

May Horoscopes & Reader Profiles In 'The Salt Path' taking life, one step at a time.

discover your future, release your past

Editor's letter

s I write this Editors Letter, we have been experiencing some lovely spring weather - sunny and warm in the sun but still with a little nip in the air, perfect. Here's hoping that this marks the beginning of a good-weather spring and summer, especially for the two bank holidays coming up in May on Monday 5th & Monday 26th - enjoy!

In this edition, we are asking for your help. We would be very grateful if you could turn to page 9, and tell us about your experience using our services. Please email your answers by the 31st May, to survey@psychiclight.com As a thank you, we will enter you into a prize draw to win a 20-minute reading.

In other exciting news, I would love to draw your attention to page 4 for an update on our Pre-Pay service. You can now set up and manage your account online! We are currently offering 10% off bundles on your first purchase. This offer is open to existing and new users of the Pre-Pay service.

Don't forget to also enter our monthly prize draw, and to catch up with your horoscopes. Both are free - every month!

www.psychiclight.com/monthlyprize-draw/

www.psychiclight.com/horoscopes/

Charlotte

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PIN: 3622

"Adele is a great gem. She is wise and kind and has deeply connected to my problem. She is another good addition to your team. I highly recommend her." Carolina. London



PIN: 1441

Angel Angel has a strong psychic gift; she thinks of herself as a sister of the 'Soul Light', guiding people to connect to their correct spiritual path. Angel will provide inspiration and insights; she believes there are no wrong choices - just lessons to be understood



PIN: 4567

Nothing shocks Joanna as she has encountered many unusual situations. She has studied esoteric energy, telekinesis and paranormal activities. Joanna offers sage advice based on her unique perceptions, offering clarity when someone is confused.



PIN: 3232 Michaela

Michaela's life experience and abilities with Tarot and Angel cards make her particularly good at readings involving all types of relationships. When her partner ended their relationship suddenly, she turned to Spirit and successfully rebuilt her life.

All calls are recorded; the caller must be 18 or over and have the bill payer's permission



PIN: 3798

Pauline inherited her aifts from her family. Her speciality is relationship readings; she also likes to bring in Tarot/Angel cards, especially when she needs to tune into her guides. Pauline finds Pendulum work can assist when a yes or no answer is required.



"Sarah you were spot on with your reading! I will certainly be very happy to book a reading with you again thank you so much!"

Readings under UK law are deemed to be for entertainment only. Helpline: 0800 156 0580.

lanine

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We have improved our Pre-Pay service.

You can now easily set up and manage your account online. Why not sign up and get a 10% discount on your first bundle purchase?

Use the Offer Code: NEW10 at https://wallet.psychiclight.com/

Once you are all set up, you can view your balance, top up, access your account number and PIN, and explore all of the available readers - in one convenient location. The first-time bundle offer is open to both new users and existing customers of the Pre-Pay service.

- You need to set up an account online to get access to the discount.
- Pre-Pay rates already offer the best value, and flexible way to have a reading and the 10% off your first bundle discount code makes it even better.
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10% bonus minutes when you top up 40 mins or more.

For detailed information on how to set up and manage your account, please refer to our Pre-Pay and Pre-Pay Frequently Asked Question's pages:

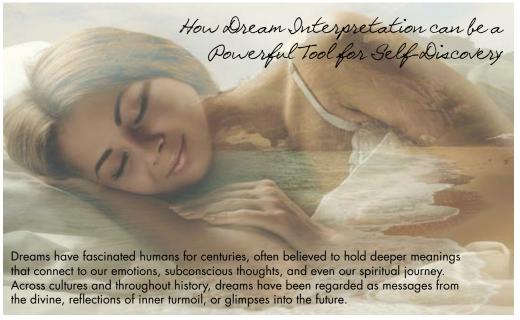
www.psychiclight.com/pre-pay-minutes/ www.psychiclight.com/pre-pay-faqs/

Please note: If you are happy with the way you currently manage your Pre-Pay account (by phone), you can simply continue as usual; there is no need to make any changes.

