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October 2013



## De-Clutter your Mind

Make the space for growth

## How to Date a Scorpio

A deep and passionate affair

## Psychic Profile

An exclusive, inside look

# Deepak Chopra



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# Bridging

## the Divide



**D**eepak Chopra was not always big on spirituality. Although he came from a Hindu background, the first half of his life revolved around a mainstream view of the cosmos. Today his name is synonymous with holistic healing. His trademark voice and charismatic presence have brought millions of people to a more spiritual and psychic understanding of life. By looking into Deepak's Western and Chinese astrological signs, we can gain a deeper understanding as to how this medical doctor became a global icon—and why his critics are just as determined as his admirers.

Deepak was born on 22nd October, 1947 in the Indian capitol of New Delhi. This makes him a **Libra** in the Chinese year of the **Dog**. Far from the economic hardships into which many of his countrymen are born, Deepak was the son of a leading cardiologist. This guaranteed him a level of comfort and opportunity that fits well with the Libra psyche. Ruled by the planet Venus, Librans are great appreciators of **beauty and harmony**. They like when things run smoothly, and will sometimes go out of their way to **avoid conflict**. The young Deepak would have relished in his privileged social status, while at the same time wanting to find his own truth.

Early in life, he expressed interest in becoming an **actor or journalist**. His intuition told him that the future would somehow involve being in the media. Nevertheless, he quickly came around to his father's profession and began to study **medicine**. The influence of the Dog was hard at work at this point in his life. As Dogs move through adolescence, they develop a



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“ There are no extra pieces in the universe. Everyone is here because he or she has a place to fill, and every piece must fit itself into the big jigsaw puzzle.

keen sense of **compassion** and the desire to help people. Deepak's decision to become a doctor was influenced by a strong desire to uplift the world, while his **Virgo Moon** gave him a legitimate interest in biology and the mechanical nature of things.

The Libra-Dog combination served Deepak well as he passed through the rigours of modern medical training. Dogs are **tireless** in their scholastic pursuits, while Librans have a knack for comprehending **rules and laws**—including the ones that govern our bodies. This fitting combination landed the young doctor in the American medical system, where he soon found himself Chief of Staff at a major New England hospital. It was during his time as a young practitioner that his irresistible attraction to spirituality began to pull him in a different direction.



As his medical practice became more stressful, Deepak began to feel that the medical establishment was overly reliant on drugs that **masked symptoms** instead of

**treating the cause.** His own drinking and smoking habits were proof that something inside him was on the wrong track, and it was the Beatles' own **Maharaji Mahesh Yogi** who gave him the inspiration he was looking for. The loyal Dog would have found deep satisfaction in **re-connecting** to the ancient wisdom of its homeland, and indeed, after a few years of training under the famous Indian Guru, Deepak resigned his lofty post as Chief of Staff and founded the American Association of Ayurvedic Medicine.

This first bold step was followed by an array of business deals and publications that established Deepak Chopra as a household name. Libra is symbolised by the **scales**, and is masterful at bringing **opposite points of view**

**together.** With his legitimate background in medicine, and an uncanny ability to communicate mystical ideas on a grand scale (symbolised by **Mercury and Mars in Scorpio**), Deepak was destined to build bridges between religion and science.

But has his influence always been welcomed? The most frequent and constant challenge of Deepak's career has been the relentless presence of **critics.** While it is normal enough for a public figure to have both friends and enemies in high places, Deepak's critics seem determined to discredit him at all costs. The two labels he must constantly struggle against are those of '**pseudoscientist**' and '**opportunist.**' With a message of universal love and reported income of \$15m per year, these categorisations are not surprising. Libra will often attempt to unify distinct points of view by simply **glossing over** important differences, while the Dog's ideas sometime have more bark than bite. Indeed, Deepak's sweeping statements about the relationship between quantum physics and mystical healing have garnered criticism from some of the foremost scientific minds on the planet—criticism that he himself has a hard time answering.



Of course, this does not mean the scientists are right about Deepak—but attempting to bridge science and religion in mainstream society is no small task. The Libra-Dog combination causes him to lean toward **idealism**, and while this leaves him vulnerable to the disapproval of powerful minds, it also endears him to the world on the level of the **heart.** We *know* there is something to the psychic and energetic dimensions which Deepak Chopra has been able to elucidate and disseminate so gracefully. The universe knows it too, and that is why his professional success seems to know no bounds.

