

Helena Paris News

Resolve right now to make a change in your life!

August 09

A message from Helena

Hi there! Welcome to the August issue. School's out!!! And with a little bit of luck, it's time to enjoy the lovely weather.

This time of year is really fun. The sun is shining, the routine is postponed for the summer and it's time to enjoy your family and friends. Some of you, however, find the summer holidays really stressful! Especially if you have children at home, the weather is bad and the already tight finances are being stretched even more from trying to keep the kids amused. Try to find inexpensive things to do together, enjoy your local surroundings, take the time to enjoy this beautiful country. Memories are made just by spending time with one another.

This month we look at how important it is to concentrate on living "Just for today", not being constantly focused on the past or the future but making today a happy place. In our feature "It was life changing" we learn that it's important to use our pause button, not to be reactive but to choose our response to every situation and to realise that we are "good enough".

Wishing you all a wonderful and happy Summer!

Love Helena x



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Why not call today on
0800 970 2100



Relationships....

Just for **today!**

There are occasional hard days for each of us. Please do not despair. Do not give up. Look for the sunlight through the clouds. Opportunities will eventually open to you.

Let's concentrate on living, just for today!

Just for today try to live through this day only. Don't try to overcome all your problems at once.

Just for today try to be happy. Do not dwell on thoughts that depress you, but chase them away and replace them with happier thoughts.

Just for today, adjust yourself to "what is". Accept those things you cannot change and try to change only those things you can.

Just for today try to improve your mind. Read something that requires effort, thought, and concentration.

Just for today, exercise your soul. Do a good deed for somebody without letting them know. Do at least two things that you know you should do but have been putting off.

Just for today – be agreeable. Look as good as you can, act courteously, speak ill of no one. Try not to improve anyone except yourself.

Just for today have a quiet half hour to relax alone, to reflect on the day and get better perspective on your life.

Just for today – be unafraid. Gather the courage to do what is right and take the responsibility for your actions.

My readers are always on hand to help you live your life "Just for today" to help you find that sunshine in your life, and enjoy the happiness that comes with it!

Numerology

Free Report!



Throughout August get 30 minutes for the price of 20, plus a **FREE NUMEROLOGY REPORT!**

Just call 0800 970 2100 and ask for the "Numerology offer", which will entitle you to 10 extra minutes free talking to one of my team. So instead of paying £39.99, it will now only be £29.99 for a 30 minute reading!

After your reading, email me at **helenaparis@hotmail.co.uk** including the following information:

- Your name as it appears on your birth certificate
- Your current first and last names
- Your Date of Birth

I'll then send you back a free and detailed Numerology report helping you to understand the meaning behind your name, and a bit about your character. Simple!

I have been interested in Numerology for a number of years now and am fascinated by the systems used to understand the deeper meaning of names. I wanted to bring you the opportunity to learn a little about it, and give it a try!

Numerology is the study of numbers and helps us to understand more about our character, what motivates us, where our talents may lie, and just a little bit more info as to why we are how we are. If you've got an interest in Astrology, then you'll certainly gain from dipping your toe in the water and trying Numerology!

After you've made the most of my August offer that gives you a 30 minute reading for the cost of 20 minutes, just send me an email with your details. I look forward to hearing from you!

Our readers



Jessica : 4285 - Clairvoyant & Medium

Jessica is a warm and understanding clairvoyant medium whose sensitive readings have helped many clients who have recently been bereaved. 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.



Romea : 4255 - Clairvoyant

A talented and highly experienced predictive clairvoyant, Romea has helped many people to move on from difficult situations by uncovering the root causes of their problems and showing them how to get rid of the negative energies that are holding them back. Strongly intuitive and very understanding, she is also an astrologer and Tarot reader. When exploring relationship issues Romea will always see beyond the immediate picture to give you an extremely rounded and detailed reading. Above all, she aims to help her clients to improve and enrich their lives.



Joanna : 4309 - Clairvoyant & Psychic

An experienced and very popular psychic clairvoyant, Joanne works closely with her spirit guides to channel the information and insights that her clients most need to hear at the time of their call. She is also a highly intuitive Tarot reader. Although often consulted about relationships, both personal and professional, Joanne is a gifted all round reader who welcomes questions and gives honest and clear answers. Friendly and approachable, she has an enviable reputation for making people aware of all their options and bringing more direction into their lives.



Francine : 4248 - Clairvoyant

A wonderfully understanding clairvoyant with over 35 years' experience, Francine is well-known for bringing comfort and reassurance to her clients when they are feeling at their most vulnerable. She wastes no time in getting to the heart of your situation and the details that she is channelling will quickly convince you that she has a strong and genuine link. Francine is also a gifted Tarot reader. Especially popular for her accurate insights into family matters and affairs of the heart, she will help you to move forward with confidence whatever your concerns.



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.



Arriana : 4326 - Clairvoyant & Tarot

Arriana is a Natural Clairvoyant and is very experienced in all areas of life, including love and relationship issues as well as issues around your work and finances. Arriana is also amazing when using the Tarot if requested. Arriana is a very popular reader who is always very warm and sensitive. Arriana refers to herself as a solution-finder that will help you solve your differences and move forward with life.



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.



Shelly : 4304 - Clairvoyant & Medium

Shelly is a very popular psychic whose own life experiences have strengthened the powerful gifts of clairvoyance and mediumship that she was born with. Using no cards, or any other aids, she will go straight to the heart of your situation, giving you details that will convince you that she has made a genuine link. Honest, empathic and down to earth, Shelly reads at a very deep level whatever the issue - emotional, relationship or general. Why not let her bring clarity and hope into your life with her positive guidance?



