

Helena Paris News

Resolve right now to make a change in your life!

July 09

A message from Helena

Hi there, welcome to the hot summer issue! I love this time of year as I feel there is such a powerful positivity that comes from the sun, giving us all a much-needed boost. We should all harness this positivity and let it flow through us unblocking areas of our inner-selves that are preventing us from achieving our potential for happiness. Despite the difficulties you may be experiencing in your life, do make sure you take the time to benefit from the mood-enhancing boost that summer can offer. This could be a small step on the way to feeling empowered to make those life-changing decisions!

This month we talk about “holiday romances” and how although not the case for all, for one of my clients, this became a positive life-changing experience rather than a negative one. In our other regular feature, “The day that changed my life..”, another client reveals how she gave up her indecisive ways to take control and change her life!

Finally, a reminder to be positive and resolve now to take at least one small step everyday to change your life – it really is in your power! As ever, my talented Readers are always here for you to help you on the way.

Enjoy the sun!
Love Helena x



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A Romance Holiday

Are holiday romances
good for us or destined
to end in tears?

Many people view holiday romances in a negative light but are they always a bad thing? Can they sometimes be positive as long as no-one gets hurt?

Take Allison for example. After a painful divorce a year ago, she and a friend decided to get away from it all and took a week's holiday in Cyprus. On the first day she got chatting to a waiter called Christos who was clearly very interested in her and made her laugh a lot. They soon embarked on a fling lasting the remainder of the holiday. "It was fun," says Allison now. "He made me feel special, which I hadn't felt in a really long time."

On her return, she told her friends about the experience and some questioned whether it had been a good idea. Allison tried to explain. "I'm not so young and impressionable any more and I knew what I was doing. Most people remarked how glowing and positive I seemed when I got home and I think this had something to do with me meeting someone at a BBQ who I have now been seeing for some months."

For Allison, the holiday romance boosted her confidence but they can often have the opposite effect. If you are in a vulnerable place emotionally such as a recent break-up of an important relationship or believe a short-term holiday fling could turn into a long-term relationship, you should avoid getting involved. Also if other partners are still in the picture then the ensuing complications and hurt are definitely best avoided.

I believe that self-esteem and positivity comes from within and short-term fixes don't always have long term effects. Don't forget that my Readers are always here for you if you'd like to talk about your relationships, or any other aspect of your life, and we will always try to help you find your inner strength and positivity.



Astrology 07/09

by Sally Kirkman

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ARIES (21 March-19 April)

The challenge this month is to equate what you can achieve with what you hope to achieve. Combining practical money sense with your unique idealism will prove successful. Get out of the house after the 12th and socialise or network, whatever feels right for you. It's important to share your life with others especially when a home or family issue demands attention on the 22nd.



CANCER (21 June-22 July)

It's your birthday month and an extra special one this year. The solar eclipse in Cancer on the 22nd suggests this is a time of transformation in your life when you can close a door on the past and start afresh. It's out with the old and in with the new. So enjoy your birthday celebrations but at the same time look deep within yourself and intuit where change is about to occur.



TAURUS (20 April-20 May)

The relationship planets Venus and Mars leave Taurus early in the month and move into quick-thinking Gemini. In other words, time to wheel and deal and sort out your financial situation. You're wise to "dream the impossible dream", especially around the 10th. Put in your order with the cosmos or believe it's your turn to discover your true vocation and you may be pleasantly surprised.



LEO (23 July-22 August)

If you're looking for a dream lover, this is your chance to find them especially if your birthday is close to 19th August. Friday 10th is the date to note in your diary as it could be one of the most romantic days of the year. Certainly you're wise to remain hopeful and to indulge in some positive thinking. The happier you are with yourself, the more chance you have to fulfil your dreams.



GEMINI (21 May-20 June)

Your planet Mercury picks up speed this month and whizzes through three signs of the zodiac. Put your multi-tasking skills to good use and follow up any project that takes your fancy. Money's under the spotlight on the 22nd and you can turn a situation to your advantage as long as you trust your instincts. Be canny, stay optimistic and the world is your oyster this July.



VIRGO

(23 August-22 September)

Keep your working relationships as amicable as possible and don't be too critical of others even when they're flaky. Love can be found in the workplace this month if this is where your interest lies. The eclipse on the 22nd puts your friendships under the spotlight. Be there for a friend in need but be aware this is your chance to ditch a friend who takes but doesn't give back in return.



LIBRA

(23 September-23 October)

Dramatic changes are possible in your working life this month and if so, you'll probably already be aware of them. The new moons of the 22nd June and 22nd July both focus on your career so it's time to sweep out the old and bring in the new. Here's hoping that you're the one in charge. If you get the chance, it's a great month to travel and a holiday romance is virtually guaranteed.



