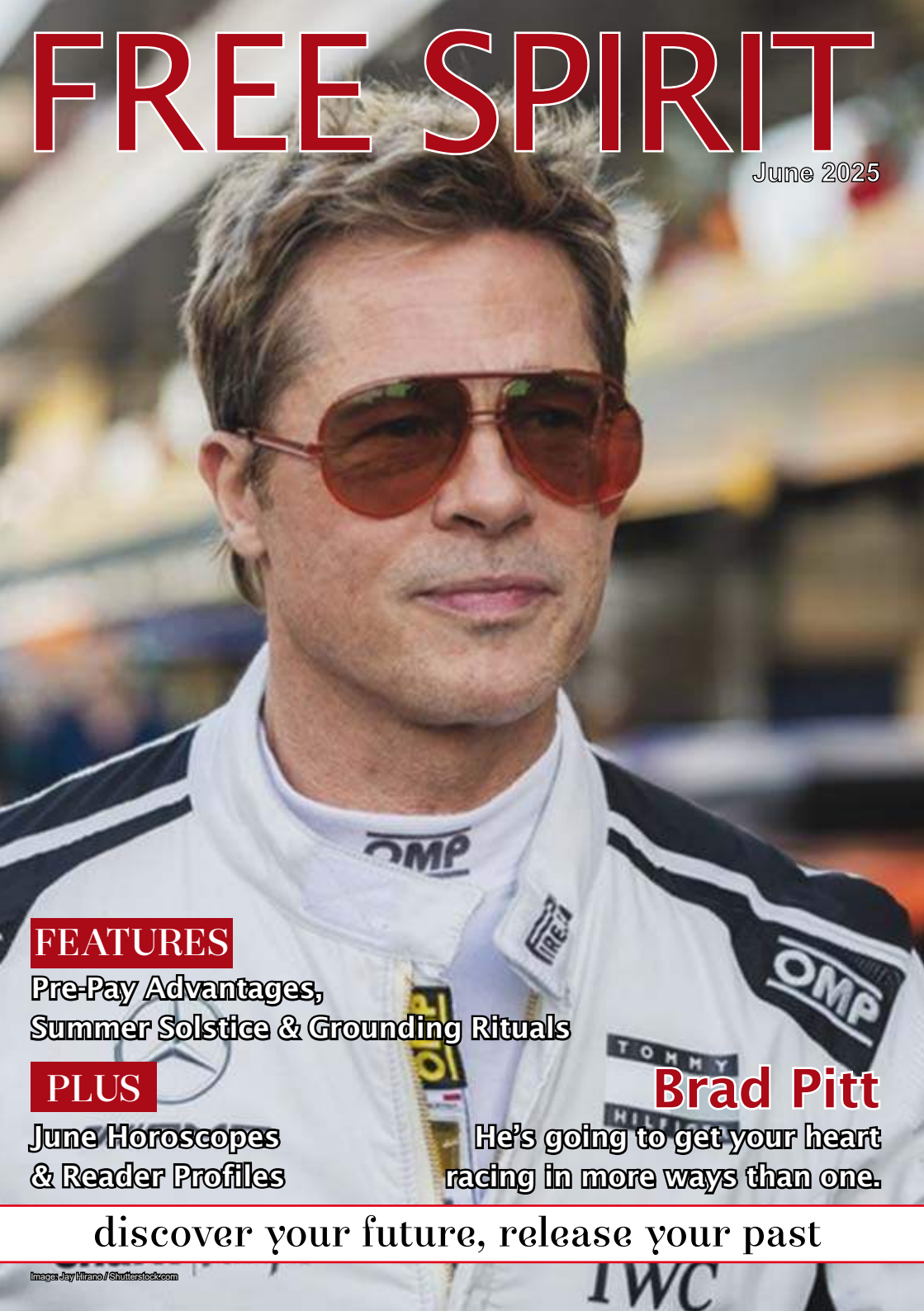


# FREE SPIRIT

June 2025



## FEATURES

Pre-Pay Advantages,  
Summer Solstice & Grounding Rituals

## PLUS

June Horoscopes  
& Reader Profiles

**Brad Pitt**

He's going to get your heart  
racing in more ways than one.

discover your future, release your past



It is with great sadness that we share the news of the sudden passing of our dear colleague and friend, Jane, who passed away unexpectedly just days before her 56th birthday.

Jane was a cherished member of our team for nearly 20 years. Her warmth, dedication, and steady presence left a lasting mark on all of us. She was not only a valued colleague but also a kind and generous person whose absence will be deeply felt by staff and customers alike.