Wajiha : 4361 - Clairvoyant & Psychic

Wajiha is a very experienced and accurate Psychic Clairvoyant. Who can also use Angel Cards for a more detailed reading. Wajiha is a very warm, empathic and sensitive reader. Wajiha is renowned for giving very detailed and supportive readings and can help you get to the bottom of any difficult issue you may be facing in your life.

www.helenaparis.com | 0800 970 2100
0906 122 2040 | Text 'HOPE' to 78887

Astrology 07/09

by Sally Kirkman

ARIES (21 March-19 April)

An unusually hectic month finds you running here, there and everywhere. You'll either be busy with your own projects and will make new friends in the process or you'll be your kids' chauffeur for the summer holidays. Home, property and lifestyle affairs are also key whether you're moving or improving. The 6th is a crisis point for you and a friend but make sure you follow your head not your heart.



TAURUS (20 April-20 May)

This is the final stage in a career chapter which began in February 2008. This time around you trust life to lead you down the right path even when change seems inevitable on or around the 6th. Your ability to charm with your earthy sense of humour will help you so take every chance you can to connect with others. In doubt, call, don't email or text. Home is where the heart is after the 20th.



GEMINI (21 May-20 June)

Work fast this month to improve the quality of your life and ensure that home, property and family affairs are to your liking. An ongoing project is almost complete and by November you'll start to see the results of your hard work. Socially things start to look up after the 20th and you'll realise how much you miss certain people and what a difference they make to your life.



CANCER (21 June-22 July)

If the state of your finances is based more on hope than reality, a rain check may be due on or around the 6th. Your best bet is to cut ties with an ex, business partner or institution so you can take responsibility for your own financial wellbeing. The new moon on the 20th is your chance to make a fresh start. Venus in Cancer until the 26th promises good times and sweet loving.



LEO (23 July-22 August)

The Sun is in Leo until the 23rd and this is your chance to shine. Why not organise your own party where you can be the centre of attention. In affairs of the heart, put yourself first and bring a painful episode to a close on or around the 6th. It may take you a while to come to terms with change but use any quiet time to your advantage and be still within. You'll emerge stronger and wiser.



VIRGO (23 August-22 September)

It may be the summer holidays but you'd be foolish not to keep busy this month. Work hard and aim to bring any outstanding matters to completion and do what you do best, pay attention to the details. The taskmaster of the zodiac, Saturn, will leave Virgo this autumn and you'll feel as if a weight has been lifted from your shoulders. Turn to your friends at this time for fun, affection and support.



LIBRA (23 September-23 October)

Enjoy life this month. There's no reason why you can't find happiness whether visiting friends, travelling or discovering your true vocation. There's a real sense of possibility and optimism in the air which you should take full advantage of. The one potential problem is a recurring ailment, whether physical or mental. Get to the bottom of it and analyse what it's about.



SCORPIO (24 October-22 November)

As the saying goes "change is inevitable, growth is optional". Bear this in mind on or around the 6th when a disruption to your lifestyle looms large. It may be home or property-related or perhaps an internal shift but be aware this is the end of a significant chapter that began in Feb 2008. Letting go will help maximise career opportunities that come after the 17th.



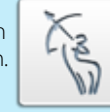
Resolve now to make a change in your life!

www.helenaparis.com

0800 970 2100 or 0906 122 2040

SAGITTARIUS (23 November-21 December)

A chance to take on a new responsibility at work or to move up in the world comes your way this month. You will need to talk yourself into it but accept and by November you'll know you did the right thing. If you've been lucky enough to receive a bonus or extra cash in some way or other, your first thoughts will turn to travel. Book a holiday or a long winter vacation.



CAPRICORN (22 December-20 January)

If finances are tight, this is an excellent time to look for some support. This may mean forging a new business partnership or checking that any money you have is in the right place and working for you. After last month's upheaval, your love life will feel like a breath of fresh air and hopefully you're with someone who has your best interests at heart. You deserve emotional and financial happiness.



AQUARIUS (21 January-18 February)

A dramatic eclipse on the 6th will affect you most if your birthday falls in the first few days of February. Close the door on a chapter which began on or around your birthday last year and don't look back. If the first couple of weeks are tough, fortunately things do look up as the month progresses. Someone new who enters your life will bring you hope and happiness - what more could you ask for?



PISCES (19 February-20 March)

It looks like being a decisive moment for a one-to-one partnership or relationship. In fact, you could realise that you've had enough of a difficult situation and will take whatever action necessary in order to move on and be free. Turn to your friends, family and your kids for love and support and make the most of the good times. Keep life simple and nurture yourself on a day-to-day basis.



It was life changing...

Am I "Good enough"?

For years Sarah struggled with her children. She constantly shouted at and criticised them. She knew that her nagging was hurting their self esteem but she didn't know how to stop.

At the start of each day she would say "Today I am going to stop being angry and enjoy my children"... but each time she would fall back into old habits. The whole situation caused her to hate herself and take her anger out on her children, and that made her feel even more guilty. She knew she had to get some help and eventually she decided to talk to someone.

She realised that she really wasn't angry with her children at all. She had a few past issues that were causing her to be hard on herself, causing her to strive for "perfection" which was always going to lead to failure. She was looking for acceptance from those around her that she was worthy to be a mother. She came to the conclusion that she was "good enough". She was never going to be "the perfect mother" but that didn't mean that she wasn't "good enough".

She still had those issues from her past to deal with but that was no excuse for taking her frustrations out on her children. She could choose the way she responded to every situation.

Now when she feels herself getting frustrated or angry, she "Pauses". She doesn't strike out or speak impulsively. She looks at the bigger picture and chooses her response.

She takes one day at a time and although it isn't easy, when she feels things getting on top of her, she knows who to turn to.

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 2040

(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.