SCORPIO

(24 October-22 November)

Take other people into account where home and family affairs are concerned. Try and work things out together amicably and be aware that this is potentially a healing time for the whole family. Elsewhere in life it's time to set your sights high and pursue your goals in education or publishing. A desire to travel and see the world will become an obsession over the next few months.



SAGITTARIUS

(23 November-21 December)

If it feels as if you're wading through mud at work and getting nowhere fast, you'll be pleased to know that change is on the way. The key to start moving is to use your contacts and let other people know what your problems are and ask how they would solve them. In other words, ask for advice and ask for what you want. A light-hearted romance will cheer you up no end so focus on love.



CAPRICORN

(22 December-20 January)

The first of a two year series of eclipses focusing on yourself and your relationships begins this month. So you have no option but to take a long hard look at your love life and decide what works and what doesn't work. If you're in denial, life will step in and throw a few thunderbolts your way. Work looks like being a pleasurable place to escape to if your personal life is stormy.



AQUARIUS

(21 January-18 February)

The Jupiter/Neptune combination continues to wave its magic wand this month especially if your birthday falls close to 15th February. If you're keen to seek fame and fortune, this is your chance. Remember, however, that success brings lows as well as highs and all that glitters isn't necessarily gold. At the very least, have some fun and enjoy your moment in the spotlight.



PISCES

(19 February-20 March)

You'll gain most by staying close to home this month and focusing on your everyday routine and your day-to-day relationships. If another person's arguing or complaining annoys you, trust your instincts and you can do something about it. Your creative or artistic streak will also come to the fore and there's a chance to make a name for yourself on or around the 22nd.



Your letters....

As always your letters are such a great source of inspiration to me and I always appreciate the time you take to get in touch. I hope you find something in this selection will inspire or remind you that you're really not alone with your problems.

Dear Helena

When I was at school, I found it hard to get along with people and always felt awkward among other people. I just couldn't seem to make real friends. I remember at school when I was 13 years old, I won a prize for gymnastics and none of my classmates said well done or anything at all. It's like I just wasn't there and I feel like this has also been the case for many years later. I consulted a Reader and I saw why this situation had arisen and how to rectify it by opening up to people more and having the confidence to reach out to people and not fear their rejection. In short, I learnt how to make friends. This has enriched my life no end and goes to show how far you can go with a little direction at the right time.

Maureen, Exeter.

Dear Helena

I am one of your older fans and would like to share something that happened to me recently. I lost my husband ten years ago but kept myself busy looking after my grandchildren part-time two days a week while my son, who is recently divorced, goes to work. I worry that my son has been putting in so many extra shifts at work to avoid the problem of him not having a woman to love and share his life with. When he recently said that he needs to work more hours, I was torn between wanting to support his career and wanting

him to keep some time for himself and perhaps find a new relationship. I consulted a Reader who suggested that he may be on the verge of meeting someone special at work with new shift patterns. I was delighted when, just last week, he announced that he'd like to bring a young lady home from work to meet me. I am so glad I took the Reader's advice as it has meant a new beginning for my son, which has been a joy to see.

Emily, Aberdeen

Dear Helena

For the past six years I have suffered from travel anxiety. It started on a holiday to France with my partner and his son and they thought I was being stupid and that I just didn't like their choice of holiday destination. The problem did not go away and caused tensions every year at holiday time. I'd never spoken to a reader before and had no idea how helpful they can be until a friend suggested I give it a try. The Reader helped me see that there was really nothing to fear. I feel like a weight has been lifted and it's improved our quality of life no end!

Mary, Basildon

Why not email me your stories?
stories@helenaparis.com

A day that changed my life....

How I found my slice of confidence

Theresa 41, Bath

Theresa had never been good at decision-making, resulting in a life full of missed opportunities and low self-esteem. One day that all changed as Theresa explained...

"I've never been good at making decisions. From a young age I was always shy and stood back letting others take the lead, a much easier option. As a teenager I continued this behaviour and found myself leading a life where I just fell into things. I married my very first boyfriend because I didn't have the courage to "play the field". I got a job with a large local firm and just "plodded along". After we had our children I continued working and looking after the family. Although I enjoyed this role, I started to resent my lack of direction and felt unfulfilled by my life, I needed to boost my self-esteem!

I'd always enjoyed baking and knowing this, one day a friend of mine asked me to make a special cake to be given away as a prize at a local fund-raising summer bazaar which I did. I received some fantastic

compliments about my cake and someone even asked me to make one for a Golden Anniversary! True to form I hesitated in accepting this request, as I just didn't know if I could do it well enough.

I needed a nudge in the right direction so I decided to send a text to a reader about my indecisiveness. The response told me to follow my instincts and heart and proceed with anything that brought me joy. Buoyed by this encouragement I took the plunge and made the cake which turned out to be a complete success! I now have a small thriving cake-making business which I absolutely love and am even thinking about expanding. I love my job and am so pleased I took those first few steps which have changed both me and my life for good. How's that for decisiveness!"

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Helena Paris

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