

FREE SPIRIT

August 2025

CLA

FEATURES

Healing from a Past Trauma,
Lammas Magic, August Crystals

PLUS

August Horoscopes
& Reader Profiles



Keep a look out!
Check our website for
Summer Madness
details!

Lindsay Lohan

Watch out! Those Fridays
are getting Freakier!

discover your future, release your past



I can hardly believe it's already August. Do you have any exciting plans for the month? Maybe the kids are off on school holidays, or you're gearing up for some day trips or a summer getaway?

Even though it's the height of summer, we're still hard at work behind the scenes! We've got some exciting service updates in the pipeline and possibly a little **Summer Madness** on the way with some **special offers**.

If you'd like to be the first to hear about horoscopes, promotions, new readers, service updates, and reminders for our monthly competition, consider subscribing to our newsletter. We usually send one out on the 1st of the month and a second around mid-month. Occasionally, we'll send a third if something extra special is happening! Subscribe at

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And don't forget—you can also stay up to date by connecting with us on social media:

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Wishing you a wonderful August!

Charlotte

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INSIDE FREE SPIRIT Magazine August 2025



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Choose a reader to begin your journey

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PIN: 2727

Bryony

Bryony is an incredibly insightful reader specialising in emotional journeys involving relationships and significant life decisions.

Bryony is also well-placed to offer spiritual counsel in the area of business, having been a corporate trouble-shooter for many years.



PIN: 1180

Ellie

Ellie is a clairaudient, clairsentient and spiritual medium from a Turkish gypsy background. She can tune into the soul of a person and see the questions that need answering without that person having to say a word.



PIN: 5155

Jasmine

Jasmine is a clairsentient, clairvoyant medium; she has worked with her guides for 35+ years. She is a natural healer and has a unique affinity with animals. Jasmine can transfigure Spirit and loves the crystal ball, healing runes and numerology.



PIN: 4499

Josephine

Josephine leads people on a journey toward spiritual awakening, combining clairvoyance, clairaudience, clairsentience, and remote viewing. With a deep bond to the angelic realm, she offers valuable advice, healing, and empowerment.



PIN: 1881

Mariah

Mariah is a medium, clairvoyant and healer; her style is honest and compassionate. Through Spirit, she will support, empower and illuminate, just as her guides have done for her. Mariah specialises in bringing clarity to situations which may be causing you pain and stress.



PIN: 5055

Mary

Mary is naturally sensitive and an intuitive psychic, medium and clairvoyant; who offers straight-to-the-point readings. Energy readings are one of her specialities; she can pick up on emotional, physical and psychological blocks without hesitation.

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



HOPE

returns

PIN: 3203

Hope is a deeply gifted psychic medium, born into a family of spiritualists and healers. Her natural abilities were inherited from her father, a medium and spiritualist, and have been honed over a lifetime of practice and devotion. With decades of experience, Hope offers readings that are deeply healing and empowering.

Love & Relationship Readings

She specialises in love and relationship readings, and is also highly skilled in tarot, mediumship, palmistry, psychometry, crystal ball, and the I Ching. A powerful clairvoyant and healer, Hope is supported by a team of spiritual guides, including St. Germain, who assists with palmistry and the Akashic records—and Harry Edwards, who assists her to heal others and connect to loved ones on the other side.

Hope has been reading tarot since the age of 16, using a traditional Golden Dawn deck. She also offers insight through dream interpretation, meditation techniques, and spiritual coaching. Her deep love of divination is matched by her dedication to self-development through wisdom traditions such as the teachings of Confucius and the I Ching, which she sees as timeless tools for growth and clarity.