We understand this news may come as a shock to many of our customers who knew Jane well over the years. She built strong connections with so many in our community, and we know she will be fondly remembered.

Jane is survived by her children, Tanya and May, along with other loving family members. As a company and a community, we hold Jane's family in our thoughts and extend our deepest condolences during this difficult time.

Sincerely,

John, Bridget, Matt, Tony and everyone at the Psychic Light team.

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Brad Pitt image: Jay Hirano / Shutterstock.com

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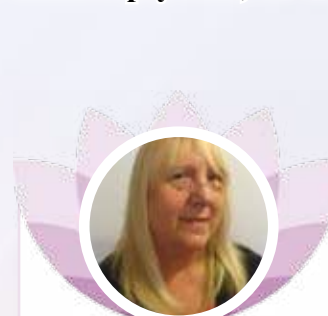
Pick from our many talented psychics, all with different techniques



PIN: 3399

Andy

Andy is a calm, empathetic psychic with strong Celtic roots. He uses clairvoyance, Angel Cards, crystals, and telepathy to guide others. Deeply spiritual, he supports people in crisis. He values simplicity, nature, and compassionate connection.



PIN: 1133

Fran

Fran is a psychic medium with 17 years of experience; she hears and feels Spirit; and has done so from a young age. She meditates before readings, allowing her guides to draw close; to inspire her with messages and words of wisdom for those that seek answers.



PIN: 5152

John

John has been a medium for over eleven years; he offers a kind and calm approach. John sometimes uses Tarot or Angel cards in a reading; he aims to provide answers that enable folk to move on with their lives, having gained a sense of closure.



PIN: 5791

Karen

Karen is a medium and clairvoyant; she finds the work both unusual and rewarding; she brings comfort to many, as she has a very calming approach. Karen works with a spirit guide to offer unique readings to clients guiding them through difficult decisions.



PIN: 9801

Maggie

Maggie embodies honesty, compassion, and patience. She attentively listens without passing judgement, perceiving intentions, revealing motivations, and delving deep into hearts & minds. Maggie utilises the Pegasus Pendulum and The Voyager Tarot.



PIN: 2333

Toby

Toby, a natural clairvoyant of Celtic descent, utilises various tools including Tarot to explore matters. He aims to present options and potential outcomes during readings. Coming from a family with psychic abilities, Toby shares wisdom generously and with empathy.

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



## Celebrating the Summer Solstice: The Magic of Litha



The Summer Solstice, known among Wiccans as Litha, is a time steeped in cosmic power and ancient energy. As the sun reaches its peak strength high in the sky, we find ourselves standing on the threshold between seasons—summer in full bloom and the first quiet whispers of autumn just beginning as twilight arrives a little earlier each evening.

### A Spiritual Turning Point

But what does this celestial event mean on a soul level?

Litha is a celebration of illumination, growth, and inner awakening. It's the apex of the sun's power—a reminder of light's triumph over shadow. More than just a seasonal marker, this time is a sacred invitation to align ourselves with the rhythms of nature and channel the vibrant solar energy into our lives. It's about rekindling our purpose, reigniting forgotten dreams, and standing tall in the light of who we truly are.

Spiritually, Litha calls us to heal, expand, and reconnect. It's an opportunity to realign with our divine blueprint, to feel our innate bond with the Earth, and to honour the path we've walked so far. This is a time to pause, reflect, and give thanks for both our progress and our potential.

### Rituals of Reverence

Whether you're drawn to intimate personal rituals or large communal gatherings, Litha offers countless ways to celebrate. You might attend a local solstice festival or join the awe-inspiring crowds at sacred sites like Stonehenge or Avebury, where ancient stones echo with the energy of countless solstices past. These gatherings often feature bonfires, mythic storytelling, dances, and ceremonies that honour sun deities and the divine interplay between light and darkness.

### The Seven Sacred Themes of Litha

Litha's spiritual essence can be explored through seven core practices:

1. **Gratitude** – Recognising the abundance of life and expressing thanks.
2. **Meditation** – Connecting inward to align with universal energies.
3. **Connection** – Deepening your bond with nature and your spiritual community.
4. **Ancestral Honour** – Remembering those who came before us.
5. **Intentions** – Planting seeds for the next phase of your journey.
6. **The Solstice Altar** – Creating a sacred space infused with light and meaning.
7. **Solstice Fire** – Lighting a gold or yellow candle to respect the life-giving power of the sun. *Keeping a flame burning from dawn until dusk can be a profound act of devotion. Each time you glance at the candle, let it serve as a reminder of the sun's warmth, vitality, and the light you carry within.*

### The Sacred Flame

Across cultures, fire has long been linked to midsummer. From bonfires on hilltops to hearth flames in village squares, these fires are more than festive—they're offerings to the sun, symbols of strength, fertility, and the promise of a fruitful harvest. Lighting a fire at Litha is an act of both reverence and exchange, a way of feeding the sun's fire with your own energy and gratitude.