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## Aries (Mar 21 - Apr 19)



The power of thoughts and intentions kicks into high gear, creating a golden opportunity for you. Words are one thing, but how you think and feel is also a channel of communication! Kindness is reciprocated in mysterious ways, helping you to reach your aims. In matters of the heart, be aware that opposites attract. New love may not look the way you imagined it, but that doesn't mean it can't be just as good—or even better. If someone close to you is sulking, don't be forceful in your attempt to cheer them up. This can trigger a reaction and make things more complicated. Instead, give them space and they'll come around on their own.

## Taurus (Apr 20 - May 20)



Don't be afraid to get your feet wet! A large-scale vision begins with a conversation close to home. One thing leads to another, and before you know it, you're well on your way towards an exciting new destination. The universe has set in place all the support and resources you need; it's just a matter of recognising it. If you're in a relationship, familiar domestic routines will start to drag on you and your partner. You need something bold—especially with a new group of people—to restore a youthful dynamic. For the single Taurus, a new romantic prospect requires risk. Colour outside the lines and you'll have a more interesting picture.

## Gemini (May 21 - June 21)



After a period of exploration, it's always good to get back to the basics. Healthy rhythms of sleep and exercise have a far-reaching effect on your overall level of success. When the body's needs are properly met, the right people and connections appear as if by magic. A nay-sayer wants to put you down for no good reason; don't fall into the trap! When someone else projects their own unhappiness onto you, it's a test of how you really feel about yourself. Positive energy can change the dynamic of any conversation. Autumn is a wonderful time to fall in love. As long as you are forthright and honest about your intentions, new romance can be yours.



# Horoscopes October 2013

The Sun makes its way through airy Libra, placing emphasis on physical beauty and psychic fairness.

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## Libra (Sept 23 - Oct 22)



Interested in getting extra-fit? The best regime this month is be active with the ones you love. Day trips, hikes and outdoor games are more effective than hours at the gym. When you exercise your mind and spirit—rather than just your body—a wave of positive energy carries you swiftly along. Take advantage of a lucky situation at the workplace; if you don't step up, somebody else will! A close friend of the opposite sex is poised to become more. Are you ready for that? It might be time to dip your toe in the water and see what romance could be like. Your heart already knows the answer.

## Scorpio (Oct 23 - Nov 21)



There is beauty in simplicity, and in this case, the most beautiful thing you can do is simply speak your mind! To do that, you must go within and find your own feelings. The only words that can rectify the issue are those that come from deep within. A surprise at work forces you to change course, while simultaneously opening a new door. Be bold and step through it! Your decisive actions will not go unnoticed. It's also time to turn over a new leaf in your fitness programme. Joy and excitement are just as important as sweat, so find something that gets your motor running. An important business matter is best taken care of before the 20th.

## Sagittarius (Nov 22 - Dec 21)



Thanks to a wave of intuition, a problem that seemed too complex is suddenly within your ability to solve. Meanwhile, a symbolic dream gives important clues about your stalled love life. Seek a new face to help you understand the language of spirit; the way forward will then be clear. A creative passion could become a career prospect, but you'll have to deal with the doubts of someone close to you. Taking the time to breathe deeply and reflect, you see that meeting the demands of others isn't always the best thing. There is mileage in solitude; it helps you to know yourself, and connect more deeply to someone else when the time is right.

## Cancer (June 22 - July 22)



Your spending habits are closely connected to your emotions this month, so you'll want to think twice before swiping that credit card. Is this purchase really going to solve the problem, or are there healthier ways to vent your emotional energy? Happiness springs from within; outward abundance follows. There are at least two romantic prospects in orbit. One is a good talker, but the other offers a deeper connection. First impressions can be deceptive. Best wait and see before drawing any conclusions. A career development comes rolling your way, but things at home cannot remain the same if you take it. In the end, you can only do what's right for you.