Track Record

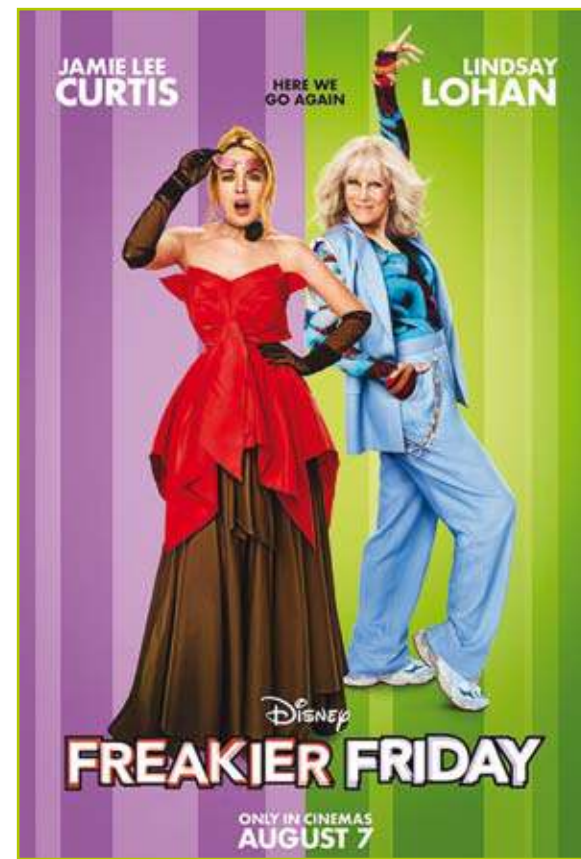
Her incredible track record includes appearances on IBC Radio, MTV, and The Osbournes. Hope has appeared on the Real Housewives of Cheshire reading for all the cast and was also featured in Caroline Flack's book Storm in a Cup, a testament to her powerful and unforgettable presence.

Clients are drawn to Hope's readings for her practical, down-to-earth spiritual guidance. She believes Spirit offers messages that let us heal, move forward, and thrive—in this life and the next.

Why Choose Hope?

- Inherited psychic abilities from a renowned spiritual family.
- Guided by named spirit guides for deep and intuitive insights.
- Over 30 years of professional experience.
- Featured on national media and in published works.
- Compassionate, practical, and spiritually empowering guidance.
- Specialist in love, life path, and brings clarity, comfort, and transformation.

Why not give Hope a call today, your path forward is just one message away!



FRIDAYS are getting FREAKIER!

Do you remember watching 'Freaky Friday' at the cinema back in 2003? If you need a refresher or have never seen it, Lindsay Lohan played 16-year-old Anna and Jamie Lee Curtis was her mum (Tess). In the film, they accidentally switched bodies after a mystical experience involving some fortune cookies.

Sequel and Cast

Now, two decades later, Disney is back with a sequel – 'Freakier Friday'. Unusually for a sequel, the original actors are making a comeback. Of course, Anna and Tess are older and wiser now but still seem susceptible to some stray magic! Julia Butters



joins the film as Harper, Anna's daughter. Manny Jacinto portrays Eric, Anna's fiancé. Sophia Hammons plays Lily, Eric's daughter. Chloe Fineman appears as a quirky dance instructor and Vanessa Bayer takes on the role of a fortune teller.

The Story

The narrative revisits the Coleman family many years after the original events. In the timeline of "Freakier Friday," Anna is now a mother to teenager Harper and engaged to British restaurateur Eric Davies. Eric also has a teenage daughter named Lily, whom Harper refers to as "a little demon thing with an obnoxious accent." Despite their upcoming wedding, a chance encounter with a fortune teller at Anna's bachelorette party leads to another body swap. This time, Anna switches bodies with her daughter while Tess swaps bodies with her future granddaughter-in-law.

Harper and Lily, now in Anna and Tess's bodies, decide to utilise their newfound adult abilities to separate their parents permanently. Their plan involves reuniting Anna (or rather her body) with her "first love," Jake. Amidst the chaos, Lily (in Tess's body) questions if she is part of some mysterious family curse and why she happens to be the eldest.

As they navigate this unusual situation, Harper and Lily aim to disrupt their parents' relationship for good by leveraging their swapped identities. The trailer hints at Lily's confusion as she contemplates being involved in a questionable family tradition while assuming an unexpected role within the family dynamic.