### Greeting the Dawn

In the UK, the sun will rise at 3:41 AM on Saturday, June 21, 2025. If you're able to wake early and witness this moment, ideally in a natural setting, you'll find it's well worth the effort. Sunrise on the solstice feels charged with possibility. The first light of day, especially on such a sacred morning, stirs something ancient and hopeful within us.

*It's a reminder that each new day—and each new season—holds the promise of rebirth.*



Written by  
Reader Vanessa  
PIN: 3900

So, you have done the calming or invigorating breathwork, worked on discovering your life purpose, visualised the manifestation of all that is needed for your progress and checked in with your Guides.

[www.psychiclight.com/category/holistic-wellbeing/](http://www.psychiclight.com/category/holistic-wellbeing/)

You have spent time in nature to ground yourself and connect with the Spirit of all that is. Now what? "Are we nearly there yet?", I hear you ask. Well, this is the scary bit where you have to trust the process and move ahead without necessarily having all the answers you feel you need.

### Choices into Action

Armed with the ability to make your choices, it's now up to you to get out there and put it all into action. If this is something potentially life altering it may indeed feel like being on a precipice from which there's no way back but take courage and if you are truly meant to follow this path you will find that the way opens up to you, doors open and you suddenly find it all much easier than you had feared. Indeed, the joy that you will feel is reward beyond measure as you begin to trust your Guides and your own intuition. Of course, it may be useful to have a psychic reading to confirm things if you are really confused or concerned about making radical choices, but even a reading is only there to offer you guidance and not to make the decisions for you. Step up with the personal responsibility and you will be so much more confident as your choices become manifest.

### Never ask for more than you need

A quick reminder to never ask for more than you NEED. Your progress spiritually depends on you being open to being of service to Spirit and thereby find your way onwards along the path of your life purpose.

Beware of expecting too much of yourself and remember if you're changing things in your life you need to go at a pace that is reasonable. New is

sometimes tiring as well as exhilarating and you should give yourself plenty of space and time to adjust. If you have other people close to you, they will also be affected and may need to be kept "in the loop" of your new ambitions, as feeling left out can cause resentment and hurt, so be sensitive to the folk who are there to support you as you make your new life. It's okay to pause and check progress with your Guides, in fact I would say that it's very important to keep up a dialogue with them at all times. Listen and watch for the signs that mean you need to pay attention!

### Feel the fear – and do it anyway!

If there's just one piece of advice I would offer at this stage, it is to feel the fear and do it anyway. If your knees are shaking, your voice unsteady and your heart racing, do it anyway. You will never know if you might have succeeded unless you try, and by now you will have trust in Spirit not to let you fall without being there to catch you.

### What if you fall? Yes, but what if you FLY?

I wish you good luck and wonderful journeys ahead.

Vanessa

BE SCARED  
and  
DO IT ANYWAY





## Pre-Pay Advantages

Whether you're seeking clarity, comfort, or guidance on life's big questions, speaking to a psychic can be a powerful and reassuring experience. But sometimes, the logistics of arranging a reading — from payment to timing — can get in the way.

That's where Psychic Light's Pre-Pay Minutes and Wallet Bundles step in — designed to make accessing psychic support more flexible, stress-free, and affordable, while offering the best value and maximum advantage to you.

### What Are Pre-Pay Minutes?

Pre-Pay Minutes are a way of helping you prepare in advance for your psychic reading. Instead of paying as you go during your call, you can purchase a block of minutes upfront. This means when you're ready to connect with a psychic, everything's already taken care of — no interruptions, no delays.

With flexible wallet bundles available in 20, 40, 60 or 100-minute blocks, you can choose what suits your budget and how in-depth you'd like your reading to be.

### The Advantage of Pre-Pay: Why It's More Accessible

For many people, speaking to a psychic is a deeply personal experience — one that requires openness, and the right mindset. The last thing you want is for practical barriers like cost, time pressure or payment worries to get in the way.

Pre-Pay Minutes — stored in your personal wallet — are designed to remove those obstacles and make it easier for anyone to access quality spiritual guidance whenever its needed.

