

Helena Paris News

Resolve right now to make a change in your life!

May '10

A message from Helena...

Hello and a warm welcome to May's Newsletter.

It's been a long hard winter but at last the warmer weather is here. The sun makes everything seem brighter so take time to enjoy the longer days and sunny evenings. We've also had some new developments this spring, if you've not already logged on to our new home www.helenaparis.com you'll see that we have added lots of interesting articles to a new section. Short and to the point these articles and stories will support and give encouragement through life's challenges.

This month we look at the subject of happiness – being happy today! Don't waste your life waiting for that "one thing" that will make you happy. Concentrate on making today a happy place. Paul H. Dunn said "Happiness is a journey, not a destination; happiness is to be found along the way not at the end of the road, for then the journey is over and it's too late. The time for happiness is today not tomorrow."

"It was life changing" looks at the challenges of raising teenagers - One mother discusses the changes that come and her hopes and fears for the future.

May we all find a little happiness today.

Love Helena x



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15 minutes for £15

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Why not call today on
0800 970 2100

Relationships....

Being Happy Today

Are you happy with who, what, or where you are today? Are you enjoying your work? Are you excited about your future?

Most of us are searching for something – something in the future that will make us truly happy. If only we can get that “one thing” or get to “that place”, then our lives will be perfect. It’s okay to have a goal – but is it stopping you from enjoying today and all the wonderful things you have in your life right now!

So, how can you be happy today?

- Accept that you deserve to be happy – if you don’t think that you deserve to be happy, then, no wonder you’re not. The messages you give determine what direction your life will take.
- Accept who you are – accept the good, the bad and the ugly. You are doing the best you can – be content with that. That doesn’t mean ignore what you’d like to improve in your life – but focus on what’s good in your life and what’s good about you.

- Be comfortable where you are – be open to learning something new each day. You don’t know what tomorrow will bring – so enjoy where you are right now.
- Appreciate your life – be grateful for your health, a job, a place to live, food, or a family that loves you.
- Ask for help – don’t keep problems to yourself. Ask for support when you need it – let others contribute to your life.
- Do something nice for someone else – it could be as simple as holding the door for the person behind you. Your problems become a lot smaller when you take the focus off yourself and focus on someone else.
- Do something that will move you forward – Take the power back into your hands!

How much more of your life do you want to live waiting for “someday” to bring you the happiness you crave? It’s up to you to create your own happiness. It’s up to you to create a life filled with joy. Choose a life filled with happiness today!

15 minutes..for £15



Throughout May we’re giving you a wonderful opportunity to book a special 15 minute reading through our website.

Maybe it’s an opportunity to call a reader that you’ve not spoken to before - at low cost, or you could call your favourite reader and enjoy a reading at a discounted price!

All you have to do is visit our revamped website at www.helenaparis.com, click on the ‘online booking’ option, then select the 15 minutes for £15 special offer. This offer is only available via the website so log on now!

If you haven’t already visited our improved and updated website at www.helenaparis.com then log on and have a look! There are new articles, great daily astrology updates, access to the monthly newsletters, and plenty more!

Remember, if you ever have any feedback about the new website, or anything else then please do let me know! Your thoughts and opinions are valuable so please just email me at my personal email address helenaparis@hotmail.co.uk



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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.

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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.



Eddie : 4370 - Clairvoyant

A Natural Clairvoyant who is straight talking and will give you everything spirit gives him. Eddie does not need to use tools to connect with you but will pick up a connection quickly through your voice. Give Eddie a call if you are confused about a relationship issue as he can give you great insight and guidance. Eddie is a down-to-earth reader that will help you move forward.



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 05/10

by Justin Toper

ARIES (21 March-19 April)

As you know there is a price to pay for everything. But don't worry if others are not full of generosity or the milk of human kindness. If anything, what is agreed around mid month will more than compensate. While the period around the 19th is a sign that you can have what your heart desires - heavy penalty or not. More than likely, it will be just before the inspirational planet Uranus enters Aries on the 28th of May that you receive a clear signal, and everything goes like clockwork. No sense feeling responsible, even if you leave a trail of broken hearts.

TAURUS (20 April-20 May)

True, you will soon be aware of a narrow escape, even if your scope is limited, as early as the 4th of May. Candor is not the problem, because this is sure to be a time of home truths. But planetary activity in Taurus on the 14th, and particularly the 19th and 20th, should coincide with a time of emotionally uplifting developments. However, it cannot be denied that certain people pose a threat to your security towards the end of the month. Luckily, you already have enough money to pay them off in principle. Happily, that's not all you will manage to nail down.

GEMINI (21 May-20 June)

Chances are, you may be happy to remain in the background, and put up a do not disturb notice. But what is revealed around the 4th, and about 10 days later on the 14th of May to be precise denotes some sort of exposure. And it's an interesting observation, especially as you may feel the compulsion to leave work. However, because the Sun enters Gemini on the 21st, you are bound to yearn for a personal life, despite having to even a few scores in the process. In truth, for you the Full Moon in Sagittarius on 27th will prove that tenderness can replace pain as far as one relationship is concerned.