Regardless of how you decide to set up and manage your account, when you are ready to speak with a reader, please call one of the following numbers:

- 0808 156 4920
- 0113 732 0631
- 1-888-229-1485
- +44 113 732 0631 (from outside of the uk)





The Power of Dream Analysis

Every night, our minds process thoughts, experiences, and emotions in symbolic ways. Dream analysis lets us decode these symbols, revealing insights that might not be immediately obvious in our waking lives.

By analysing our dreams, we can uncover hidden aspects of ourselves, gain clarity on unresolved emotions, and embark on a path of self-discovery. Whether dreams reveal suppressed feelings, unfulfilled desires, or unresolved fears, they can serve as powerful tools for introspection and growth. Understanding the messages behind our dreams allows us to navigate personal challenges, deepen our self-awareness, and move forward with greater clarity and purpose.

The Hidden Meaning of Dreams

Many believe that dreams are the mind's way of communicating unresolved issues or buried emotions. Exploring the hidden meaning of dreams can aid individuals, as they process personal experiences, fears, and desires. From dreaming of flying, which may symbolise freedom, to being chased, which could indicate avoidance of a pressing issue, every dream carries potential insight into our psyche.

Common Hidden Emotions That Dreams Can Uncover Dreams often serve as a window into our subconscious, revealing emotions we may not be fully aware of in our waking life. They can highlight anxiety and stress through dreams of falling or being chased, while unprocessed grief may manifest as visions of lost loved ones. Suppressed fears might appear as being trapped or losing teeth, whereas unacknowledged desires could

surface through dreams of love or adventure.

Inner conflicts often emerge in chaotic or confrontational dream scenarios. Recognising these emotions provides valuable insights into our personal challenges, allowing us to address them in meaninaful ways.

Why Dream Meanings Matter

Interpreting dream meanings goes beyond simple curiosity—it can be a transformative experience. By recognising patterns in dreams and linking them to our waking life, individuals can identify emotional blocks, work through anxieties, and find inspiration for personal growth. Dream interpretation serves as a valuable tool for introspection and emotional healing.

Speak to a Psychic for Deeper Insights

While self-reflection is an essential part of dream interpretation, sometimes an outside perspective can offer even greater clarity. A professional psychic can support you, as you explore the emotions and messages your dreams are trying to convey, offering personalised guidance and deeper understanding.

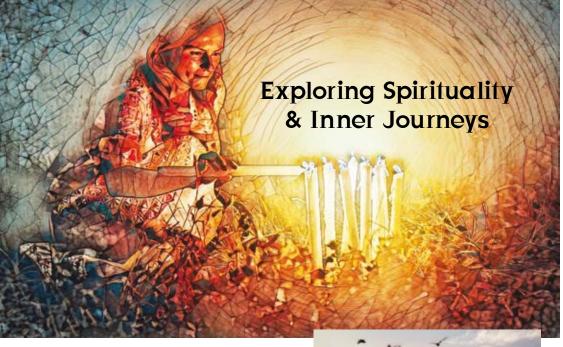
Why not visit our blog, where you can learn the meanings behind many of the most frequent dreams that people experience?

www.psychiclight.com/category/dream-interpretation/

If you're curious about what your dreams may be revealing, speak to one of our psychics today. They can support you, to unlock the hidden meanings behind your dreams and guide you on your journey to self-discovery.

www.psychiclight.com/psychics/

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efining 'spirituality' proves challenging due to its varied interpretations. In essence, spirituality signifies the belief in something beyond the tangible world. Discovering one's spirituality involves embarking on a journey with numerous avenues to explore.

Spirituality is sometimes mistaken for religion, although they can complement each other. Some individuals find their spiritual connection through practices like yoga, meditation, or selfreflection without affiliating with any specific religion. Many faiths stress the significance of spirituality within belief systems. However, spiritual believers acknowledge that multiple paths exist, emphasising individuality in this quest.

Why do people pursue spirituality?