## Leo (July 23 - Aug 22)



Why are so many people coming to you with their problems? A special brightness in your aura has convinced them that you can help. Lending an ear and dispensing advice may take a lot of energy at first, but these efforts come back to you in time. Everyone who crosses your path does so for a reason. Oh, and don't forget to take care of yourself! A massage or spa treatment is a good way to guard and protect your spirit. Enter a space where no one can reach you and spend regular intervals there. Then you'll feel refreshed and ready to embrace the challenges set before you. Romance can blossom this month, but only if hidden motives are brought to light.



## Virgo (Aug 23 - Sep 22)



Not everything you say has to make perfect sense. In fact, when you give voice to your dreams and feelings, people respond in surprising ways! An argument with your romantic partner stems from unrealistic expectations. He or she must allow you the space to be who you are, and vice versa, in order for it to work. As much as you like to keep your hands busy, now is a good time to close your eyes and move within. A weekend retreat can do wonders, and remind you of the richness of your inner psychic world. Connecting with the wrong crowd only makes you feel isolated. Your contact book will expand through one meaningful connection.



## Capricorn (Dec 22 - Jan 19)



Genuine interest in the activities of others proves to be the most effective path toward your own goals. Reach out and see for yourself! In matters of love, the question isn't whether you'll meet someone, but whether you'll make the right choice among those you meet. When a chance occurrence brings you face-to-face a second time, you know it's for real. If you're already in a relationship, don't take your partner for granted. Show them how full of surprises you can be, and your bond will grow stronger. When a friend appears with unwanted advice, be patient—there is more to what they are saying than meets the eye.

## Aquarius (Jan 20 - Feb 18)



If ever there were a time to make a quantum leap in your career, that time is now! Equal parts charm and discipline are a recipe for success. Use the tools at your disposal to get ahead, but be careful after the 20th, as key details are likely to get lost in the shuffle. Meanwhile, the stage is set for a steamy new romance. All it takes is a little flirting and things take on a life of their own. Avoid impulse spending; a planned purchase is more constructive. Variety is key when it comes to diet and exercise—doing and eating the same things every day adds emotional weight. When the joy of discovery is front and centre, your natural beauty shines through.

## Pisces (Feb 19 - Mar 20)



Like a young plant, your idea needs daily care in order to take root and become something real. Anyone can dream, but you've got a chance to make your dreams a reality. A little action every day adds up; before you know it, your creation is off the ground. Your romantic partner isn't telling you everything, but it's not as bad as all that. Learning to be honest is an ongoing process. Bold new wardrobe choices reveal different sides of yourself to the world. Don't wait until tomorrow to be expressive! A battle of the wills takes place between you and someone you've only just met. Whoever keeps their emotions in check has the advantage.



# De-Clutter Your Mind

Our minds are sometimes so full of details, it's difficult to take one thing at a time. Here are four easy steps to remove the psychic clutter from your life and find greater clarity.

## 1 Start with the physical

Physical objects are powerful sources of psychic energy. Like magnets, they attract and hold certain vibrations in our environment. Think of all those clothes you never wear, representing past events or earlier versions of 'you.' Do you really need them taking up space in your closet? Or how about that contact book? There must be names that your eyes skip over every time, as if to say, "well, I'll probably never hear from that person again." Take a look through your cupboards and drawers, especially those 'miscellaneous' areas where you tend to toss things without much thought. All these are magnets for psychic clutter, just waiting to be cleared!

## 2 Move into cyberspace

Once your physical environment is less cluttered, you should already be feeling the psychic benefits. Now, take the same approach into cyberspace by making a list of all your online accounts—shopping, networking, discussion forums—and deleting what you don't need. Cyberspace is a powerful psychic environment that can hold our energies just like physical space. The fewer dormant or useless accounts attached to your identity, the better your psyche will function!

## 3 Resolve the unresolved

The biggest source of clutter is unresolved energy around other people. For instance, we make an agreement which is soon forgotten, or receive an e-mail that sits untouched for weeks. The reality is, every time we put something off or say something we don't feel, we add another thing to the psychic junk drawer. Not only that, we send a subconscious message—to ourself and others—that our words have little clout. The good news is, we can easily locate unresolved energies and deal with them. Send that e-mail, make that lunch date—and if you don't intend to stay in touch, don't say you will. Deep down, people respect honesty above all!

