

# Helena Paris News

Resolve right now to make a change in your life!

January '10

## A message from Helena...

Hi there and a warm welcome to our first issue of 2010.

A new year has begun. "Thank goodness!", I hear a lot of you say. 2009 was a tough year for many people throughout the world. On the plus side it has given many of us the opportunity to take stock of what is important in life and my hope is that we don't lose sight of that.

As we enter this new decade may we gather around us that which matters most and be positive in the future and what it has in store for us.

My three little thoughts for this coming year –

- Give people more than they expect and do it cheerfully
- When you lose, don't lose the lesson
- Open your arms to change, but don't let go of your values

This month we look at "Starting the New Year Right" – about the right way to set goals and change the things you need to make sure your life follows the right path.

"It was life changing" looks at one family's experience of ill health and how it almost tore them apart.

**May this New Year bring you happiness and fulfilment.**

Love Helena x



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## Relationships....

# Starting the New Year Right

As we start the New Year it gives us all an opportunity to look back to the past but more importantly, to look forward to the coming year. It's a time to reflect on the changes we want to make or need to make, and resolve to follow through on those changes.

Many of us will take the time to set goals or as we call them at this time of year, New Year's resolutions. However, how many of us actually follow through and have the courage to turn those goals into a reality.

Here are my tips for setting your goals and achieving them – for making the changes we need to succeed in life.

- Your attitude is critical – to achieve anything worthwhile in life we must have a positive mental attitude. If you remain positive about the things you want to change in your life, you will become self-motivated and enthusiastic and that enthusiasm will help you succeed.
- Be positive - write down what you want to achieve. If you want to change or stop something, make sure you decide what you want to do instead.
- Set a deadline – it gives you something to aim for.

- Be specific – be clear in what you want to change and how you want to do it.
- Be realistic – don't set goals that are unattainable as they will only end up making you feel like a failure. Instead, set small goals and when you achieve them then set something bigger.

The Author Lewis Carroll said "If you don't know where you're going, any road will take you there".

My wish for you for 2010 is that you will all have the end goal firmly in your mind – that you will find the right road to follow.

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# Our readers



## **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.



## **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?



## **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.

## **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.



## **Elaine : 4207 - Clairvoyant**

Elaine connects with you as soon as she hears your voice, tuning in to your deepest feelings and channelling information about your situation that will convince you that she has a genuine link. A very popular clairvoyant, she is experienced in dealing with complex and sensitive issues and she is particularly sought after for her accurate predictive insights into relationship and business/financial concerns. Elaine likes to use her powerful natural psychic abilities to guide her clients through difficult times, helping them to make decisions that will ensure the very best outcome.



## **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.



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# Astrology 01/10

by Sally Kirkman

## ARIES (21 March-19 April)

Timing is the key to your success and the date when events will begin to turn for you is the 15th. Up until then, network and make the most of your contacts but bide your time with new work or vocational projects. A slower pace of life will be rewarding and yoga or meditation will help you find your inner voice. Your intuition can be a wise guide for you now.



## TAURUS (20 April-20 May)

It's a wonderful month to be away on holiday especially somewhere hot and sunny. If you are at home, spend time on projects that inspire you and boost your passion for life. Begin a course that's associated in some way with art, literature or music. If you can, now's the time to ensure your work or talents reach a wider audience.



## GEMINI (21 May-20 June)

Whether you want to sort out savings or debts, make your New Year resolution a new-found love of finances. Do your research in the first two weeks and be ready to put your plans into action after the 15th. A new career path or vocational project will take off quickly in 2010 and you'll be amazed how much progress you can make in just a few months.



## CANCER (21 June-22 July)

It's a key month for your one-to-one relationships and the eclipse on the 15th will prove decisive. Take note of what happened on New Year's Eve and stay true to yourself and your own wants and needs. New doors are opening but it's up to you to take that first step. If you haven't had a holiday for a while, start planning one after the 18th.



## LEO (23 July-22 August)

It's an interesting month for love and you won't be short of opportunities to meet someone new or to move your current relationship on to the next stage. However, you're not the one making the moves so be patient and let your lover decide. If you're struggling with a New Year resolution that concerns your work or your health, try again after the 15th.