Engaging with spirituality can provide inner peace and comfort by offering perspective on life's greater purpose



beyond material concerns. For many, spirituality serves as a constant anchor during life's challenges, fostering stability and tranquillity irrespective of circumstances. Amidst pain or stress, individuals often turn to their spirituality for solace and strength.

Discovering your spiritual path may seem daunting at first; however, it can be more accessible than anticipated. Spiritual mentors believe that inherent spirituality exists within all individuals from birth but requires recognition and understanding over time. Patience is key, allow your discoveries to unfold naturally.

To delve into your spiritual realm further, consider reading books on the subject or engaging in discussions about spirituality with others. Participating in activities such as yoga or meditation may also aid in selfdiscovery and exploration of this new path.

Look forward to enlightenment & freedom

Embracing your spirituality brings enlightenment and freedom. Seeking support from others remains beneficial throughout this process, but ultimately, choosing the right spiritual path lies within your hands alone.



Exploring the Inner Journey

Discovering your authentic self and uncovering the path to inner peace can present challenges and feelings of isolation for many individuals. However, dedicating time to self-improvement and forging an inner journey can open doors to a life filled with healing, love, and authenticity.

What exactly is meant by an inner journey?

While some view it as a spiritual quest towards divinity, the Inner Path also serves as a personal sanctuary where you can express beliefs, reveal your true essence, and establish a profound connection with yourself. It involves delving into your identity while recognising that this journey belongs solely to you.

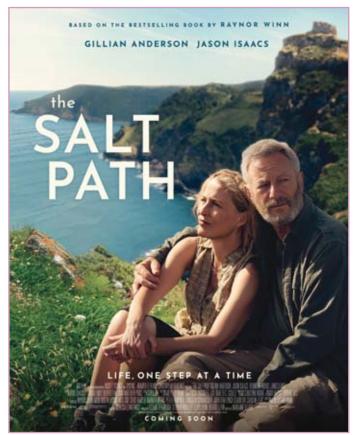
Many individuals find comfort in solitude when navigating their inner path. Although humans are inherently social beings who thrive on companionship, moments spent alone allow for undisturbed introspection free from external distractions. Solitude nurtures creativity and enables you to tap into your deepest thoughts effectively. Often breakthroughs occur without external influences, simplifying tough decisions through brief periods of isolation. This solitary pursuit of your inner path resembles a voyage to the core of your being where you confront underlying emotional, health or behavioural issues that have impacted your life - ultimately empowering you to conquer them.



What rewards await those who traverse their inner path?

Those connected with their essence find unwavering strength at their core along with heightened self-awareness. Your journey allows a reconnection with your life's purpose enabling productive use of your time while realising your full potential. Embracing this path also fosters forgiveness by addressing and releasing painful memories while promoting mindfulness and honouring one's highest self.

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LIFE, **ONE STEP** AT A TIME

he Salt Path is a forthcoming British film scheduled for release on the 30th of May 2025, based on Raynor Winn's memoir. The story follows Raynor and her husband Moth as they embark on a journey along the South West Coastal path after becoming homeless and discovering Moth has Corticobasal Degeneration (CBD).

Directed by Marianne Elliot, the film features our cover star Gillian Anderson and lason Isaacs. It premiered at the 2024 Toronto International Film Festival and you can watch the trailer below:

tinyurl.com/saltpath

Forced out of their home, they choose to embark on a journey by foot, seeking solace and belonging in nature. With limited supplies - just a tent and necessities - each step they take showcases their increasing resilience and resolve. THE SALT PATH depicts an adventure that is both thrilling and demanding, offering freedom and trials in equal parts. It illustrates the concept of home: its loss and rediscovery through unforeseen circumstances.

What the Critics Say

"With understated performances from Gillian Anderson and Jason Isaacs, as well as immersive land and soundscapes that enhance the thematic pull, this portrait of loss, humanity and rebirth makes it worth the emotional investment." Variety

"Where Elliott succeeds with a fine Lenkiewicz template, is getting us instantly engaged in the travails of Ray (Gillian Anderson) and Moth (Jason Isaacs), a couple who could be you or me as life hits them hard in the gut and the Salt Path becomes somehow a cure, a spiritual redemption however temporary, to set them on a new path (literally and figuratively) in life. Is it an adventure? Is it insanity or an existential mid-life crisis?" IMDb

*Film poster courtesy of Black bear Pictures.

