

Helena Paris News

Resolve right now to make a change in your life!

November 09

A message from Helena...

Hi there and a warm welcome to our November issue

The cold winter months are upon us, so it's time to wrap up and start taking extra care of yourself. As the dark evenings come its easy to get run down both emotionally and physically. Find new ways to brighten your day and to keep yourself happy. Why not try some exercise or just find something to make yourself laugh. Those endorphins are so good at helping to lighten your spirit and to make you feel good.

This month we look at the issue of Loneliness – it affects us all at one time or another. Please know that you are not alone – if you don't have anyone to talk to, my warm and caring readers are always there to lift your spirit and help you deal with life.

"It was life changing" looks at one families experience of grief and how by coming together they were able to find happiness in each other's company again.

Wishing you all a wonderful November.

Love Helena x

Why not call today on
0800 970 2100



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Loneliness is a universal issue and it's something that comes up time and time again in my conversations with people. Some of us are lonely because we don't have any support system, be it friends or family. Some of us are lonely because we have to live or work away from that support. Some of us appear to be the "life and soul of the party" but are hiding an inner loneliness and hurt from the past. There are so many different forms of loneliness and it's important for you to know that you are not alone.

Here are some of my tips for dealing with that feeling of loneliness –

1. First of all remember that you are not the only one to feel this way.

2. Don't expect to find your answer in a sexual relationship. Many people who are lonely move from one short relationship to another, wanting to find closeness and meaning. Inevitably the people you find in these relationships will not offer you anything more than sex. You are worth more than this!

3. Do you have an interest or hobby? Find a group or society with this interest and join it – I know it's scary, but you'll find a whole group of people with similar interests who are, just maybe, feeling the same way as you!

4. It can be so easy to live our lives through the imaginary world of films, books and television. Everyone likes a bit of escapism but remember it's not real! In most cases television and film characters don't act or talk like real people! It is an imaginary world, very different from the real one. Live in the real world.

5. Even in a stable relationship or marriage, you still should not totally rely on your partner for all of your emotional needs. Make sure you also have a good network of friends who can give you support.

6. To be wanted and needed can also help combat our feelings of loneliness. What can you do to help others? Is there a voluntary job you could do? In helping other people, we find friends and lose that sense of loneliness.

1 Year's Free Subscription to Spirit and Destiny



Spirit and Destiny is my favourite magazine. I look forward to receiving it each month and can't wait to find out what this month's issue has in store!

So throughout November when you purchase a 30 min reading for £39.99 you will receive a year's FREE subscription to Spirit and Destiny Magazine!

Call **0800 970 2100** where you will speak to one of my reception team. In order to qualify for this offer, you will need to quote "**Free subscription**", which will entitle you to a 30min booking for £39.99 and will automatically put your name on our Spirit and Destiny mailing list.

Once you have quoted this reference – we will take care of the rest. So not only can you then enjoy your reading with one of our excellent readers, you can also look forward to putting your feet up this winter and delving into your own copy of Spirit and Destiny absolutely FREE. This will be delivered straight to your door every month for a year for no cost at all.

Spirit and Destiny Magazine is full of feel-good articles on all things alternative, designed to feed your mind, body and spirit. It's packed with inspirational features on holistic health, natural beauty, emotional intelligence, celebrity spirituality and advice from our experts in psychic phenomena, astrology, guardian angels, white magic, spiritual life-coaching, eco living and more, you're sure to find something to help you embark on a journey of self-discovery.

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Our readers



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.



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.



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.



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.



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.



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.



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.

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Astrology 11/09

by Sally Kirkman

ARIES (21 March-19 April)

Life will present you with more challenges than usual now. You're being tested to see if you can implement your career and vocational goals in spite of tough pressure from other quarters. Certainly you have enthusiasm in spades; add to that a systematic and realistic approach to your plans and there's no reason why you can't achieve what you set out to do.



TAURUS (20 April-20 May)

It's all stations go on the home front, whether you're moving, improving or entertaining. Your loved ones won't always see eye-to-eye, however, which could create friction at home. Try to see both sides of the situation and encourage others to do the same. With Venus in sexy Scorpio after the 8th, you're free to unleash your desires.



