

# Helena Paris News

Resolve right now to make a change in your life!

September 09



## A message from Helena

Hello and welcome to our September issue. I hope you have all had a wonderful summer and were able to spend some quality time with friends and family.



This month sees many of you starting anew - whether it's the children leaving for school, starting college or a new job. These situations may force us out of our comfort zone and in turn we will be forced to make new acquaintances and friends.

We need to be careful in choosing our friends. In our "relationships" feature we discuss what makes a good friend and how important it is to choose well. After all, life is shaped by the friends we choose.

"It was life changing" looks at when life throws you a curve ball..... there are times when everything is going along fine and then the unexpected happens, whether it's losing a job, a friend betrays you or a relationship ends. How you react to these curve balls makes all the difference.

As September is a "starting over" time of year it is the perfect opportunity to pick one or two things to change in your life. Our readers are always on hand to help you make these changes and in doing so, to help you create that new vision for life.

**Big changes are made up of little steps.**

Love Helena x



## In this issue:

### Relationships

Choosing friends!

### Sept' Special Offer

45mins for £45

### Our Readers

### Astrology

It was life changing....

Why not call today on  
**0800 970 2100**

Relationships....

# Choosing friends .....carefully!

Everyone has friends of some kind. Some have many friends while others have few. Some have good friends while others have bad friends. We need to stop and consider the importance of friends and the impact those friends have on our life.

## What is a good friend?

A friend is someone who likes you. Someone with whom you can really be yourself. One who appreciates the good in you, overlooks the bad in you,

and brings out the best in you. With a friend, you can share a laugh, a secret, a viewpoint, a success, or a disappointment – as well as a complete assortment of problems, large and small. A friend is someone who understands silence as well as words..... stands by you..... forgives you. One who lifts you up and never lets you down, and who makes you feel it's a pretty nice old world after all.

Everybody wants and needs friends. No one wishes to be without them, but choose your friends carefully. Select with great care those whom you wish to have close to you. Never lose sight of the fact that it is your friends who will lead you along the paths that you will follow.



# 45mins for £45

also win a copy of 'Spirited'



Throughout September get 45 minutes for £45 plus the chance to win a signed copy of one of my favourite books!

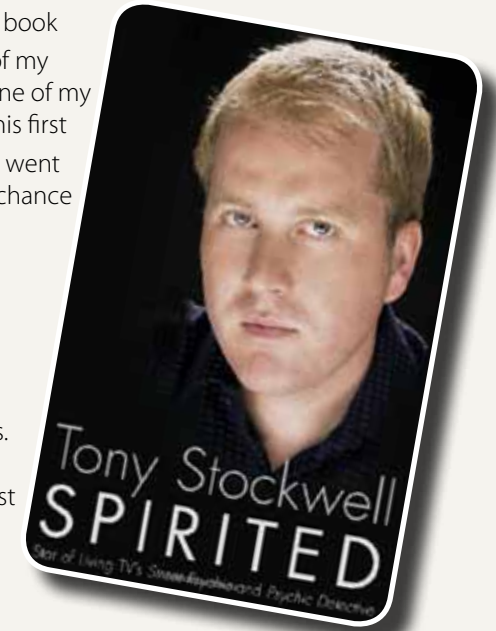
This month spend a little bit of extra time talking to your favourite member of my team for a discounted rate. If you speak to one of our reception team on 0800 970 2100 and ask for the "45 Minute Offer", they will put you through for 45 minutes of talk time, for just £45. Don't forget that you don't necessarily have to use it all at once, so you can come back a few times and still have time left of your pin!

To win a signed copy of Tony Stockwell's book *Spirited* all you have to do is have one of my discounted readings! Tony Stockwell is one of my favourite characters in the industry and his first book *Spirited* was such a success that it went to reprint 5 times and now you've got a chance to win a free signed copy.

All you have to do is call

## 0800 970 2100

and ask for the "45 Minute Offer" for a reading with one of my excellent readers. At the end of the month I'll choose the lucky winner and get the book in the post to you!



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# Our readers



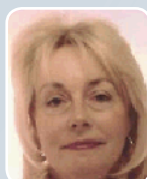
## **Jessica : 4285 - Clairvoyant & Medium**

Jessica is a warm and understanding clairvoyant medium whose sensitive readings have helped many clients who have recently been bereaved. 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.



## **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.



## **Wajiha : 4361 - Clairvoyant & Psychic**

Wajiha is a very experienced and accurate Psychic Clairvoyant. Who can also use Angel Cards for a more detailed reading. Wajiha is a very warm, empathic and sensitive reader. Wajiha is renowned for giving very detailed and supportive readings and can help you get to the bottom of any difficult issue you may be facing in your life.