What Else is on Screens in May

If this film seems a little bit too difficult in topic to watch, then here is a round-up of what else is on offer at cinemas in May.

Thunderbolts - 2nd May tinyurl.com/boltfilm

Mission: Impossible - The Final Reckoning - 21st May tinyurl.com/mireckoning

Lilo & Stitch (Disney) – 23rd May tinyurl.com/lilofilm Karate Kid: Legends - 30th May tinyurl.com/wipeon

Client Survey

Psychic Light is having a birthday, we have been in business for 25 years this year! Thank you for being a valued customer, we appreciate your loyalty and we endeavour to make your experience the best it can be.

It has always been our mission to provide our customers with the very best service and care. To this end, we would love your help. We would be very grateful if you could contact us and answer a few questions.



- Win a 20-Minute Reading
 We would ask that all survey responses are received by the 31st May.
- All clients that send us answers to each question, will be entered into a prize draw to win a 20-minute reading. • We will notify the winner on the 1st June by email.

Question 1

What service do you use at Psychic Light?

- Paying via your phone bill.
- Paying via your card (Reception service).
- Pre-Pay (Automated).
- Other Text, Chat or Email Readings.

Question 2

How easy do you find it to use your chosen service?

Question 3

If you phone Reception, why are you calling?

- To ask a question.
- To make a booking for a later time.
- To pay and have a reading there and then.

Question 4

When phoning Reception, do you typically get through on your first attempt? If not, what do you do?

- Hold, and wait for team member to become available.
- Phone back later.
- Use the service a different way.
- Go to another company.

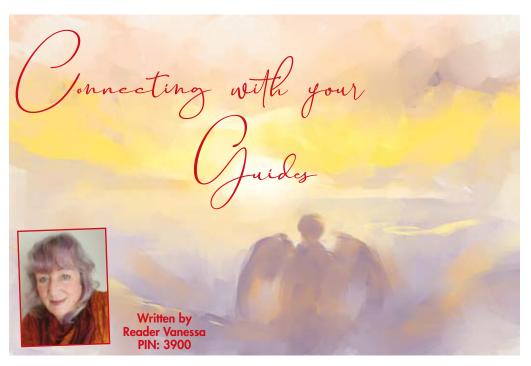
Question 5

Is there anything else you would like to tell us about your experiences of accessing our services?

Please email your answers to survey@psychiclight.com

Thank you in advance for your help and ongoing support.

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pirit Guides offer guidance and support to you throughout your life. They are loving beings from the Spiritual realms who have chosen to be on your "team". Some will stay with you for your entire life on earth and others may come at specific moments to offer you relevant knowledge, assistance or support. Sometimes a loved one in Spirit may choose to come and guide you by supporting you in very practical ways, like sending job opportunities or relationships your way. A Guide may also join you at a time when you are engaging in an activity or pastime that they excelled at in life, to bring their inspiration to you.

Signs & Synchronicities

They tend to communicate using "signs" or synchronicities, as a way of drawing your attention to something which will help you through a problem or give you a way to progress spiritually or materially. For example, you might keep hearing a song with lyrics that get stuck in your head and hold a message for you. A vivid dream might bring just the clues that you need. You might stumble across information about a course that will pull you in the right direction. Or simply be drawn to an idea that won't go away! A lot of the time, these signs and synchronicities will be a prompt for you to take some kind of action such as buy a ticket to attend that course or make the effort to engage with that new person in your life. Guides can only offer the opportunity to act, it's up to you to take

the cue! If you miss the sign the first time but it's an important message for you, you can certainly expect to see the sign again and again until you do notice it.

