

Sept 09 FREE

'2012 gives us the opportunity to heal the wounds that have been holding humanity back for millennia.' Freya♥

Welcome to the 20th edition of *Psyche in the City*. The new 'Tarot at the Thali' days will now be held monthly on Saturdays @ The Thali Café, St Mark's Rd, Easton. The first day this quarter will be on Sat 18th July - so book soon for your £5 advance booking discount! If you would like to be sure of receiving your quarterly copy of *Psyche in the City* you are welcome to join the free email list. Freya x

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How can we prepare ourselves for 2012?

Many of you will have heard of 2012 (as a phenomenon other than the date of the London Olympics!) But if you haven't already, it's definitely time you did... I heard that 2012 is due to be a significant year for humanity some time ago but initially all the information I came across focused on the 'end of the world' theory. Thankfully I have since found many inspiring, positive messages about the spiritual significance of 2012 and I recommend checking it out on the web if you are not already familiar with it. I have come to the conclusion that the question is not so much '*what will happen to us*' (which only inspires a sense of powerlessness) but rather '*what is being required of me*'?

If humanity has the foresight to see that we face something this significant, then it must be so that we have the opportunity to prepare ourselves for it. (If we are simply going to be wiped off the planet then there would be little benefit in us knowing about it in advance!) Humanity has also been given the gifts of consciousness and freewill, so even when we have no idea how events will unfold, we can still strive to understand the essential message of 2012 and discover what action we must take.

2012 is not an external event that is going to happen *to* us, it is a shift of consciousness that is happening *within* us. This shift of consciousness is simply humanity reaching a new level of maturity and is no more surprising (or 'far out') than a child reaching puberty. 2012 is, at the very least, a point of focus to aim our collective energy into creating a new way of Being. Many people are already consciously doing just that and the more people who use this opportunity to create a spiritual shift for humanity, the stronger the positive manifestations will be as we take this exciting collective journey into the unknown.

So, what does all this mean for us individually? Regardless of whether you believe that 2012 heralds the birth of an enlightened era for humanity, a bloody Armageddon or a deadline for tackling climate change – the message is essentially the same: *We must all start to become accountable for what we are choosing to create.* And if we are going to embrace this wake up call, we must be willing to bring the focus back to ourselves.

Each individual has a part to play in this collective shift of consciousness and some of us will be directly instrumental in helping others through the process. But whom ever we are and whatever our role, *our first and most important task is to sort our own lives out* so that we can strive to reach the inner balance that will be needed to approach life from a new

perspective. When we are living out of balance, we are often compelled to act out our woundedness and continue to hurt others and our selves. Once we courageously allow our wounds to be healed, we are able to transform the way we relate to ourselves, to others *and to the planet.*

Healing our wounds means recognising what no longer works in our lives *and being willing to do something about it.* Ask yourself the following questions: Which of my relationships need to be healed? What past experiences need to be resolved and come to terms with? What destructive habits do I need to break? What harms have I caused others that I need to make amends for? How am I holding myself back from reaching my creative potential? What emotional defences are keeping me from allowing others to love me? What beliefs are keeping me prisoner in a life that I don't want? Who do I need to forgive or release so I can open my heart again? And then ask yourself, *which of these questions hits a chord with me?*

The question(s) which resonated with you will show you what action will need to be taken. 2012 gives us all the opportunity to heal the wounds that have been holding us back for millennia; to clear karmic debts; to release destructive patterns; to come to know and love our entire selves; to release past hurts and to make amends for any harm we have caused others and ourselves. When you listen for the message of 2012, you will intuitively know that *this is what's required of you.*

We are being offered a powerful collective healing, so when you commit to taking full responsibility for the life you live, the Universe will conspire to help you. Anyone who chooses the path of healing today will quickly discover that they are not alone in their journey and there is much advice, support and guidance available to them. There are literally thousands, if not millions, of people who are already taking the plunge - that is the joy of 2012 – we are all in it together!

And once you have re-gained your inner balance, you will automatically act as a beacon of light to those who are still struggling. This will be your gift to humanity, your personal contribution to the this shift of consciousness we call 2012. *Are you ready to do whatever it takes?* Freya ♥

Transformations with Freya

- **Shamanic Tarot Readings:** 1 hour £30, half hour £20
- **Tarot Parties** (£5 discount per person for 4+ people)
- **Tarot @ the Thali (Easton) - £5 off** advance bookings: **Sat 18th July** 12am-5pm. (Aug and Sept dates TBC)
- **Life Coaching** £45 one session, £120 four sessions paid in advance. Qualified in 2002 (UCLC)
- **Shamanic Journey Workshops:** Intro session on Mon 6th July. 'One off' summer session Thurs 23rd July.
- **'Manifesting Mr Wonderful' Workshops** and
- **MMW Group** for women seeking better relationships
- **'The Directory'** (Available to those on Psyche email list)

For more info please contact Freya **07967 048**

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You can pick up paper copies of *PSYCHE* from:

THE BETTER FOOD COMPANY Sevier St, St Werburghs
HERBERTS BAKERY Wellington Ave, Montpellier
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Freya's Astro Advice