Little known fact

The franchise of "Freaky Friday" goes beyond these two movies. Originating from Mary Rodgers' children's novel with the same title, this story has been adapted four times previously, each time by the Walt Disney Company.

Release Date & Trailer

Freakier Friday will be released in cinemas globally on the 7th of August 2025.

You can watch the trailer here: www.disney.co.uk/movies/freakier-friday

Images courtesy of: Disney



Using Psychic Readings to Heal from Past Trauma

Trauma can leave an emotional imprint that lingers long after an event has passed. Whether it's rooted in loss, heartbreak, childhood experiences or major life upheavals, the effects can ripple through every part of life, shaping how we feel, think, and move forward. If you're looking for emotional clarity, a psychic reading can offer a profoundly personal insight.

At Psychic Light, we often speak to individuals who are burdened by the past. Many seek our guidance when they are ready to reflect, release, or make sense of a painful chapter. A reading won't erase the past, but it can provide a sense of understanding, connection, and emotional space to begin healing in your own way.

Reconnecting with Your Own Inner Wisdom

One of the most powerful things a psychic reading can offer is the chance to hear your own thoughts more clearly. When you've been through something traumatic, it's easy to disconnect — to push things down, second-guess yourself, or feel stuck in repeating patterns.

A conversation with a psychic can shine a light on these areas and gently guide you back to your instincts. Whether you choose a reading focused on energy, tarot, or spiritual connection, it's an opportunity to reflect without judgment and to feel more in tune with what you need right now.

Exploring the Emotional Landscape of the Past

Often trauma is tied to unresolved emotion — things left unsaid, memories we avoid, or wounds that never quite closed. A psychic reading can offer space to explore those feelings from a different angle. Many readers are experienced in working with emotional energy and may bring insight into patterns that keep resurfacing or relationships that still carry weight.

Some clients feel a sense of release during their reading. Others leave with a new perspective on an old experience. Whatever the outcome, it's about moving forward — not by forgetting the past, but by finding peace with it.

Finding Support That Fits Your Pace

Healing doesn't follow a timeline. That's why many people choose phone readings — so they can connect in a space that feels safe and familiar. You're in control of how and when you reach out.



You might be looking for a one-off reading during a difficult time, or ongoing insight as you process longer-term emotions. Either way, our readers are available 24/7 to provide a calm, focused space to explore whatever's on your mind.

Common Reasons People Turn to Readings After Trauma:

Everyone's experience of trauma is different — and so is the path to healing. Psychic readings can offer a space for gentle reflection, new perspective, and emotional clarity. Here are some of the most common reasons people choose to have a reading after a difficult time:

- **Processing the emotional impact of a breakup, loss or betrayal**

Readings can offer space to explore grief, heartache or shock after a painful emotional experience.

- **Gaining clarity on repeating relationship patterns**

A chat with a psychic can shine a light on emotional cycles, letting you understand why certain themes keep returning.



- **Letting go of guilt, anger, or regret**

Insight from a reading can let you release heavy emotions and offer perspective on past events.

- **Rebuilding self-confidence and having faith in your own path**

Trauma can shake your sense of direction — a reading can gently reconnect you with your inner strength.

- **Navigating big life changes with emotional weight**

Whether starting over or coping with upheaval, readings can bring focus and reassurance.

- **Seeking spiritual connection or comfort**

A reading may offer a deeper sense of peace or connection when you're feeling lost or overwhelmed.

When You're Ready to Talk, We're Here

If you're holding on to something that feels heavy, or you're simply ready to understand it differently, a psychic reading can be a gentle first step. You don't have to explain everything all at once — just start where you are.

Browse our team of psychics to find someone you feel drawn to. Whether you prefer a quiet live chat, a detailed email, or the comfort of a phone call, we're here to listen and connect with you in the way that feels right.

www.psychiclight.com/psychics/
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Unplugging from Technology to Recharge your Battery



Written by
Reader Vanessa



It's no secret that most of us are hooked up to some kind of electronic device for a part of each day. We are generally comfortable with this situation, most of the time.