The more you look for these signs from your Guides, the more you will recognise them. As your Guides see you respond, they will send more of them and so the relationship begins to grow. If you find yourself facing a major challenge in life, ask for your Guides to send signs to help you. Each day, spend a moment reminding yourself that your Guides are indeed sending these messages and expect the guidance coming to you to increase and to reflect what is happening right now in your life. You will soon realise that apparent coincidences are leading you in a helpful way. Don't forget to say "thank you" to your Guides, as your acknowledgement of their help is always appreciated.



What is your highest good to know?

If you find yourself unable to focus, take time out to just calm your mind. Ask for Spirit to offer you whatever is in your highest good to know at this time and know that your Guides only ever come with love and to help you find your way. Don't worry if you're feeling disconnected, as whether you sense them or not your Guides are always working away behind the scenes. If you can't focus away from the mental chatter, try reading a book, watching a film or a documentary that has a spiritual theme. Spend a few minutes in nature, listen to quiet music, do a meditation or simply breathe mindfully, and your focus should become sharper.



Chat away to your wonderful Spirit Guides just as you would to a friend, for that is exactly what they are!

Guides also come in the form of animals, sometimes known as **Spirit Animals**. They offer a particular energy to bring you the qualities that you need at the time. Robins are often associated with loved ones wishing to be remembered, or you might keep seeing a particular animal in your daily life. Consider what the qualities of that animal might be bringing to you, and act upon this message. Sometimes an animal that you have loved in life will come back to you as a messenger and bring you love and comfort after it has passed into Spirit.

Guardian Angels have devoted themselves to helping just you, and you alone. What an amazing gift! They bring unconditional love and assistance, and although we may indeed call on them, they also watch out for us constantly. The help they offer is immediate and without question, they are your "emergency response" team and there are many instances where people have been inexplicably saved from immediate danger by what they can only describe as their guardian angel!

Archangels have an enormously powerful energy, being highly evolved beings of light. They are able to work with all of humanity simultaneously, and each has a particular energetic signature. Raising your vibration to connect more easily with the high vibration of their energy, you will find that working with the Archangels brings powerful shifts in energy



and consciousness, and despite being the leaders of the angelic realm they are approachable and bring divine energy to everyday endeavours. For example, you might connect with Raphael for help with healing. Gabriel to aid communication and find your calling in life, Michael for protection and releasing fear and worries. Always approach this work with respect, for these Archangel Guides are beings of infinite love and wisdom whose purpose is to be a bridge between humanity and the divine.



Ascended Masters are the countless figures who once walked the earth in physical form and now choose to work from the spiritual realm. Buddha, Mother Mary, Jesus, Hilarion, Quan Yin...just a few of those who bring unique gifts and energies for you to work with. It can certainly be a surprise to encounter one of these historic figures when you are working spiritually, and you would be forgiven for feeling perhaps that you were somehow making up the encounter. In my experience, the ascended masters bring a sense of humility and peace, and a deep understanding of mankind's frailties. They always carry the potential of lasting change for the better and guidance in making this happen in a profound and lasting way.

Spirit Guides, then, come in many forms but all with the singular aim of bringing help, protection and guidance when we need it. Offer them your trust, and hand your problems over to them, to gain inspiration and joy from these very special friends.

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John has been a medium for well over a decade, he was aware of his gift at a very early age, but did not begin using it until after a near death experience. Now he works in Spiritual churches and halls in the United Kingdom and overseas. John organises and holds workshops that provide support and assistance to others wishing to develop their gifts.

Being a Reverend, means that not only does he officiate at weddings and funerals, but he also acts as a psychic advisor, guiding people in their lives, in particular those going through difficult situations. He is often called upon to act as a spiritual counsellor for those experiencing the stages of grief following the loss of a loved one.

His spirit guide says "Spirit is always in our life for a reason, to care about us when anything happens, especially when someone passes over. In the spirit world there is no worry, no crying and no pain, because we all join together in the spirit world as one." That is why John believes in love and candour from the spirit world, and bringing the two worlds together, and letting people know that their loved ones are around them.

John will sometimes use Tarot or Angel cards in a reading; his aim is to provide answers that enable folk to move on with their lives, having gained a sense of closure. Many people return to John time and again, because of his kind and calm approach to clients and readings.