### Best Value for Spiritual Guidance

One of the biggest advantages of Pre-Pay is the extra value it delivers compared to pay-as-you-go options. Every bundle you buy helps you get more out of each pound spent.

- A 20-minute reading costs just **£30** (a saving on the standard £32.95 card rate).
- **10% bonus minutes** with any **wallet bundle of 40 minutes or more**.
- **Extra 10% off** your **first bundle purchase** when you open an online account — just quote 'NEW10' at checkout.

These added extras make Pre-Pay not only more affordable, but also the best-value way to receive intuitive, insightful support from Psychic Light.

### A Smoother Experience

By paying in advance and with your wallet pre-loaded, there's no need to handle transactions during the call. Your attention stays where it should be — on the conversation, not the clock or your card details. It's a simple change that can make a big difference to your focus and comfort during the reading.

### Use Your Wallet Your Way – Flexibility Included

Pre-Pay credit is valid across multiple sessions, so you're not locked into a single reading. You can speak to your preferred psychic for as long or as little as you like and pick up where you left off when you're ready.

That flexibility makes it easier to fit spiritual support around your life, rather than the other way around.

### More Choice, More Control

With wallet bundles, there's no subscription, no contracts, and no commitment to a single psychic. You can try new readers, revisit favourites, or explore different areas of insight — all at your own pace.

That kind of freedom gives you the advantage of tailoring each session to your evolving needs — spiritually, emotionally, and practically.

### Confidence and Clarity

Knowing your minutes are sorted before you call gives you peace of mind. There are no hidden fees or unexpected charges, and your balance is always available, so you can manage your time and budget with confidence. That clarity lets you approach your reading with a clear, calm mindset.

It's another reason why so many clients say the Pre-Pay system gives them the best overall experience — from start to finish.

### How to Use Your Psychic Light Pre-Pay Wallet

It's simple. Once you've selected and purchased your minutes online or over the phone, all you need to do is call one of the below numbers, and follow the prompts. You can then enter your PIN and connect with a reader straight away.

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

Your wallet minutes are valid across multiple calls, so if you don't use them all at once, they'll be there for next time.

### Take the Stress Out of Your Next Reading with Wallet Bundles

Whether it's your first psychic reading or you regularly seek spiritual guidance, Pre-Pay Minutes give you a straightforward way to focus on what matters — the conversation. By removing the pressure of watching the clock or worrying about payment, you're free to open up and get the most from your session — emotionally & financially.

### Ready to get started?

Pre-Pay gives you the advantage of both card and phone-based payments — without needing to go through a reception service. It combines the ease of the 0800-card option with the flexibility of our 0906 pay-by-phone setup, putting you in complete control.

Explore our Pre-Pay wallet bundles today — and take your next step toward clarity, insight, and peace of mind.

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## A movie to get your heart racing...

The filmmakers of "Top Gun: Maverick" (an Apple Original Film) have created a new film, "F1," starring Brad Pitt. The film is produced by an impressive team including Jeremy Kleiner, Dede Gardner, and Chad Oman. Jerry Bruckheimer, known for his work on TV shows and films such as "Pirates of the Caribbean" and the CSI franchises, is also part of the production team. Additionally, Formula 1 driver Lewis Hamilton contributes to the project, bringing technical expertise and authenticity to the movie.

### Plot & Cast

Titled as "the greatest that never was," Sonny Hayes (played by Brad Pitt) emerged as Formula 1's most promising talent in the 1990s. However, a track accident nearly derailed his career. Three decades later, he leads a transient life as a hired racer until his former teammate Ruben Cervantes (portrayed by Javier Bardem), who now owns a struggling Formula 1 team on the brink of collapse, approaches him. Persuaded by Ruben, Sonny decides to return to Formula 1 for one final attempt at rescuing the team and reclaiming his title as the best in the sport. Teaming up with Joshua Pearce (depicted by Damson Idris), the team's ambitious rookie aiming to make his mark, Sonny faces challenges as his past resurfaces and he realizes that in Formula 1, your teammate can be your toughest rival—and the journey towards redemption is not meant to be travelled alone.

To ensure the film truly looks the part, it was shot during actual Grand Prix weekends. Our cover photo of Pitt was taken at one such event. You may also recognise actors such as Kerry Condon, Kim Bodnia, and Tobias Menzies who are part of the cast.

### What are People saying?

It is reported that this film has been years in the making. Many setbacks have just added to the costs, which may be around £300 million. Buying six Formula 2 cars and actually insuring Brad Pitt to drive at 180mph in real life on a track might account for some of that budget. So, even if it is a box-office hit, it might not break even! There are concerns that the plot is thin, and it seems like not much time was spent on the title. This, coupled with the unrealistic idea of a 61-year-old (yes, Brad Pitt really is that age) driving in Formula 1.