## 4 Be decisive

De-cluttering your mind isn't a one-time thing, but if you learn the right lessons from a large-scale cleansing like this, your scheduled sweeps will be much lighter. You'll have a heightened awareness of unfinished tasks, pending communications and objects you don't need. As a result, you'll begin to deal with things in a more timely and decisive fashion, rather than allowing the clutter to build up.

Seeking crystal clarity? Our talented psychics can help.



# How to Date a Scorpio

**T**here's a reason why the piercing gaze of a Scorpio seems more than skin-deep. This mysterious water sign is endowed with a psychic sensitivity that makes the rest of us wither—and want to know more. Who are these mysterious creatures? What's going on behind those magnetic eyes? And is loving a Scorpio really as intense and passionate as people say it is? The answer is yes—but reaching the depths of the Scorpio heart is not a feat to be accomplished by just anybody.

## Curiosity is Key

Scorpio is famous for being the **dark horse**, with mysterious motives and a powerful sixth sense. Think you can sweep a Scorpio off his or her feet with a routine date? Think again! This doesn't mean you need to visit a museum of medieval curiosities (although it's not a bad idea), but keep in mind that Scorpio has an **eccentric** side. If you want to hold their attention, they must feel that there is **more to you than meets the eye**.

## Gaining Trust

To open up all at once has never been the Scorpio way—and if you try to force the issue, you can count on getting the **stinger!** The mystery of this sign must be unraveled in due course. If you think you're worthy of privileged information, you'll have to prove it through patience and tact. The good news is, once a Scorpio opens up to you, they'll reveal **depths of passion** you never thought possible. Just make sure you don't play fast and loose with their secrets. **Betray** a Scorpio and they aren't likely to forget it!

## Don't Push the River

Scorpios can be **opinionated** and set in their ways. Why? Because they carefully thought it through and arrived at a conclusion long before you ever showed up! If you've got a plan to bring sweeping reform into your Scorpio's life, then you're fighting an **uphill battle**. That's not to say it can't be done—but Scorpio

habits and convictions are developed through a painstaking process. When a Scorpio makes a decision, he or she is **not easily turned back**. Sometimes this trait is wonderful and productive, while other times it leaves you banging your head against the wall. The solution? Use the power of emotion to your advantage. Although Scorpios are strong on both emotional and logical wavelengths, **emotion** is ultimately the trump card for them. Saying "you're wrong" is unlikely to get you very far—but if you describe how you feel, your Scorpio lover will **melt for you**.

## Go with the Flow

Since its ruling planet is Mars, Scorpio is blessed with a seemingly endless store of **raw energy**. The same intensity they use for loving you—and only you—spills over into other aspects of life, giving them unparalleled dedication and **tenacity**. This can work wonders in terms of building a life, pursuing career goals, and raising a family. Once your spiritual connection is established, there's no one better to have on your side. It's just a matter of using your own gifts to bring out the positive side of Scorpio's raw energy.



## Getting Intimate

As one of the most **sexually charged** signs of the Zodiac, Scorpio can be nothing less than transcendent in the bedroom. Since this is where your spiritual connection reaches its peak, your Scorpio will bring the **full-force** of his or her emotions into the moment. Can you handle it? If so, there's no telling how rich and rewarding the bedroom can be. But if you're unwilling to step outside your comfort zone, then Scorpio will quickly grow bored. Remember—being adventurous in isn't an empty thrill for Scorpio. It's all about finding new and exciting ways to explore a profound psychic bond.

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# Featured Psychic Helen



**Talk to Helen today!**  
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As a small child I would get vivid dreams and feel atmospheres. My parents loved to visit historic buildings and they would laugh at me when I would refuse to go in certain rooms— especially graveyards! Additionally, I would just 'know' things and I imagined everyone was like that! From about the age of fifteen, I began to experience more from premonitions to seeing, hearing and feeling.

One great experience I've had as a reader is when a client returned 11 months after her initial reading. I had told her she would have a new career and a new partner, and during those 11 months, it all came true!

In terms of how I work, I always ask Spirit to send me people I can really help. I think if you can speak to a psychic and they help you through a situation by giving clarity, understanding and perspective, then it is really worthwhile. I love to answer specific questions and get to the heart of the matter. I think it takes two, in that the client needs to be open and relaxed so that there is a good connection. The psychic needs to be non-judgmental and compassionate in looking through a window into the client's life.

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PIN 7706

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PIN 5511

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