Re-Set Moments

However, it's important to realise that our bodies and brains were never intended to be so reliant on technology. We experience a level of stress when we are subject to the constant stimulation of a life lived through engagement with social media, Teams/Zoom meetings, and expecting a response in a nano-second to a question we input. The sense of frustration we can feel if the computer has a glitch or the phone runs out of battery life may be intense and if it disrupts the day and your mood, then it is definitely time to consider a re-set moment for yourself!

Whilst there are indeed many advantages to living and learning in the age of high-tech, there are definitely corresponding advantages in making time for a little "spiritual hygiene" and pulling the plug on the screen. Taking it slowly and finding time to connect in a different way allows the body's stress responses to settle down, reducing anxiety. There's no urgency, simply a time to ALLOW and FEEL in an unhurried and tranquil mindset, acknowledging your need for peace in and around you.

Unplug in Nature

Taking time in nature and allowing yourself to unwind is perhaps the easiest way to unplug for a day, and if you are able to it's important to extend this across the overnight period as well, as the electronic detox will benefit your sleep quality. Indeed, it's always

good practice to avoid any screen time for an hour or so before bedtime, as our brains can become over-stimulated and find it hard to switch off for sleep on cue. This is especially the case with gaming or even watching the news where your mind begins to overthink and the stress responses kick in.

If you're spending time outside do walk barefoot, as long as it's safe to do so, and connect with the earth beneath. Breathe deeply and allow the sounds and scents to fill your consciousness, letting go of all that has brought you tension or difficulty. Letting your feet dangle in a swiftly running stream it's easy to imagine the water washing away your troubles and bringing in fresh energy to refresh you.

Take a Tech Holiday

On a holiday you can perhaps afford to unplug for a number of days, bringing so much more value to the time you have to relax! Organise anything that has to be done online before you go, and if it's vital to keep in touch electronically, try to limit it to just 30 minutes at a set time of day.

Do yourself a favour and build a regular "down-time" into the week where nothing electronic is allowed to intrude, and you will soon begin to notice how much more relaxed you feel.

It doesn't cost anything, and it might just be the kindest thing you do for yourself this month!

Vanessa, PIN: 3900

Vanessa



Lammas Magic: Rituals for Gratitude and Abundance

As the sun ripens the fields and the scent of summer lingers in the air, August 1st marks Lammas, or Lughnasadh, a sacred time to honour the first harvest. Rooted in ancient Celtic and pagan traditions, Lammas celebrates the fruits of the Earth and the efforts that brought them forth. It is a time of gratitude, abundance, and reflection—a spiritual checkpoint before the inward turn of autumn.

The Spiritual Meaning of Lammas

Lammas means "loaf mass," traditionally marking the time when the first grain was harvested and baked into bread. More than a celebration of crops, it is a symbolic acknowledgment of what we've been cultivating in our lives, hearts, and spirits throughout the year. Just as farmers gather their harvest, we are invited to take stock of our personal growth and the blessings we've received.

Lammas also reminds us that abundance begins with appreciation. In spiritual practice, the more we recognise and honour what we have, the more aligned we become with the energy of prosperity.

Rituals to Invite Abundance

Here are simple Lammas-inspired rituals to help you embrace gratitude and call in more of what your soul desires:

Gratitude Harvest Ceremony

Create a sacred space with symbols of the harvest: wheat, sunflowers and corn for example. Write a list of your blessings—anything you've "harvested" this year, whether big or small. As you read each aloud, offer thanks.

Fire Release Ritual

Use Lammas to let go of what no longer serves your growth. Write down limiting beliefs, fears, or habits you wish to release. You can even burn the paper in a safe container while visualising yourself stepping into greater freedom and abundance.

Bake with Intention

Baking bread is a traditional Lammas activity. As you knead the dough, speak or think affirmations such as "I am worthy of receiving," or "Abundance flows to me with ease." Share the bread with loved ones or offer a piece to nature in thanks.