However, despite all of that being said – what is realistic are the cars, race tracks, and driving – something we may never see again with ever-advancing CGI. Chances are most people won't mind watching beautiful individuals race stunning cars for a couple of hours!

### Release Date & Trailer

In the UK, F1 will be available to watch from the 25th of June. Why not check out the trailer to see if it is something you would like to watch?

<https://tinyurl.com/F1-Brad-Pitt>

F1® Photo Credit: Apple Original Films Presents a Monolith Pictures / Jerry Bruckheimer / Plan B Entertainment / Dawn Apollo Films Production. A Film by Joseph Kosinski, distributed worldwide by Warner Bros.



# What's happening in June

## Whitsun

Whitsun, or Whitsunday (8th June), is one of those quietly significant days in the calendar that blends ancient tradition with modern-day obscurity. Originally celebrated as Pentecost, it marks the Christian festival commemorating the descent of the Holy Spirit upon the apostles—essentially the "birthday" of the Church. In the UK, Whitsun once held a bigger presence, with parades, fairs, and the much-loved Whitsun bank holiday, which gave communities a rare pause between spring and summer. Though its religious roots have faded for many, echoes of Whitsun still linger in local traditions and in the sense of seasonal shift—when the world feels fully in bloom, and the days stretch long with the promise of summer adventures just around the corner.

## The King's Birthday

The King's Official Birthday on 14th June might not be his actual birthday (King Charles was born in November), but it's the one marked with all the pageantry—and let's be honest, a better chance of decent weather. The highlight, of course, is Trooping the Colour, that iconic military parade with marching bands, horses, polished boots, and the Royal Family waving from the Buckingham Palace balcony. It's one of those events that feels both timeless and totally British, even if you're watching it with a cuppa from your sofa.

While the ceremony sticks to tradition, there's a definite shift in the air with King Charles at the helm. Known for being a bit more down-to-earth and passionate about issues like climate change, his birthday celebrations feel like a nod to the old ways with a slightly more modern edge. For most people, it's less about the military drill and more about enjoying the atmosphere, seeing a bit of royal sparkle, and soaking up a rare bit of national unity—even if just for a day.

<https://kbp.army.mod.uk/kingsbirthdayparade/>

## Father's Day

Father's Day in the UK, celebrated on the third Sunday of June (15th), is more than a calendar tradition—it's a heartfelt pause in our busy lives to honour the quiet strength and unwavering presence of father figures. Whether it's a biological dad, stepdad, grandfather, or a mentor who's stepped into those shoes,

this day is about recognising the guiding hands and listening hearts that help shape us. While it doesn't carry the historical weight of older festivals, it has grown into a cherished opportunity to express appreciation—not with grand gestures necessarily, but with moments of connection, shared memories, and simple gratitude.

What makes Father's Day uniquely British isn't just the cards and gifts, but the everyday gestures laced with quiet affection—a fry-up breakfast made by the kids, a stroll through the countryside, a pint down at the pub, or a Sunday roast enjoyed with the family. It's in these ordinary-yet-extraordinary moments that the true spirit of the day shines: celebrating the dependable, often unsung heroes who show love not with words alone, but through the daily acts of support, humour, and resilience that leave a lasting mark.



# Reader Profile

## Mavis

PIN: 1010



Mavis has been working as a professional Medium Clairvoyant for many years, guiding her clients in making decisions to achieve a positive outcome in all aspects of their lives, many of who return time after time. She was aware of her gift from a very early age, and began giving messages at Spiritual Churches, followed by one-to-one readings and healing.

No stranger to heartache, Mavis has had many challenges, having lost both her husband, parents and other family members some years ago, so she can relate to clients in similar circumstances. Mediumship has guided Mavis through some very difficult times, and so now she enjoys assisting others through her spiritual messages, leaving them uplifted and more able to cope with their situation in the future.

Some years ago, Mavis appeared on a TV programme about mediumship. Many who have been bereaved contact Mavis for comfort, hope and reassurance from their loved ones. She has also assisted in connection with missing persons, some of whom were very young children. Through her spiritual messages, empathy and compassion, she is able to support and guide her clients in coming to terms with their loss. She also receives messages from celebrities and others well known to some of us who have passed to the spirit world.

