's more, Saturn also in Libra will stop pummeling you after the 7th of April. In fact, rest assured your personal fortunes are about to be transformed. Meantime, a brilliant New Moon on the 14th should coincide with a different chapter in partnership or matrimonial affairs. However, it will probably be around the end of the month - if not on the 28th to be precise that money is used to good effect. And we are not talking about loose change.

SCORPIO (24 October-22 November)

A break from the past is indicated as April begins. But don't complain, because with a more practical approach you could and should accept an unpredictable job. As it is, you may be doing some moonlighting around the 14th - not to mention making sure that your work is more visible. Then the personal side of life comes to the fore, and you in turn can expect a lively time. Not only that, but one relationship will be re-invigorated around the 25th. While the Full Moon in Scorpio on the 28th of April serves to remind you that pride of all things - or lack of is likely to surprise many people.

Resolve now to make a change in your life!

www.helenaparis.com

0800 970 2100 or 0906 122 2005

SAGITTARIUS (23 November-21 December)

Your desire to preserve an emotional time or friendship could be blown to smithereens. In reality, an involvement or volunteering activity and your participation in general could have a significant effect on your happiness - particularly around the 14th or 18th of April. Chances are however, that it's back to work soon afterwards, and that you will have to earn others trust all over again. But - and it's a BUT, what comes to life on or just prior to the 28th will show you why trusting in strangers is not a bad thing. In fact, it is likely to lead to a much bigger role.

CAPRICORN (22 December-20 January)

It's been a long while since you have spent so much time at home. In fact, not only should there be a celebration, but it looks as though you will be lavishing a lot of attention on the family - without losing momentum in your career. A major breakthrough of some kind or a landslide victory is assured around the 7th of April - though you may be called away by gravity. More likely, a serious love interest will develop after the 25th of April. Talk about Loose Women! As for other people, they are not in your class.

AQUARIUS (21 January-18 February)

You may be destined to travel - much depends on what is proposed around the 7th or 14th of April. Either way, you are unlikely to pull out of an arrangement, even if you suffer an estrangement. Most likely, what is arranged on the 18th or thereabouts is far more appealing, and you are not likely to wilt under pressure. However, don't be surprised if you have to rally the troops or domestic workers around the 25th or 28th. Instead, you could apply for a move - and it's not part of your usual family. This is only one of many successful challenges.

PISCES (19 February-20 March)

The temptation to spend, spend, spend has never been greater, even if you are also encouraged to save regularly. Fortunately your eye for a bargain is as keen as ever, and what you snap up around the 14th is something that normally doesn't come so easily. Maybe you should take the money and run? Which ever way, the Sun moving into Taurus on the 20th, and events taking place about a week later signify that you might be caught up in a revolving door situation. Either way, you have an opportunity to remove any restrictions, and enter into arrangements that are from another planet.

It was life changing...

I had been divorced for 10 years and suddenly found myself with a new lease of life - I had lost a little bit of weight and all my friends kept telling me how young I looked and this was giving me so much confidence. So much so, that I found myself in a new relationship with a man 27 years my junior.

We had been seeing each other for about six months and everything was going great, in all areas! But I was starting to get myself worked up and worried about the future. I knew it couldn't last - why would he want to be with an old woman? I was starting to wake each day thinking is this the day he is going to come to his senses and walk away, and to make matters worse I was sure that I was falling in love with him.

One evening I found the courage to phone one of your readers and I'm so glad I did. We talked through all the good things going on in my relationship and I came to realise that I was focusing too much on the future. Whenever we love, we risk loss... but he was worth the risk! I needed to just enjoy every moment and be grateful that we were together, no matter how long that may be. One day he may want to move on and I'd have to move on too, but today wasn't that day.

I am pleased to say that a year later we are still together and so happy - I have grown stronger and have confidence in myself that I can meet any challenge that life may throw at me. He loves me for who I am and doesn't want to change anything about me, not even my age!!



Helena Paris

Why not book a phone consultation online at
www.helenaparis.com

0800 970 2100

(pay via credit/debit card. 20mins for £29.99 or
30mins for £39.99)

0906 122 2005

(pay via phone bill for this consultation)

sms services

**Text 'hope' + your
burning question to 78887**

Calls cost £1.50/min. Calls are recorded and over 18's only.
PO BOX 10015, Chelmsford CM1 9HH.

Text cost £1.50 per message.

Messages may be more than one reply in length.

Accuracy cannot be guaranteed.