Testimonials:

Many thanks for a great reading from John. Today was even better than usual, as I call him often as he has always been honest and insightful. But today my brother also came with messages, got a bit teary as not heard from him in 20 years. Was amazing, took me right back to when we lived at home, and things we did. Recommend him at any time, as is so good.

Caroline

John is a very good medium. I always feel uplifted after the readings he has given me. I would always recommend him.

Pansy







COLOUR: Blue **FOCUS:** Communication

CHAKRA-THROAT (Visuddha): Ether element – Achieving a state of equilibrium involving clear and effective interaction with both ourselves and those around us, on all levels.

We've introduced the Angels of Ray's, and featured Archangels Uriel, Gabriel, Jophiel and Raphael, today it is the turn of Blue Ray – Archangel Michael.

The Blue Ray symbolises God's strength, willpower, faith, protection, and truth. Often depicted as a warrior of God defeating dragons.

The Fifth Ray in the visible rainbow spectrum, impacts the Throat Chakra at a physical level (third dimension) and

serves as the transforming Ray for the Throat Chakra (fourth dimension).

Archangel Michael, the powerful protector of humanity, serves as the incorruptible commander-in-chief of all Archangels. Leading his celestial forces, known as the 'legions of light,' he confronts evil. His predominant colour is sun-yellow, symbolising the fiery energy of the solar plexus. Additionally, wielding a sapphire sword with a blue flame, he is linked to enhancing and balancing the Throat and Third Eye Chakras.

Physical, Emotional and Mental Associations · Parts of the body impacted include the throat, thyroid and parathyroid glands, upper lungs, jaw, base of the skull, and body weight. The Blue Ray has a soothing effect and can help restrain, inhibit, and calm hot conditions. This Ray is known to reduce fevers and regulate hyperactivity, inflammation, and derailing processes while promoting clarity and serenity. Additionally, this Ray, eases ear and throat infections as well as stiff necks and rigid attitudes. He acts as a natural pain reliever, lowers high blood pressure and heart rate. Furthermore, Blue Ray calms the central nervous system to reduce stress levels making it beneficial for individuals who are poorly or even those who are terminally ill.

Emotional and Mental Benefits - Blue Ray helps in overcoming the fear of speaking honestly. He has a calming effect on the

mind, leading to clearer thinking. This Archangel promotes peace and aids in detaching from worldly worries.

Spiritual Connections - Archangel Michael motivates you to embrace a quest for deeper truths and concealed wisdom. The Blue Ray symbolises God's strength and divine will, offering faith and protection. It guides us in relinquishing our ego's control to align with God's greater purpose, fostering devotion.

Explore the profiles of numerous readers with strong ties to the Angelic realm on our **www.psychiclight.com/psychics/**

Ref: The Angel Bible, Hazel Raven

Image: Renata Sedmakova / Shutterstock.com — Archangel Michael from St. Peters Church Tel Aviv, Israel in old Jaffa from end of 19th century

Astrolo



Venus joins Neptune in Aries, sprinkling love/magic your way! May opens the door to making closer connections, reaching towards new people & reviving the flames in older friendships. It's important to join with who and what will place you nearer your goals, helping you follow your most heartfelt desires. You may prefer more time alone, especially for stronger spiritual connection. Mars in Leo brings a boost, with the fellow fire-sign focus adding oomph wherever you have felt a bit lacklustre – especially around seductive Venus on the 22nd.



The picture has changed substantially with Mars moving into Leo, helping pull you out of any emotional quagmire. Whether others have influenced, or improvements have emanated more from within, the picture emphasises supportive measures. The passionate energy of so many planets now in fire signs helps to dry any tears and ignite greater enthusiasm. There may also be physical changes and improvements related to unexpected fluctuations. The Scorpio full Moon (12th) taps into creative energies from past experiences.