Aligning with Abundance

You don't need to follow a specific tradition to honour Lammas. Simply acknowledging the turning of the seasons can deepen your spiritual awareness. It's a perfect moment to pause, realign your intentions, and recognise that you are both a cultivator and a receiver of life's blessings.

Try this affirmation: "I am grateful for what I have, and open to what is yet to come."

Lammas invites us to honour not just what we've gained, but the **effort, faith, and patience** it took to get here. In this sacred pause between summer's height and autumn's descent, we are reminded that **gratitude is the gateway to abundance**, and that each of us is always co-creating with the universe.

So, take a breath, light a candle, and give thanks—your harvest is here!



Celebrate Crystal Magic this August

Sunlit Stones for *Energy, Joy, and Manifestation*

As August continues and Leo season roars into full swing, we find ourselves in a month filled with **vitality, creativity, and spiritual fire**. It's a time for self-expression, courageous leaps, and radiant joy. But with this high energy can also come burnout, overstimulation, or emotional intensity. The good news? The right crystals can help you channel the best of August's power—while staying grounded and centred.

Syncing with the solar magic of summer, these stones will support your spiritual work throughout the month. You can stay balanced while stepping into your inner glow.

Sunstone: *Joy, Confidence, and Divine Masculine Energy*

Sunstone is the quintessential Leo-season crystal. Brimming with solar energy, it lifts the spirit, ignites passion, and helps release fear or self-doubt. If you've been holding yourself back, sunstone encourages you to take up space and shine without apology.

- **Use it for:** Confidence, leadership and inspiration.
- **How to work with it:** Place on your solar plexus during meditation or carry it with you when you need to make any important decisions.

Citrine: *Abundance, Positivity, and Manifestation*

August is an excellent time to revisit your goals and amplify your manifestation work—and Citrine is your go-to crystal for attracting success. Known as the "merchant's stone," Citrine aligns perfectly with the harvest energy of Lamas.

- **Use it for:** Prosperity, optimism and law of attraction work.
- **How to work with it:** Place it in your purse/wallet, and use it during abundance rituals or affirmations.

Carnelian: *Motivation, Action, and Creative Fire*

Carnelian pulses with the sacral energy of movement and creation. This vibrant orange stone boosts motivation and encourages action. It's especially useful if August feels sluggish or you're in a creative rut—it will help reignite your inner fire.

- **Use it for:** Energy, sensuality and creative breakthroughs.
- **How to work with it:** Keep it near your workspace or wear it as jewellery during creative or physical activities.

Peridot: *Heart Healing and Spiritual Cleansing*

Peridot, August's birthstone, carries a soft green hue and a high-frequency vibration that helps cleanse emotional baggage and opens the heart. It's an excellent companion for the reflective energy of early autumn.

- **Use it for:** Releasing negativity, heart-centred growth and renewal.
- **How to work with it:** Meditate with it, particularly during sunset, or pair it with journaling to gently release emotional heaviness.

*Let these crystals be your allies as you **create, celebrate, and receive this August!***

Elemental Affinities



Written by Reader Sarah
PIN: 9888

In a previous article, I delved into detail about grounding. If you missed it, you can read it on our sister site: www.psychicreadings.org.uk/blog/grounding-rituals I discussed how different people attune to various elements in their personal spiritual practice. In this article, we will explore elemental affinities more deeply and how each of us can connect with one or more of the four elements.

You will know that there are four elements within the spiritual world (five if you include the essence of spirit itself, but for the purpose of this article, we will be looking only at the physical base elements): Earth, Fire, Water, and Air. Each one of us can connect and grow an affinity with one of these elements. In some cases, individuals can even connect with more than one.

Some people naturally know which element they connect with on a deep level. Others, however, need to do a bit of exploring to find this out. Either way, knowing which element you naturally attune to is extremely helpful when it comes to conducting your day-to-day spiritual practice as you can use it to boost your energy.

One way to determine which element you naturally connect with is by considering your zodiac sign. Each of the 12 signs is associated with an element, often representing your natural element.