Aries

5 Vesicas, Garnet, Chaos

A storm is brewing and you would be wise to withdraw from the situation and seek emotional shelter. This may make you feel lonely or afraid but you need to reconnect with yourself and discover how you really feel. It may seem like things are never going to sort themselves out, but they will. Your best bet is to get out of the way of the storm. While you are waiting for it to pass, ask yourself what makes you feel passionate? *When the storm clears you can follow your passion...*

Taurus

Knight of Staffs, Snowflake Obsidian, Birth

Change is in the air. Perhaps you have finally taken the bull by the horns and decided to get on with something you have been dragging your heels about? Either that or things have come to a natural head and are happening to you, whether you feel ready or not. Well, either way, this is the right time for things to get moving and it is important that you look for the good in the situation. *Become as consciously aware of what is happening as possible.* After all, you created this!

Gemini

Ace of Staffs, Malachite, Challenge

You have an opportunity or beginning taking place that you feel hope and/or excitement about. However, other less 'easy' emotions are also surfacing about it and you find this rather challenging. What you don't realise is that the reason this feels difficult is because you believe you should *only* feel positive about it and you can't understand why there has to be this other 'heavy stuff' to deal with. *Accept and process the less attractive feelings,* and it will get a whole lot easier!

Cancer

Knight of Swords, Amazonite, Love

You have had enough of something in a close relationship. Perhaps you have been putting up with something from a lover or family member? You need to cut to the chase and express what you really feel. Love is not about having no boundaries or pretending things are ok when they are not. Your needs and feelings are as important as anyone else's! You will be able to make some constructive changes as soon as you *start being honest about how you really feel.*

Leo

10 Cups, Tigers Eye, Spirit

You will soon be getting a clear message from spirit about something important. Whatever this 'thing' is, you sense that it can bring you much happiness and fulfilment – particularly on an emotional level. When this message comes it will reveal a clear path to creating what it is that you really want. Once you know what it is you want, and how to go about getting it, then you will need to *find the inner motivation to put any fears to one side and follow the inner courage you were born with.*

Virgo

Knight of Vesicas, Lapis Lazuli, Transformation

You have made it through to the other side of an important process. It has transformed you on a deep level and created a big shift in your understanding of the way the world works. What you have learned is that you can act on intuition, inner guidance and faith *and* be grounded, realistic and practical - all at the same time! This is quite a revelation to you and it will

An intuitive reading for July-Sept 2009

put you in great stead for the future. *Continue to practice holding this balance of 'practical faith' within yourself.*

Libra

King of Swords, Kunzite, Direction

Perhaps you are feeling a little defensive or uncertain about how to proceed? You are trying to hold your ground but you find this particularly challenging because you hate conflict and you want to be liked. Because of this you can sometimes go too far the other way in an attempt to compensate. You need to stick to your guns and be clear about your boundaries – but keep your heart gentle while you do it. *Be led by the desire to speak the truth rather than the desire to be more 'assertive'.*

Scorpio

5 Swords, Snowflake Obsidian, Synthesis

This is not a time to be alert or defensive, it is a time to accept things *exactly as they are.* When things seem 'dark', accept this and then look for the light in the situation because all situations contain both. You know this on a deep level but you must find a way to access this inner knowing. The only way to get to that place is by accepting all aspects of the situation. Once you find real acceptance, you will know what you must do. Until then, *work at simply accepting what is.*

Sagittarius

Ace of Vesicas, Rhodonite, Stability

You are feeling more stable than you have for a long time – or perhaps ever! This stability is something you have secretly craved despite your free spirited nature. But now that you have it you are not sure what to do with it. You fear perhaps it isn't what you want after all – otherwise why would it make you feel so edgy? Well if you dig a bit deeper you may discover that you actually feel edgy because it is so unfamiliar and/or you may fear losing it again. *Find a constructive way to explore your feelings and be open to the joys of stability.*

Capricorn

2 Cups, Sugilite, Choice

You are thinking about how you are going to relate to someone and how much you want to share. You are faced with the choice of whether to share your most hidden self with another. The more open you are, the more you will invite the other person to reveal themselves to you. You are actually being offered an opportunity to experience genuinely compassionate love. However you decide proceed, *be gentle with the child within you and/or someone close.*

Aquarius

5 Cups, Kunzite, Beginnings

You are being presented with a new beginning which promises to be a more emotionally fulfilling situation. However, you're getting bogged down by past experiences. Kunzite asks you to go ahead and demonstrate your feelings rather than cowering under the heavy cloak of past losses and disappointments. Share of yourself and let go of any negative expectations that are holding you back. *The more you act on your emerging feelings of affection, the easier it will be to finally let go of the past and embrace the new.*

Pisces

7 Swords, Smoky Quartz, Community

There is a strong need for some clear boundaries – something you find very challenging at the best of times! This is not a time to be worrying about other people, it is a time to clear your environment of a negative influence. It is having an impact on you whether you want to admit it or not. Look

around you – what or who is dragging you down or sapping your energy? *Detach from the situation as gently as possible and then heal the space around you with clear boundaries.*