

Helena Paris News

Resolve right now to make a change in your life!

October 10

A message from Helena

Hello and welcome to our October Newsletter.

I hope you're all feeling relaxed and refreshed after the summer. Now is the start of working hard again - make sure you are working hard for what is important, be in charge of your destiny and make sure you are steering your life in the right direction.

This month we look at the issue of trust, as learning to trust again is never easy.

Walter Anderson said "We're never so vulnerable than when we trust someone – but paradoxically, if we cannot trust, neither can we find love or joy."

"It was life changing" looks at step families and the issues that can come when two families join together. Coming together as a step family can be difficult for your new relationship, as well as the children. Everyone will need reassurance and it takes time.

May we all move forward with courage and understanding – "change the changeable, accept the unchangeable and remove yourself from the unacceptable."

Love Helena x



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Oct' Special Offer

40mins for £40

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Why not call today on
0800 970 2100

Relationships....

Learning to TrustAgain!

Trust takes years to develop and only a moment to destroy.

When another person's actions have shattered your ability to trust, it can be really hard to learn to trust again. Some of us never move past a broken heart, it somehow seems easier to hold yourself back from really opening again to another person. However, we can't let that one person taint our life and we must learn to trust again.

Here a few tips to help you:

- Do not delude yourself into thinking you do not need to have any more close relationships in your life. Without a close relationship, life can seem empty. We need one another and without trust this is not possible.
- Many people search for that one person whom they can share their entire heart with. Understand that one person does not have to meet all your needs; you can trust different people with different needs.
- Look for people who are trustworthy. The way a person treats others is a good indicator of how he/she will treat you. If they speak badly of other people, they are likely to speak poorly of you too!
- Go slowly with new relationships... start with the small things and once they have shown they can be trusted with those, you can feel more confident with sharing the big stuff.
- Realise that you will be okay if you are let down again. You are strong and if you fear that you will fall apart if the other person breaks your trust, you will be less likely to trust again.
- Be patient – it can be a challenge to learn to trust again. Give yourself time and space.

Remember that safety and trust in a relationship doesn't start with someone else – it starts with you and how willing you are to open up and allow the other in.

£1 per minute bookings!



Throughout the month of October book 40 minutes for just £40, and benefit from readings for just £1 per minute! Use it in small chunks, or all at once... it's entirely up to you but you can book knowing that you're getting a great deal.

Talk to my same team of exceptional readers, for a much lower cost. Just call my reception team or log on to my website to benefit from this special price. Make the most of it, and don't miss out!

To book just call 0800 970 2100 and speak to one of my receptionist or visit www.helenaparis.com now.

Enjoy your reading and please remember to let me know of the experiences you have on the lines. Many people enjoy reading about, and learning from other's experiences so please keep them coming! Feel free to send them to my personal email address helenaparis@hotmail.co.uk

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 helenaparis@hotmail.co.uk



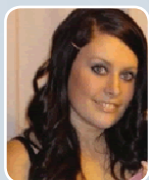
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Our readers



Romea : 4255 - Clairvoyant

Romea is a very talented Clairvoyant who has helped many clients over the years. Romea will give you many details about not only the present but most importantly the future. Romea is able to look into any area of your life specializing in relationships, so be prepared to be amazed.



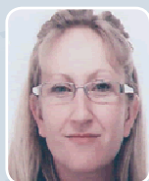
Lara : 4434 - Clairvoyant

Lara is an amazing Psychic Clairvoyant who predominately works psychically to give you insight and guidance but can also use the Tarot to connect with you. Lara is a friendly bubbly reader who you will instantly feel at ease with. Lara will really WOW you with the details and guidance she can provide for you. You will truly feel uplifted and comforted after speaking with Lara - Give her a call today!



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.



Zoe : 4425 - Clairvoyant

Zoe is a natural open minded psychic clairvoyant medium who specializes in relationship readings. Zoe is very kind and genuine psychic who makes every caller feel important and at ease. Zoe will not ask lots of questions and will give you the answers to any questions you have however complicated. Zoe is experienced with the Tarot cards if requested but she does not need them in order to connect with you. Who will tell you everything she sees right now and for the future and be completely honest with you.



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.



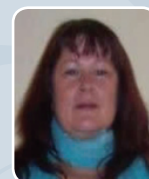
Isobel : 4336 - Medium

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.



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.



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.

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Astrology 10/10

by Justin Toper



ARIES (21 March-19 April)

The Sun is uncomfortably close to Saturn in Libra on the 1st of October. Therefore, no doubt a partner or another person is feeling rather guilty, and can be a bit stuffy or stifling. But once the air has been cleared, you should be at great lengths not to spoil a perfectly good relationship. So much depends on your emotional responses around the time of the Full Moon in Aries on the 23rd. But even if you don't always agree with everyone you are about to be paid out. Still, you're not doing it for the money. However, a nicer way of living is on offer.

TAURUS (20 April-20 May)

Don't worry of others put you to the test or put you under stress as October commences. Chances are, that after the New Moon in Libra on the 7th, nothing or no one can cramp your style, particularly at work. Admittedly, what transpires around the 23rd is by no means a fall from grace. If anything, you are about to get your affairs in order, and even end up choosing a new partner. And there three or four waiting. Either way, this is your winter of content.

GEMINI (21 May-20 June)

You may feel emotionally drained around the 1st. Not surprisingly, because others expect you to give both body and soul. In truth, it's inevitable that you will fall in love this month. Ultimately, the honeymoon period will come to an end around the Full Moon in Aries on the 23rd. There again, you are staring at a very pretty face. After which, it's nose to the grindstone, though in many ways you could find the ideal job. Certainly a change is as good as a rest.