The signs and their corresponding elements are as follows:

- **Earth:** Capricorn, Virgo, Taurus
- **Water:** Pisces, Scorpio, Cancer
- **Air:** Libra, Aquarius, Gemini
- **Fire:** Aries, Leo, Sagittarius

So, for example, if you are a Virgo, it is highly likely that Earth will be your elemental affinity.



To delve a little deeper, you can consider which element you are naturally drawn towards or feel most comfortable with. Do you feel at peace when gardening or having your hands on the Earth? Does being around large bodies of water feel like home to you? If you look deep within yourself and consider how you conduct yourself on a day-to-day basis, you can probably discover your own natural affinity more easily than you thought.

Each element also possesses temperament and personality traits. Are you quick to anger or sometimes feel overly emotional? These could be clues as to the element you hold within you.

Here is a quick guide to each element's traits:

- **Earth:** Detail-oriented, down-to-earth, cultivated, grounded, practical, deeply powerful.
- **Air:** Witty, social, spacey, intellectual, good listeners.
- **Water:** Imaginative, empathetic, highly emotional, nurturing, intuitive.
- **Fire:** Brave, artistic, confident, passionate; independent; quick to become 'fiery'.

Do you feel that one of these elements describes your personality? Once you discover which element you share a connection with, your day-to-day spiritual practice can evolve around it. A good example of this connects back to the grounding article I recently wrote. Individuals with Earth affinities will find that connecting directly with the earth is best for them, while those with fire affinities will find that burning a candle or bonfire will balance them more effectively.

I hope this inspires you to discover your own affinity and work with it. Getting to know yourself on a deep spiritual level is incredibly satisfying, and I am glad to assist you on this journey.



COLOUR: Brilliant White

CHAKRA: Soul Star.

FOCUS: Advancement of the spirit, reaching enlightenment, activating the light body, and ascension.

We have introduced the Angels of Ray's and featured Archangels Uriel, Gabriel, Jophiel, Raphael, Michael, Raziel and Zadkiel. Now we move on to four further Ray angels, covering the colours White, Pink, Turquoise and Lilac.

The Soul Star Chakra, also known as the 'seat of the soul,' is positioned approximately a hand's length above your head. It is sometimes called the eighth chakra and represents the first of the non-physical or transcendental chakras located above your head. This chakra holds essential information related to your soul. When Archangel Metatron activates this transcendental chakra, crucial data is downloaded into your lower chakra system, triggering the process referred to as 'light body activation,' 'ascension into cosmic consciousness,' or enlightenment. White light stands as the supreme ray that encompasses and reflects all colours, including those beyond human perception.

By invoking Archangel Metatron and harnessing his white ray of brilliance, one can experience unparalleled spiritual growth. His radiant vortex of light is so expansive and bright that he is often perceived as a pillar of fire more dazzling than the Sun. He embodies the light witnessed by Moses at the Burning Bush before receiving the ten commandments and by St Paul on his journey to Damascus. In essence, he represents the light frequently encountered by individuals who have undergone 'near-death experiences.'

Physical Connections – Revives energy, known as a universal remedy. They stand out as the most adaptable and balancing among the angelic frequencies.

Emotional and Mental Benefits - The White Ray Angel is connected to our emotions and thoughts, helping to purify and harmonise them. It promotes inner calmness and serenity, enabling us to start anew. By clearing emotional clutter, it refines our feelings.

Spiritual Connections - Archangel Metatron's spiritual associations span across multiple dimensions, facilitating spiritual development for users. It readies the 'physical' third-dimensional chakras to align with states of awareness essential for spiritual enlightenment, and unlocks access to elevated consciousness. Provides psychic shielding. Empowers you to perceive visions clearly.

Discover the profiles of our many readers deeply connected to the Angelic realm at: www.psychiclight.com/psychics/



Ref: The Angel Bible, Hazel Raven



CELEBRATING
INTUITION,
INSIGHT, AND
INNER GUIDANCE



Did you know there's a special day each year dedicated to celebrating the world of psychics and intuitive insight?

