

FREE SPIRIT

September 2026

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FEATURES

Food Noise, Tarot Readings,
Invisible Harvest

PLUS

September Horoscopes
& Reader Profiles

Sandra Bullock

Everything you
Witched for returns....

discover your future, release your past

Editor's letter

September always feels like a month of fresh beginnings. As the summer holidays draw to a close and children, students and teachers prepare for a new school or university term, many of us find ourselves reflecting on where we're heading next. Even if the classroom is long behind us, there's something about this time of year that encourages us to embrace change, learn something new and look ahead with renewed purpose.

This month's issue celebrates that spirit of discovery. We explore the fascinating language of intuition in *Why Spirit Speaks in Symbols*, take a journey into the mysterious Akashic Records, and discover how the Autumn Equinox invites us to recognise the invisible harvest of personal growth we've gathered throughout the year. We've also included our latest reader profiles, September horoscopes, a look at the long-awaited Practical Magic 2, and an insightful feature on understanding food noise.

As our community continues to grow, we're also looking to welcome talented psychic readers to our team. If you, or someone you know, has a gift for psychic guidance and enjoys supporting others through compassionate, insightful readings, we'd love to hear from you.

www.psychiclight.com/contact-us/

Whatever this September brings, we hope this issue inspires you to trust your intuition, embrace new opportunities and step confidently into the season ahead.

Charlotte

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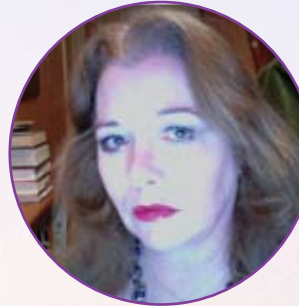
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Insightful Phone Tarot Readings at Psychic Light



Tarot readings are a powerful way to gain clarity, guidance and a deeper understanding of your life's journey. Whether you're facing challenges in love, career, family or personal growth, the Tarot can reveal hidden influences and see the bigger picture. Our readers use the wisdom of the cards to bring you insights and reassurance, so you can make confident choices for your future.

www.psychiclight.com/phone-tarot-readings/

What is a Tarot Reading?

A Tarot reading is a form of psychic guidance that uses a deck of cards to provide insight into your life's journey. Each card represents different themes, emotions and situations — from new beginnings and opportunities to challenges and transformation.

During a reading, your Tarot reader will shuffle the cards while focusing on your question or area of concern. The cards that appear, and the way they are arranged in a spread, reveal underlying influences and possible outcomes.

Tarot readings aren't about predicting a fixed future — instead, they empower you to make more informed decisions by understanding the energy and choices that surround you. Many people find that Tarot offers reassurance, direction and a deeper connection to their intuition.

Readings utilising Tarot can offer guidance on almost any area of life. Whether you're feeling uncertain,

curious about what's ahead, or simply seeking reassurance, the cards can bring clarity to your situation.

Many people turn to Tarot for insight into:

Love and Relationships: Understand your current connection, gain perspective on a past relationship, or explore the potential for new love.
www.psychiclight.com/your-journey/relationships/

Career, Business & Prosperity: Discover what's holding you back professionally, identify new opportunities, or gain confidence in a big career decision.
www.psychiclight.com/your-journey/business/

Family and Friendships: Strengthen important bonds, navigate conflicts, and bring balance to the relationships that mean the most.
www.psychiclight.com/your-journey/family/

Personal Growth: Uncover your real purpose, learn from past patterns, and gain guidance on how to move forward with confidence.
www.psychiclight.com/your-journey/wellbeing/

Life Path and Spirituality: Connect with your inner wisdom, explore your spiritual journey, and align more closely with your higher self.
www.psychiclight.com/your-journey/discover-your-destiny/

Whatever your question, a Tarot reading can let you see the bigger picture — revealing not just what is happening, but why it's happening, and how you can take positive steps toward change.

Unlock the Benefits of a Tarot Reading

Tarot readings offer far more than simple answers to specific questions — they provide a deeper sense of clarity, practical guidance, and personal insights that can let you navigate life's challenges with confidence.

At **Psychic Light**, each Tarot reading is tailored to your unique situation, providing insights and guidance that empower you to move forward with clarity and confidence. www.psychiclight.com/category/tarot/

By connecting with a Tarot reader, you can:

Gain Clarity and Perspective

Tarot readings let you understand the underlying influences in your life and reveal patterns you may not have noticed. This fresh perspective can make challenges easier to manage and opportunities clearer.

Receive Guidance on Important Decisions

Whether it's about love, career, family, or personal growth, Tarot readings offer practical insights, so you can make informed choices.

Understand Relationships and Emotions

Tarot can provide a deeper understanding of your relationships, assisting you in communicating better, resolving conflicts, or exploring future possibilities with a loved one.

Connect with Your Intuition

A Tarot reading encourages self-reflection and can strengthen your connection to your own inner wisdom, so you feel more aligned and confident in your decisions.