As Taurus' planetary ruler, Venus, is in Aries all month, it's a time when you can afford to put more spotlight on your own needs. Other people will tend to understand and accommodate accordingly; the few who can't, or won't, may slip further down the list of favourites! The mystical planet Neptune supports Venus's mission to assist you in being more fully focussed on what matters, and to diffuse tensions on conflicts that you don't have time for. Pluto and Mars help with adding definition to whatever's no longer needed.



Mars in Leo adds a tremendous boost of motivation and energy this month, not to mention impatience! You might be cracking the whip to get a few results, but you're in the right place and frame of mind to manage it. Besides, other people may appreciate your focus, enthusiasm and leadership abilities. The Sun in Taurus will also have a way of steadying your course, at least until the 20th when that solar sphere heads into Gemini, quickening the step, or diverting focuses in different directions. Be ready to roar!



There's a greater sense of flow and progress as Mercury gains speed, especially in the first/last weeks of May. Midmonth, Mercury in Taurus suggests finding benefits in slowing down and strengthening, favouring working on maintaining whatever you have already started. Once those middle weeks have passed, you'll likely be restless to divert into new projects! And will no doubt have more energy to keep a few different plates spinning again. Trust yourself; links with Jupiter, Saturn & Neptune help with gauging the best connections.



Life appears to have been hotting up and taking off in various directions - rather like a bunch of hot air balloons - with various projects under the exciting auspices of Mercury in Aries! This trend continues during the early part of May, then projects could lull to a steadier pace between the 10th-25th while Mercury is in Taurus, helping you to ground and consolidate information. After you've caught your breath and updated records, Mercury in Gemini brings entertainment, variety and increased communication. Prepare for a 'magical mystery tour'!



Welcome to Free Spirit's in-depth horoscopes for May 2025



Libra's planetary governor, places focus on your opposite sign of Aries this month, which could mean it seems like someone else has all the focus whilst attention to your own needs is secondary. This may simply be circumstantial, offering guidance on how to design your mission. If it is more to do with someone else's attitude being out of synch with your own, however, it could be a signal to rethink how that relationship is managed going forwards. Outer planets Neptune and Pluto prompt with decisions as you go.



Saturn makes a rather monumental, initial move in May, from its arduous swim in Pisces, onto Aries, which we already see the planets Neptune, Venus and Mercury transiting through. It's quite similar to a hectic airport terminal! With the focus firmly on fiery Aries, the famous ram of the zodiac, this energy is rapid, impatient and increasingly pressing. The big guns have arrived with one of the slower-moving planets adding pressure on situations that urgently need change or renewal. Be ready to close some doors and consider fresh options!



up easily, but usually recognises the feeling of hitting rock bottom. Don't despair, as Pluto's connections with Venus, the Sun and Mercury all have a positive element, making May a month for turnarounds and restarts, placing you on a better track for the future. Being a water sign, part of your challenge is being able to take in the good and filter out the bad, which includes through encounters with other people, as well as through your physical body. Be confident managing both!



Sagittarius The main planetary link to write home about is Jupiter's alignment with Mercury around May 5th which emphasizes the power of thoughts as well as open expressions in conversations. If you want to make progress, you need to harness your natural ability to use strategies, and the words that come naturally around them. Whilst you may not get every result you would like, you will be planting the seeds for better things,

whether through network development

or filtering ideas into the atmosphere.

Time creates needed outcomes!



This month and next, Uranus continues through the last leg of the solid Taurus 'bull' before heading into the flightier sign of Gemini in July, opening up a variety of pathways and options. For the time being, it makes sense to tie up a few loose ends, and do what you can to shore up sources of security for the future. The Sun will align powerfully, at the same degree as Uranus, in mid-month, shining a light on where it will make the best sense to begin making significant changes!



Venus and Neptune are firm cosmic pals in early May, bringing together kindness, peace and compassion with one good quality or action feeding into another. It's almost as though the law of attraction is insisting on letting you tap into a chain of blessings! Even better news is that goodness keeps reappearing, with the Sun and Mercury also neatly aligned with Neptune. You may need to adjust your vision or your direction to spot where the best opportunities lie - or start having fresh conversations - but all could occur fairly intuitively!

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