## **Arriana : 4326 - Clairvoyant & Tarot**

Arriana is a Natural Clairvoyant and is very experienced in all areas of life, including love and relationship issues as well as issues around your work and finances. Arriana is also amazing when using the Tarot if requested. Arriana is a very popular reader who is always very warm and sensitive. Arriana refers to herself as a solution-finder that will help you solve your differences and move forward with life.



## **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 09/09

by Sally Kirkman

## ARIES (21 March-19 April)

You may find September a somewhat frustrating month as it won't be easy to get straight to the point, be direct or make things happen. Being an Aries, this is your usual approach to life but for now you'd be wise to bide your time, think laterally and slow down the pace. Look after your health, keep your affairs in order and be patient.



## TAURUS (20 April-20 May)

You may find yourself obsessed with home and family affairs as September begins. Create the ideal scenario as best you can but for real action, you will need to wait until mid-October, when Mars, the action planet, joins the party. This month is about sorting out your social life. Ditch any dead wood and find a way to make new friends.



## GEMINI (21 May-20 June)

If you've been pressing ahead with home and property matters, expect things to slow down a little around the middle of the month. You will turn your plans and ideas into reality, but it may take a little longer than anticipated. Be persistent. Socially, it's important to give as well as take so don't allow a good friend to slip away.



## CANCER (21 June-22 July)

You're right to want to make things happen this month with Mars, the action planet, in your sign. However, family and friends may have different ideas and at times you'll be sidetracked in your attempts to focus solely on yourself. Being persistent yet patient will be a challenge but do your best. October's stars will then prove fruitful.



## LEO (23 July-22 August)

With Venus, the love planet, in Leo as the month begins, you will be popular. Ensure you're the centre of attention and preen your feathers, especially if you're on the look out for a new love in your life. Financially, things could turn a little sticky after the 15th but you have been here before. Think back to November 2008 and act accordingly.



## VIRGO (23 August-22 September)

You will find yourself having to retrace your tracks this month once Mercury turns around in the heavens mid-month. It will be a shock to the system but at least it gives you a chance to go back over old business. Relationships are as unpredictable as ever and it's important you stay true to yourself and what you want... not easy but necessary.



## LIBRA (23 September-23 October)

September isn't your most decisive month this year and you may well find yourself going back on your word on or around the 7th. However, if you're not sure about the events unfolding, especially at work, you're right to bide your time and see what happens. If health issues persist, try a new or alternative approach to boost your well-being.



## SCORPIO (24 October-22 November)

If you are able to escape this month and take a holiday, go for it. You may well want to progress your career but you're wise to wait until mid-October to push your plans forward. You'll benefit most when you listen to your inner voice so do whatever's necessary to still your mind. Don't forget that being a Scorpio, you have true psychic powers.



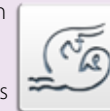
## SAGITTARIUS (23 November-21 December)

September's stars will test you but there's no reason why you won't come through any trials or tribulations without flying colours. Work will be the main area of contention and you should keep your wits about you from the 15th-18th. Be flexible and stand firm against any wildcat opposition. Success can be yours but take things slow.



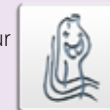
## CAPRICORN (22 December-20 January)

It's a strange and bewitching month but there's no reason why you can't progress your love life or plan the holiday of a lifetime. Admittedly this isn't your best month to travel and you will need to reassess what you want but life is urging you to be different and to do things differently. It's not your usual style but it will be fun and it will be an adventure.



## AQUARIUS (21 January-18 February)

A dramatic eclipse on the 6th will You may find it difficult to focus your attention on finances at first this month as your view of the world is so expansive. However, as the month progresses, money matters may become a cause for concern. The problem is likely to be that you have cash tied up with another person or within an institution and it will take a radical move on your part to sort things out.



## PISCES (19 February-20 March)

It would be difficult to focus on anything but relationships this month with all the planets conspiring to turn your attention to your significant other or your business partner. Whether it's within love or work that you need to make a decision, it's imperative that you start to consider the bigger picture. Visualise your ideal future and act appropriately.



# It was life changing...

## Creating a new vision

My husband moved out last year and left me with four children. For a while I was absolutely lost and devastated. For several days I just laid in bed and cried – the pain was so deep. And I was so frightened of what lay ahead for us. It was very hard on my children because their dad had just moved out and for a while they thought their mum was gone too.

It was my children that finally gave me the strength to pull through and talk to someone. I realised that I needed to get my act together – to realise that although our family had changed we were still a unit and had to be there for one another.

I was so bitter and angry towards their Dad and if I'm being honest there were times when I wanted to kill the man – especially when his choices kept hurting the children. But I knew I had to resolve these feelings as my hatred and anger was not only eating away at me but would eventually destroy my family. It wasn't easy but over time I was able to work through my anger and I found the courage to move forward and work on a new vision of what our family would be.

**Resolve now to make a change in your life!**

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0800 970 2100 or 0906 122 2040

# Helena Paris



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**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

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burning question to 78887**

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