As part of a counselling course, Mavis undertook a project which entailed visiting a hospice for children, where she gained a very deep insight into terminally ill children, and how parents coped when faced with such difficult circumstances. The course prepared her for what was to come next when parents were contacting her to make appointments, both for guidance with terminally ill children, and contact with those in the spirit world.

Mavis is a sincere, caring, sensitive Medium who likes to leave her clients feeling uplifted and optimistic about their situation and the future.

### Testimonial:

*Mavis, I hope you read this review, I had to write this as yesterday I had a reading with you, and explained I had lost a white envelope with my name on it and it had money in it, you said you haven't lost it, it is in that cupboard, could have fallen down at the back of the drawer, well you were absolutely right! I had another look and found it in exactly in the place where you said it was. Absolutely amazing, thank you so much, I 100 percent recommend anyone to have a reading with you, you are spot on every time, thank you.*

Rose, North Wales

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## Sixth Ray of Spiritual Light



**COLOUR:** Indigo **FOCUS:** Intuition and Insights

**CHAKRA-THIRD EYE (Anja):** Representing the Element of Avyakta, which is the primordial cloud of undifferentiated light. This balance is manifested through intuition, clairvoyance, clairaudience, and clairsentience.

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

Indigo represents the sixth ray in the visible rainbow spectrum and serves as the fourth-dimensional transmuting ray for the Throat Chakra. It plays a crucial role in unlocking latent psychic abilities and facilitating a conscious connection to the spiritual realm.

Raziel, known as the archangel of secret mysteries, derives his name from 'the secret of God'. He imparts divine knowledge by offering glimpses into the enigmatic nature of God. This revelation transcends time, allowing individuals to perceive past, present, and future simultaneously in an eternal now. In ancient texts, it is said that Archangel Raziel stands on Mount Horeb daily, revealing mankind's secrets to all.

**Physical Associations** - Include the pituitary gland, skeleton, lower brain, eyes, and sinuses. This angel is known as the strongest painkiller in the rainbow spectrum. This angelic energy releases negativity from the skeletal structure and may help to kill bacteria in food, water, and air, whilst clearing pollution and improving chronic sinus complaints. Archangel Raziel's energy eases insomnia, lung conditions, headaches, high blood pressure, overactive thyroid conditions and back problems. However beneficial Indigo Ray may be for various ailments mentioned above; it should be noted that it can be addictive due to its relief from everyday problems and difficult experiences.

**Emotional and Mental Benefits** - Indigo Ray influences emotions and mental states by calming the conscious mind like a tranquiliser for emotions. This connection fosters internal communication, aiding in focusing on personal matters such as self-awareness, self-understanding, and self-knowledge. Additionally, it is utilised to address obsession and various types of emotional instability.

**Spiritual Connections** - Raziel is linked to spirituality, serving as an astral antiseptic that eliminates negative thought forms. This angel enables the reception of subtle impressions, enhances telepathic skills, intuition, clairvoyance, clairaudience, and clairsentience; moreover, this Archangel boosts spiritual knowledge. The Indigo Ray represents mystery and psychic comprehension; it is associated with artists and individuals in the acting profession.

Archangel Raziel possesses complete, absolute, unequivocal, and flawless knowledge. Upon receiving these extraordinary insights, there is no need for validation from others to confirm our understanding. Enlightenment descends upon us, allowing us to transcend the boundaries of normal reality.





# Grounding Rituals

Written by  
Reader Sarah  
PIN: 9888



Grounding or becoming grounded is a term that you may have heard quite a few times in spiritual conversations or seen in texts. This is a very ancient technique used to balance the body and mind as well as transfer energies to where they rightly belong. The word grounding is used to encompass many different techniques, none of which are really right or wrong. This is the kind of ritual that is unique to each individual. As long as the desired balancing and harmonising is accomplished then you are doing it correctly. Here I will give a few basic methods of grounding techniques, but feel free to take these and develop them for yourself, making them unique to you and your spiritual practice.

Grounding is a spiritual exercise, however it is proven to be extremely beneficial to your physical and mental health as well. It has been used for thousands of years by almost every culture, each in their own way. Essentially all you need to remember is this – whenever you work with energy in any form it is important to ground. This can be before or after or even both. Grounding means connecting your personal energy to that of the earth and rebalancing. A good reason to ground would be that you are feeling anxious or over stimulated (too much energy) or at the other end of the spectrum you may feel down or lethargic (too little energy). Grounding will give you your balance of energies back.

The easiest and most basic way to ground is to find somewhere outside where you will not be disturbed and which has easy access to the raw ground (raw ground being a lawn, forest, beach or any other connection to the earth which has no man-made object such as concrete

in the way). Let's say that you decide to do this on your garden lawn or find a secluded spot in a wooded area (with the landowner's permission of course!)