CANCER (21 June-22 July)

In theory, you should be among friends and in good spirits this month. Admittedly, a bit of jealousy might arise as early as the 4th of May. However, your passion for life cannot be denied. If anything the period between the 14th - 21st should turn out to be one long party, even if you encounter some emotional blackmail. After that, it's back to work. In this respect, a powerful Full Moon on the 27th can only dispel any inner divisions. Nothing eating you away now.

LEO (23 July-22 August)

Though the Sun is at odds with Mars in Leo as early as the 4th of May, in some ways you should relish the challenge - personally or professionally. As it is, you are likely to even a few more scores around or after the 14th. In reality, it's a sense of failure that drives you on. True, you may find that certain friends hurl abuse - especially when they find out how successful you are. Don't forget, that the revolutionary planet Uranus enters Aries on the 28th of May. It's probably a case of out of sight, out of mind. Leaving to pursue an unpredictable path in one impulsive jump is indicated.

VIRGO (23 August-22 September)

At first glance, you might be pretty vacant, and hardly used not to be guaranteed freedom or admission somewhere - particularly around the 4th. Then things should be a lot more plain sailing. In fact, the New Moon in Taurus on the 14th and a brilliant aspect between the Sun and Saturn in Virgo on the 19th of May denotes a time of magical developments, even if you are backed into a corner later on. Either way, you should manage to insulate yourself from a domestic drama around the 27th, and make everyone aware of just how ambitious and daring you really are.

LIBRA (23 September-23 October)

There is bound to be some kind of tug of war over who owns or shares what. However, what is jointly agreed around the 14th, and confirmed on the 19th of May is likely to affect your security in a dramatic way. Maybe, both fame and fortune can only be found elsewhere? As it goes, the Sun moving into Gemini on the 27th, and events or developments about a week later are destined to restore your faith in certain plans, place, or people. How attached you become - remains to be seen.

SCORPIO (24 October-22 November)

Whether you are directly or indirectly involved, you will win one particular fight. A lot really depends on how partners or those in authority react or over react on the 4th. After which, a deep and meaningful relationship will be formed, even if it's not in your own personal self interest to say so. On the other hand, there is no point in settling for second best. In fact, the thrill of walking into any shop should give you even more satisfaction at the end of the month.

Resolve now to make a change in your life!

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SAGITTARIUS (23 November-21 December)

Don't worry if travel or other plans are derailed as early as the 4th of May. Chances are, that work will take priority, even though arguably this is when you will do the best job of all. In fact, a major breakthrough is assured around the 14th or 19th, even if you are forced to compromise. Then the approaching Full Moon in Sagittarius - which actually takes place on the 27th is likely to coincide with a hug - a bear hug. But no more are you drawing at the same well emotionally. Indeed, rarely have you seemed happier, despite a number of personal problems.

CAPRICORN (22 December-20 January)

Try not to succumb to emotional or financial blackmail, even if there is something missing from your life. However, you should be anything but shy or bashful, particularly around the New Moon in Taurus on the 14th of May. In fact, it could take months of pain and loneliness away. Even so, there will be a break from the past towards the end of the month. In this respect, developments just prior to the Full Moon on the 27th could leave everyone shell shocked. As it is, you will be holding court elsewhere.

AQUARIUS (21 January-18 February)

You may be secretly building your empire or getting your house in order. Therefore, what transpires around the 4th of May shouldn't faze you in the slightest. In fact, for many Aquarians, a cherished move is assured sometime around the New Moon on the 14th. Let's hope everyone gets on well, now that you live in a better neighbourhood. Personally too, what you experience around the 27th is by no means a chance encounter. Talk about relentless pursuits.

PISCES (19 February-20 March)

Apart from a sudden break down in communication or alteration of some kind on the 4th, you should still be moving with ease. Nor fret if what is planned around the 14th cannot take effect or take place until about a fortnight later. Either way, a lot of anxiety will be removed. Then it's onwards and upwards, despite being subjected to a certain amount of criticism. Chances are however, that you have already decided to move in with somebody, and it sure helps that you are more successful.

It was life changing...

My son turned 15 and everything changed. Up until that point we had had a great relationship and he'd never given me any problems - we talked and laughed together all the time..... and I counted myself fortunate to have a great relationship with my teenager.

He started hanging around with boys at school who were trouble - his teachers said it was affecting his school work. He was being disruptive in class and rude to teachers and they were worried about him. He started staying out late and not telling me where he was going. I felt like I was losing him but every time I tried to speak to him about it, he just stormed out.

Talking to someone who wasn't involved made all the difference - kids take risks, make mistakes and suffer the consequences... but I was afraid my son was heading for real trouble. My mind was put at rest when she told me that my son was still a good lad and there were lots of good things in his future. He was just finding his way and, as is normal with growing up, making some mistakes along the way.

I came off the phone more at peace and eventually was able to talk to my son about how I was feeling and my worries for him. I assured him of my love and that I'd always be there for him.

My son is now 16 and is doing great. He has found a new group of friends and is working hard at school. He still has his moments - he's a teenager after all! But I'm confident about his future and the lines of communications are open.

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)

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(pay via phone bill for this consultation)

sms services

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



Calls cost £1.50/min. Calls are recorded and over 18s 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.