CANCER (21 June-22 July)

You may have no intention of moving or turning or domestic world upside down. All the same, the scale of the move could be downsized as early as the 1st. Even so, in reality, you will be a lot better off - and not just financially. There is no doubt that the period around the 23rd October will prove highly significant, and when the opposition just melts away. So will those who have never been so playful. Aside from that, the Sun close to Venus in Scorpio on the 29th represents a massive and marvelous change of heart.

LEO (23 July-22 August)

True, with the Sun your ruler close to Saturn in Libra

on the 1st of October, it may not be possible to broaden your horizons. Better by far to wait until around the 7th, or preferably the 23rd when you will probably run circles around everyone. The challenge is to go beyond where you have gone before. And yet, what takes place closer to home as this month draws to an end is far from objectionable. In fact, a family celebration happens only every 10 years or so.

VIRGO (23 August-22 September)

Matters affecting your income and security are stressed as this month begins. Maybe you will be able to avert a financial disaster. Not only that, but you should be stunned by an offer that materialises just before the Sun changes signs on the 23rd. And it's time to take the money and run, even if you don't think that you are on a firm footing. In fact, planetary activity in Scorpio will make sure that you are marauding, if not making plans that could radically alter your movements or whereabouts.

LIBRA (23 September-23 October)

The Sun in Libra is close to the gloomy planet Saturn as early as the 1st of October. Apart from being anxiety ridden, you should make yourself perfectly understood. The New Moon which also occurs in your own birth sign on the 7th should bring out a much softer and gentler side. However, not until around the 23rd or thereabouts will you see a transformation in a personal relationship. Then, it's a matter of making as much money as you can. No big deal. Merely that you will be bouncing back from the brink by the end of this month.

SCORPIO (24 October-22 November)

Admittedly, what you discover around the 1st of October, or is suddenly confirmed on the 7th means that you must draw on your faith. In many ways, you will be confronting a ugly lie, if not end up totally vindicated and liberated. What's more, a beneficial alteration, particularly on the work front is guaranteed on the 23rd. The same day in fact that the Sun enters Scorpio, and talk about a moving story! No longer will you feel lonely, that is if you still believe in love. In particular, what you experience around the 29th shows that essentially that you are a born romantic..

SAGITTARIUS (23 November-21 December)

You may be in with the in-crowd or gained some

notoriety. However, there may be occasions as this month begins when various friends don't approve of what you are doing, and vainly object when it's none of their business, especially around the 1st. However, the 7th, 17th, 19th, and particularly the 23rd are all days when not only should you entrance, but there is an entire array of people who are becoming increasingly devoted. Even so, you may decide to detach yourself towards the end of the month. More so out of private logic, and an inner belief that you are unstoppable.

CAPRICORN (22 December-20 January)

Rules and more rules! Admittedly, with the Sun in Libra together with Saturn your ruler on the 1st of October, it is other people who have power and influence. And you may want to play down any differences. In fact, the New Moon on the 7th is bound to coincide with a measure of personal success. It is recognition that you deserve. A reorganisation of your domestic arrangements is also likely to take place around the 23rd. In some respects, you are at an acceptable age to leave home. Then it's time for some fun, and what occurs before the end of this month is even weirder, in a wonderful way

AQUARIUS (21 January-18 February)

It may be that you are staring into a fish tank or watching the world go by as the month begins. Chances are, in fact, that you have lost your bearings. Nevermind. A brilliant New Moon on the 7th, and also a sensational link between the Sun and Neptune in Aquarius on the 19th denotes a time of amazing responses and experiences. In reality, not until around the Full Moon on 23rd will you know exactly how far you will be traveling. At the same time, you cannot abandon your career, just when you are about to play a starring part.

PISCES (19 February-20 March)

It's not that your financial problems will worsen. Far from it. Simply that you may feel that you have been stitched up, especially around the 1st. In fact, what is semi agreed around the 7th of October, and signed and sealed on the 23rd should provide a much better standard of living. And how! After that, the Sun moving into Scorpio urges you to take an autumn break or mini vacation. Apart from being bitten by the travel bug, you should be riding on a different kind of train once this month comes to a close.

It was life changing...

I was divorced with an eight year old daughter from a previous relationship – life was good and I wasn't looking for change – but then he came along.

He was slightly older than me – with two daughters also. He was so lovely to me and made me feel so special. His wife had died 6 years previously and although he would always love her, he knew it was time for him to move on and find some happiness again.

We took it very slowly at first, but we both knew it just felt right. After three months, he asked me to move in with him – he wanted to make a go of it as a family.

It was so good the first week or so but it soon became apparent that his daughters resented me. They were used to running the house and didn't take too kindly to other people invading their space. Luckily they were getting on well with my daughter but I was made to feel very uncomfortable and really didn't know how to deal with things. I didn't feel I could talk to my partner about it as I didn't want to come across as criticising his daughters.

After talking to your readers, I realised that the girls were just scared. They were scared of losing their father's affections and scared that someone was trying to take over everything. I needed to be more patient with them; they were children, coping as best they could! It was early days and we would all adjust to living together.

It was my job as the adult to make them feel secure and to let them know that I was not trying to take their mothers place, but equally I would be there for them whenever they needed me.

It's now been a year and it did take time, but things are now good. We've all learned to accept one another, and the girls even come to me for a girly chat from time to time.

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 2005

(pay via phone bill for this consultation)

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Calls cost £1.50/min. Calls are recorded and over 18s only.
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Text cost £1.50 per message.
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