- Breathe in and out deeply, clearing your mind of all external sounds and clutter.
- Place your feet and/or hands onto the earth. For best results obviously do this with no shoes, socks or gloves on.
- Feel your connection with the earth. Sense your energies becoming one.
- Focus on rebalancing your energies. If you have too much give some back to the earth, if you have too little ask for some to be given back to you.
- Take time to really feel open, relaxed and at one with the natural cycle of the earth. Closing your eyes may help you do this.
- Whenever you are ready feel free to stop grounding and come back to yourself naturally.

Grounding is a great ritual to build into your spiritual practise. To further enhance your experience, it can be helpful to know which of the elements you hold an affinity for. Look out for a future article that develops this area further.

However, you go about your grounding rituals always make sure you are relaxing and enjoy them. Take time for yourself to connect with Mother Nature and bring yourself back to the present moment, physically and spiritually.

Enjoy and best wishes as always,  
Sarah, PIN: 9888  
[www.psychiclight.com/psychics/sarah/](http://www.psychiclight.com/psychics/sarah/)

## Navigating Tough Times With Self-Care

There's no denying that the world feels heavy at the moment. From economic pressures to political uncertainty and emotional strain, many of us are feeling the impact in all areas of our lives. During difficult times, it's natural to prioritise essential spending and focus on getting through each day – but it's equally important to remember that caring for our emotional wellbeing is just as vital.

At Psychic Light, we understand that our clients often have to be mindful about where and how they spend their money. However, we also believe that small acts of self-care, such as seeking guidance through a reading, can make a real difference when the world feels overwhelming.

### Understanding the Current Climate

Many people are making difficult financial choices right now. Rising costs, political uncertainty and the emotional strain that comes with constant change can make it feel like there's little room for anything but essentials.

We want to assure you that it's okay to be selective and intentional with how you look after yourself. It's important to find ways to cope that don't add further strain but instead let you navigate life's challenges with more clarity and hope.

### Simple Ways to Manage Stress During Difficult Times

When everything feels overwhelming, even small changes can bring a sense of calm and control. Here are a few simple self-care tips for managing stress:

- **Limit your news intake:** Constant exposure to negative news can quickly become overwhelming. Try setting boundaries around when and how often you check the news, especially avoiding it before bedtime.
- **Talk to friends and family:** Sharing your worries with trusted people can help lighten the emotional load. Remember, you don't have to carry everything alone.
- **Make time for activities you enjoy:** Whether it's a favourite hobby, a walk outside, or a relaxing evening with a book, making space for enjoyment is vital during hard times.
- **Focus on what you can control:** Energy spent worrying about the unknown can be exhausting. Instead, try to focus your attention on small, positive actions you can take each day.

### How Psychic Light Can Support You

At Psychic Light, we know that when life feels uncertain, finding clarity and reassurance can be incredibly grounding. Our readers are here to offer sensitive, compassionate readings across all topics, from love and relationships to career and life path questions.

Here's how we can guide you:

- **Sensitive Readings:** Our readers are skilled at approaching every situation with understanding and care. Whether you're facing major decisions or simply need a little encouragement, we're here for you.
- **Clarity and Motivation:** When you feel stuck or unsure of your next steps, a reading can let you see your situation more clearly and move forward with renewed confidence.
- **Flexible Access and Pricing:** We offer a variety of services to suit different needs and budgets. From brief text readings and live chat options to longer phone readings, there's a way to connect that suits you.
- **Great Value Offers:** Our Pre-Pay packages offer excellent value, and right now you can enjoy an additional 10% off, making it even easier to access the support you need without worry.

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### Take a Step Towards Clarity Today

While we can't always control the external world, we can control how we respond. By focusing on what brings us hope, staying connected to others, and caring for ourselves, we can navigate even the toughest of times with resilience and grace.

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# Astrology

With our  
expert:

*Chrystalyte*

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



Aries

A month of two halves has Mars in Leo in the first fortnight calling for leadership initiatives, putting you firmly in the spotlight. Your attention and physical energy could feel all-consumed, but Mercury prompts a conversation in the first week, where you sort out better options with a work, neighbourhood or family issue – and answers are found collectively. Matters head to a mid-month climax with a jolt from Uranus favouring unconventional strategies. Mars entering Virgo (17th Jun) forces sorting wheat from chaff so that crucial details are covered.