This year, **Sunday, August 3rd, 2025**, marks **National Psychic Day**, launching a week-long celebration of psychic talent, spiritual wisdom, and the exploration of intuitive gifts. Held annually during the first week of August, this observance invites us to embrace the unseen and honour those who guide others through their spiritual abilities.

A Glimpse into the History

National Psychic Day can trace its roots back to 1965, when it was reportedly created by Broadway press agent Richard R. Falk. Designed as a publicity event to promote celebrity psychics under his management, the day may have started as a marketing stunt—but it has since evolved into a respected occasion that shines a light on the value of psychic insight in our modern lives.

Even though it began with a bit of showbiz flair, the enduring legacy of National Psychic Day reminds us to acknowledge and appreciate those who provide intuitive guidance to others.

How to Celebrate National Psychic Day in 2025

Not sure how to get involved this year? Whether you're a long-time believer or just curious about psychic experiences, there are plenty of ways to join the celebration:

1. Reconnect with Your Favourite Psychic

Why not take this opportunity to check in with a psychic you believe in? Whether you're seeking clarity on relationships, career choices, or life direction, a reading could provide the insight you need.

If you're new to psychic readings, this could be the perfect time to explore! You might just discover a reader who really resonates with you and becomes your go-to spiritual guide.

2. Develop Your Own Psychic Skills

National Psychic Day isn't just about professional psychics—it's also a chance to explore your own intuitive potential.

Many believe we all have innate psychic abilities that, with time and practice, can be developed. Whether it's learning about Tarot, practising meditation, or simply listening more closely to your inner voice, this is the perfect week to begin or deepen your journey.

Consider journaling your dreams, working with oracle cards, or experimenting with divination methods like pendulums or numerology. Our blog is full of resources to guide you on your first steps! www.psychiclight.com/psychic-news/

3. Reflect on the Role of Psychics in Today's World

Psychics are often misunderstood, but many are dedicated professionals who bring comfort, clarity, and guidance to others. National Psychic Day is a reminder that intuition is a powerful tool, and those who support & guide us deserve recognition.

Whether they're assisting you to navigate emotional crossroads, connect with loved ones in spirit, or offer reassurance in uncertain times, psychic readers can be an invaluable source of support.

www.psychiclight.com/review-a-psychic/

Celebrate with Psychic Light

At **Psychic Light**, we're proud to offer insightful, compassionate, and professional readings by experienced psychics. Whether you're seeking answers, direction, or just a little clarity, we are here. www.psychiclight.com/psychics/

This National Psychic Day, take a moment to honour your inner wisdom—or reach out to someone who can let you find it. We're here for you 24/7, ready to guide you toward your next breakthrough.

www.psychiclight.com/psychic-availability/

**Here's to intuition, insight,
and the mysterious magic
of the mind.**

**Happy National
Psychic Day 2025!**

SUMMER MADNESS IS COMING!
DON'T MISS OUT,
KEEP CHECKING OUR
WEBSITE FOR
DETAILS.

Astrology

With our
expert:

Chrystalyte

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



Aries

New contacts and unusual or untried opportunities bring a fresh perspective and energy into your life. You may need to bring a few matters down to earth and have your feet on the ground after a while, though, as not all of the new focuses can be easily contained. You will be in a strong position to turn a corner towards mid month and gain extra wisdom from past experiences, which helps in handling any upcoming challenges. Remember that baby steps will be fine, too, wherever you may feel less certain.



Taurus

Keeping a balance between fulfilling your own goals and needs, and keeping others happy and onside may seem extra challenging early this month. But if you're willing to work through conflicts as creatively and kindly as possible, satisfying rewards should follow. An easier, luckier streak opens towards mid-month with Venus and Jupiter great allies, when you could take advantage of a number of options to bring more love, joy and beauty into your life! Money flow could well ease, opening the door to enjoying more of the good things.