## VIRGO (23 August-22 September)

It's a slow start to the New Year, especially if you really want to enjoy yourself. You may have to prioritise a child's needs or perhaps your new lover is out of town. Be patient as good things will come to those who wait. Jupiter will boost your love life from the 18th of the month up until June so you won't be short of romantic opportunities.



## LIBRA (23 September-23 October)

The focus is on home and family affairs as the New Year gets underway and a certain amount of change is inevitable. The key to your success with regard to your domestic situation is to stay in charge and to ensure that you're the one who's ultimately responsible. Grab a chance to have some fun and let your hair down in the second half of the month.



## SCORPIO (24 October-22 November)

The beginning of a New Year is always a chance to start afresh in some way and for you, the key area of change is communication. This may mean updating your telephone or computer connections or thinking about how you get your ideas across to other people. The 15th will prove to be a turning point and on the 31st, it really is "out with the old and in with the new".



Resolve now to make a change in your life!

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## SAGITTARIUS (23 November-21 December)

Keep your wits about you where finances are concerned early this month and don't agree to anything until you know what you're getting into. Mercury turns in your money zone on the 15th and more information will come to light after that date. If you want to move or find somewhere else to live, start looking after the 18th and events will move at a swift pace.



## CAPRICORN (22 December-20 January)

If you've just met someone and started a new relationship, events will move quickly this month but not necessarily the way you expect. Don't try and control the issue but wait and see what happens, especially on the 5th and 15th, and follow your heart rather than your head. Be accountable for what happens at work on the 31st and you'll emerge victorious.



## AQUARIUS (21 January-18 February)

Follow your own spiritual path as 2010 begins and have faith that the universe will bless you and bestow good fortune upon you. Trust your inner self in knowing how to be and how to act and you'll find that the year begins smoothly. You're lucky with money after the 18th, whether new work comes your way or you win on the Lottery.



## PISCES (19 February-20 March)

Try and conserve your energy as January begins and don't feel you have to accept every invite or proposition that comes your way. Believe that less is more and listen to your heart to know what to say "yes" to and what to decline. Lucky Jupiter is in Pisces after the 18th and you'll want to be free to accept some fantastic opportunities that will come your way.



# It was life changing...

My dad has been very ill for a while and my mum has been looking after him.....they have been happily married for 40 years so it came as a shock when my mum started to show signs of being resentful towards my Dad. She was snapping at him and every time I tried to talk to her, she would just throw hurtful comments at me and say I didn't have a clue what I was talking about.

In turn, I started to feel resentful towards my mum. How dare she blame my Dad for being ill? He had been so strong for her in the past and had supported her through the rough times. I didn't want to speak to her and to be truthful I was starting to avoid going to even visit my Dad because I knew it would end up in a row with mum. I was frightened of what would happen to my Dad in the future and why didn't she care anymore?

I had spoken in the past to your readers about other things in my life but hadn't had the courage or time to phone of late; but one night after a particularly bad row with mum, I picked up the phone.

I was able to speak to the most caring and gentle lady who made me feel safe and secure. We talked for a few minutes about life in general and then she asked me how my mum was – I bit back and said "Shouldn't you be asking me about my Dad? He's the one who is ill". She went on to explain how my mum was feeling.

My mum hadn't stopped caring – she was frightened too. She was frightened about losing the man she loves and was so used to being able to share her burdens with my Dad, but felt she no longer could as he was so ill. She was struggling to cope emotionally and was also worried about finances. She didn't feel that she should burden me with all this so was keeping it all bottled up and it was making her so angry that she didn't have anyone to talk to.

After I got off the phone I drove straight round to mum's. When she opened the door I gave her a big hug and told her I loved her. I told her I knew how scared she was, and that I was there for her. I wish I could say that my dad's health has got better. It hasn't, but this experience has made my mum and I stronger – we are a team and we are able to face my father's illness together instead of being two frightened people facing it alone.

# Helena Paris

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