GEMINI (21 May-20 June)

You're in mischievous mood and will want to be involved in everything that's going on. There'll be plenty of gossip doing the rounds which is fine but at work keep what you hear to yourself. It is a great month to make new friends and pursue new interests. New love could also be in the equation after the 16th, if you're so inclined.



CANCER (21 June-22 July)

This is a richly sensual and emotional time for you and if you are looking for love, be bold, look and feel sensational and declare your interest. The 6th, 16th and 26th are all perfect for a first date. Long-term relationships could start to weigh heavy but challenges come your way for a reason. This may be the month when you need to prove your love.



LEO (23 July-22 August)

The planet of motivation, Mars, is in your sign of Leo for a long stint and this is a wonderful time to be creative and get things moving in your life. Turn a hobby into a career or start a fitness campaign. If you want to move away from the 9-to-5, there's never been a better time to start a course of study even if it is a long term project. Plan for the future.



VIRGO (23 August-22 September)

You may feel freer than you've felt for some time and yet not know where to channel your new-found energy. In fact, it may not be until next June that you feel ready to begin a new chapter at work or in your vocational goals. So enjoy yourself and find new ways to embrace all that's positive in life. Meet new people and discover new skills for starters.



LIBRA (23 September-23 October)

Whatever your dream, now is the time to discover the real you and pursue your goals persistently. Think long-term and start a project that will take you into 2012. Don't let criticism or past disappointments hold you back but instead invest in knowledge and plan for the future. You will gain vital support from an Aries, Leo or Sagittarius friend.



SCORPIO (24 October-22 November)

There are two main themes to your month. The first is to boldly pursue your career and vocational goals. Work hard up until Xmas and take up the baton again mid-March of next year. Secondly, ditch a bad habit once and for all. Yours is the sign of death and rebirth and you know that for true transformation to take place, something has to die.



Resolve now to make a change in your life!

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SAGITTARIUS (23 November-21 December)

As the nights draw in, you may find that you want to withdraw a little from life and reflect on who you are and what's important to you. A new phase is beginning and you will feel compelled to become more involved in campaigning for a better world. Justice and fairness mean everything to you so stand alongside others and defend what you believe in.



CAPRICORN (22 December-20 January)

Now's the time to reassess your position at work and your bigger responsibility in the world beyond. If you're involved in anything that smacks of illegality or corruption, this will go against your principles and won't sit easily with you. Realign yourself with all that's good in the world and ensure you have friends who support you and who believe in you.



AQUARIUS (21 January-18 February)

You have strong humanitarian beliefs and understand the need for more equality in the world. If you have a message to pass on, you are now in a good position to teach and guide others. Your place of work may be a murky world of rumours and underhand dealings. If so, help to bring people together and demand an honest and open two-way communication.



PISCES (19 February-20 March)

It may seem as if you're on the edge of whatever's going on this month. Be there for other people if they need your support but don't feel as if you have to involve yourself fully in their problems. Now's the time to focus on yourself and your own needs and this may include taking or planning a holiday. You need to find a way to retreat from life to recoup your energy.



It was life changing...

Last year, my mother and father were both killed in a tragic accident. I was devastated. My family arrived from all over the country to attend the funeral, and afterwards we started the task of packing up all their possessions. During the packing it became evident that some of my siblings had strong feelings about having certain things, and they didn't hesitate to make them known. Suffice to say, a huge family argument started, ending in two of my brothers walking out.

I was so upset – I just kept thinking if only my parents could see us now – they would be so disappointed. Being the eldest in the family I felt it was up to me to sort things out. I made the suggestion that we just put their things in storage and give ourselves a few weeks to calm down and deal with some of our grief. I went home in floods of tears – I just didn't know how to deal with all this – I didn't want to be fighting over "stuff" and I just missed my mum and dad so much.

I was able to speak to a lovely reader who helped me talk through my feelings over the sudden loss of my parents. I was so grateful for the caring and gentle way she talked to me and she was also able to help me with some suggestions of how to deal with my brothers and sisters.

When it came time to get back together we had all calmed down. I suggested that we look at each possession and talk about some memories connected with it. We laughed, we cried, and it ended up being a day that my siblings and I will treasure forever.

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)

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