Gemini

A change of pace is coming, with ideas flowing more easily, and better chances to connect well with others. It may suddenly become a lot simpler to get things moving with plans and appointments once Mercury returns to forward motion near mid-month. Links with Mars across the 15th-18th show the engines really warming up again, with room for plenty of progress! Creative projects and practical endeavours have all the hallmarks of success. A misunderstanding can also be cleared up soon, after healthy, fair-minded discussions. Remember, it takes two to tango.



Libra

The Libra desire for balance is super pushed, as Venus has awkward links from Saturn and Neptune – planets almost opposite in nature, one pinning down and creating boundaries, the other inclined to free-flowing. Your task involves being rather like a firm but caring parent, issuing tough love to children with different needs! Though if you occasionally need to treat someone with kid gloves to keep the peace, so be it. An alignment of Venus and Jupiter shines golden rays of kindness and light on so many opportunities around the 12th.



Scorpio

Reminders of a difficult situation from a while back may at first seem unwelcome, until you realise there's some gold to be had in understanding any valuable lessons offered. Scorpio is ever-resourceful and your ability to dig deep and come up with the goods will help you across any current challenge. You may also start to feel the true benefits of having cut loose from a situation that had lost its sparkle – albeit through no fault of your own. There could be room for emotional outlets that help create healing.



Sagittarius

There's more scope to be creative and attend to the fun, uplifting sides of life, thanks to Jupiter linking so nicely with Venus around the 12th. Get going with some home improvements, perhaps in line with a desire to invite friends or relatives over, in the not-too-distant future. If you have been considering a home move or purchase, there could be more scope than in recent times. You potentially get a higher quote for a sale; or may find more properties available to view for rental or purchase.



Cancer

There's great news about Venus in Cancer, not least a pally link up with Jupiter opening the door to lots of favourable opportunities and goodies towards mid-month. It might however be quite challenging earlier in the month according to confrontational connections with Saturn and Neptune. It looks as though these could feel more manageable if you're prepared to give a little over an issue, even if it's as first rather annoying, or threatening to slow you down! Certain pressures may well evaporate as time goes on, allowing for more relaxation.



Leo

Whilst things may feel a little stuck or slow moving with Mercury retrograde in Leo, it's not that way for long. The planet changes direction around the 11th, opening more doors and starting to bring an easing and reconnection. In the meantime, if you can note how past incidents and memories are linked with the present, you may be able to discover more creative solutions and healing opportunities. The 9th's full Moon is bound to bring a situation into stronger perspective; aim to avoid harsh actions you might later regret.



Virgo

August is a month of two halves! While Mercury is in retrograde motion across the first ten days, it may not be easy to see an obvious way forward with plans you know will need to come together eventually. But all could seem simpler from after the 11th, once the planet is in forward motion again and making healthy links with other planets, like energy-centred Mars. It may be other people around you who have the right focus or energy levels to make an impact, so be open to connections.



Capricorn

Some people can apparently move mountains, and Capricorns may well fit the bill! Especially so with Saturn aligning with Uranus around the 12th; there is every potential for getting things moving where they have become jammed or where energy has felt stagnant. Your main challenge is to bring together the tried and tested ways with an idea that's actually quite innovative or risky. So much can be achieved through the right blend of ideas, energies and personnel! It's particularly easy to seek favours and get backing in the last week.



Aquarius

Keep pushing with plans that appeal, especially where you sense you have good support around you. Aquarius has a natural ability to combine solid experience with far-reaching vision. You can afford to take risks, knowing what has worked before and trusting it will likely do so again, albeit under different conditions. If life throws a curved ball in August's third week, aim to see it as an opportunity to review means and methodology to be able to develop something new. Things could go surprisingly well following a few small tweaks!



Pisces

Life may demand extra efforts on your part during August's first half, whilst Neptune makes challenging connections with Venus and Mars. You may also feel more motivated to get things done, turning it into a win-win scenario in most instances! Extra support could be on offer from others during the third week, so do be ready to take up offers and suggestions, or even gather up some courage to make a few of your own! Aim to smooth a situation over towards month's end, to avoid a messy boil up.



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