Taurus

It's up to you to work out the best support system this month, in tune with what the Universe can provide; just remember that, whilst you don't have to tackle difficult issues alone, only some people will be in a position to help. Venus's move into Taurus on June 6th helps you get more grounded so you can move ahead with key plans. A Pluto connection around the 8th signals an important turning point, where you can shore up resources for the future, letting anything redundant or less vital drift.



Gemini

Mercury continues apace, navigating a path through Gemini & Cancer and then bold Leo from the 26th, again providing plenty of variety with life focuses and new interests. First week developments peak your curiosity; it won't be long before you're able to aim higher and take matters further, as Jupiter gives a prompt through a blessing or golden opportunity around the 8th. After that it's time to go softly with Mercury in sensitive Cancer, encouraging you to take someone under your wing, or get gentle support for yourself – maybe both.



Libra

The first week of June has a distinctly positive vibe, especially in the realms of networking, making new friends and contacts – thanks to Venus and Jupiter linking well. Once Venus enters Taurus on the 8th, it's time to get your ducks in a row and be clear on what you wish to set up and achieve for the future. Pluto soon at odds with Venus suggests there could be a wake up call around any negative forces, and a need to bring matters to a head for greater peace overall.



Scorpio

Some kind of disclosure or showdown looks likely when Pluto squares Venus around June 8th, which may call into question how you've felt about a person or collective situation. It could simply be a signal to work on changing a pattern that has become like a bad habit. When Pluto opposes Mercury towards month's end, it might then be possible to bring a confrontational issue more fully into the open arena. Part of your winning strategy lies in letting others do the talking, quite possibly making messages clearer through silence.



Sagittarius

Significant change is afoot, with Jupiter soon sailing into the water sign of Cancer. The focus shifts from magnified ideas to expanded feelings, from grand but fleeting visions to a sense of being connected to something greater at the core. In various ways you can reach more people and communicate a bigger message, whether personally, at work, or in the community. During June's third week there may be a challenge to get real and lay down new boundaries within your closeknit circle. Firm efforts should help clear the path ahead.



Cancer

So many planets are collecting in Cancer this month – Mercury, Jupiter and the Sun – it's like a family gathering occurring with visitors both local and from across the globe! Jupiter in your own sign from the 9th naturally adds extra benefits and blessings. It could feel like you have the Midas touch all of a sudden! A challenge in mid-month, when Jupiter is at right angles to Saturn, suggests a need to apply boundaries that work for you and others. A strong faith can guide you towards what's truly manageable.



Leo

There's a decided energy exchange taking place as Mars progresses through Leo until the 17th, when entry into Virgo shifts to a tendency to worry and divert into checking details – or practically being held up by others acting in those ways. Mercury soon picks up the confident Leo baton, however, from the 26th. In opposing no-nonsense Pluto around the 29th, it seems it's time for a conversation, internally or externally, that clarifies your stance. Leave someone else to any silent treatment, though; they may need space to untangle an issue.



Virgo

Variety is the spice of life this month, with Mercury travelling through three different zodiac signs! When in Gemini, early on, positive connections with Mars and Jupiter support putting your head above the parapet and taking more risks. Don't be shy to try new things and places, or reach out and be open to different folk in your vicinity. Mercury in Cancer from the 8th goes on to link well with Venus around the 11th, offering more of a family feel, possibly giving opportunities to offer and experience ancestral blessings.



Capricorn

Saturn's path through Aries continues to sort the wheat from the chaff in many areas, ensuring that you are not simply drifting, or swimming against confusing currents. It may take effort to move from some kind of chaos to greater order, or uniformity, but should be worth every gram of your contribution. Try and be realistic about what will work for others around the 9th. When Mercury, Saturn and Neptune are awkwardly aligned. A solar pattern around the 22nd signals connecting with those people willing to really work at something.



Aquarius

Uranus at the tail end of Taurus signals tying up loose ends, and a final try at something you've been meaning to get around to. If any signs can break through brick walls, it's the fixed ones – Taurus, Leo, Aquarius and Scorpio! So be ready to embrace all your strength and determination to make that important impact. Mars at odds with Uranus midmonth points to unusual approaches to get around a block. If doubt stands in the way, maybe consider tossing a coin to see which route is most favourable!



Pisces

Neptune's foothold in Aries is making waves, which means you may come up against resistance from others as you try to forge your way ahead with certain plans or gestures. The Pisces way is often to retract and go find a nice, quiet spot in which to chill! That might not be the worst strategy, by any means. But a particular situation may merit that you stand your ground and make your point more clearly. Sticking around to untangle a knot could attract valuable rewards, winning you solid, future allies.





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