Feel Supported and Reassured

Life can be uncertain, and a Tarot reading can offer reassurance and comfort, so you feel guided and supported during difficult times.



Which Tarot Reader Should You Choose?

Every Tarot reader has their own unique style and approach, so the right choice depends on the type of guidance you're looking for. Whether you want reassurance about a relationship, clarity around your career, or insight into your spiritual journey.

Here are just a few of our gifted Tarot readers: www.psychiclight.com/psychics/

Joanna – PIN: 4567

With over 20 years' experience, Joanna combines her intuitive abilities with the wisdom of the Tarot to deliver thoughtful and insightful readings. Clients often praise her warm approach, honesty and ability to provide guidance that lets them move forward with confidence. Joanna is an excellent choice for relationship concerns, life decisions and gaining clarity during uncertain times.

Lucy – PIN: 7722

Lucy is a compassionate spiritual Tarot reader who uses the cards to uncover the energies surrounding your situation. Her readings are supportive, empowering and designed for you to better understand the opportunities and challenges ahead. She's particularly well suited to those seeking personal growth, emotional healing and spiritual guidance.

Sarah – PIN: 9888

Having worked with the Tarot for more than two decades, Sarah offers insightful readings that blend experience with intuition. Whether your questions relate to love, career or family matters, she aims to provide honest guidance, practical direction and reassurance when you need it most.

Toby – PIN: 2333

Toby often begins his readings with the Tarot before expanding into his wider psychic abilities, creating a detailed and well-rounded reading. If you're looking for straightforward guidance with a clear interpretation of the cards, Toby's balanced and practical approach makes him an excellent choice.

Discover What the Cards Have to Reveal

Whether you're looking for answers, reassurance or simply a fresh perspective, a Tarot reading can shine a light on the path ahead. At Psychic Light, our experienced Tarot readers are here, so you can explore your options, understand the bigger picture and make confident decisions about your future.

Why not call today or browse our Tarot readers online - www.psychiclight.com/psychic-availability/ to find the reader who feels right for you, and take the first step towards greater clarity and peace of mind.

Reader Profile



Ellie
PIN: 1180

*Clairaudient, clairsentient
and spiritual medium who
comes from a Turkish Gypsy
background.*

Meet Ellie

Gifted with psychic abilities since childhood, Ellie has spent several decades offering psychic and mediumship readings, so callers can find clarity, reassurance and a deeper understanding of their life's journey.

Living in the mountains of Cyprus, Ellie feels a strong connection to nature and the spiritual world. Before every reading, she prepares through meditation and quiet reflection, creating a calm environment where she can connect fully with Spirit and welcome guidance.

A Naturally Intuitive Psychic and Medium

Many clients comment that they can sense the spiritual energy flowing as soon as their reading begins with Ellie. She has the ability to tune into a person's soul, often identifying the questions weighing most heavily on their mind without them needing to say a word.

Ellie believes everyone has a unique life path, and her role is to reveal the opportunities, lessons and guidance that can let them move forward with greater confidence.

She can also tune into the thoughts and emotions of those connected to her clients, whether they are partners, family members, friends or colleagues. This insight often brings greater understanding to relationships and the situations that matter most.

Messages from Spirit

As a gifted medium, Ellie communicates with loved ones in Spirit, passing on messages of comfort, reassurance and love. She also connects with elders in Spirit to gain wisdom about life's purpose and the lessons each soul is here to experience.

Alongside mediumship, Ellie asks for guidance from the angels, seeking healing, protection and positive opportunities for those she reads for. Her aim is always to provide honest, compassionate guidance that leaves clients feeling uplifted and empowered.

Spiritual Guidance for the Future

Ellie also offers in-depth dream interpretation, so clients understand the deeper meanings behind their dreams. She can explore past lives, believing that understanding previous experiences can often explain present-day relationships, challenges and recurring patterns.

By reading the colours and energy within a person's aura, Ellie gains further insight into personality, spiritual strengths and future possibilities. Clients often say she gets straight to the point while explaining everything with warmth, honesty and clarity.

The
Invisible
Harvest:
Recognising
the Growth you Can't Always See

As the Autumn Equinox arrives, the natural world reminds us that harvest time is here. Fields are gathered, gardens offer their final bounty, and the changing landscape encourages us to reflect on the year so far. Traditionally, the Equinox is seen as a time of gratitude, balance and preparing for the quieter months ahead.

But not every harvest can be measured in baskets of fruit or sheaves of wheat.

Sometimes, the most meaningful growth is completely invisible.

Looking Beyond Achievements

It's easy to judge a year by tangible milestones – a new job, a house move, a relationship or a long-awaited goal finally achieved. Yet life often teaches us its greatest lessons in quieter, less obvious ways.

Perhaps you've found the strength to let go of a situation that no longer served you. Maybe you've become more confident in trusting your intuition, learned to set healthier boundaries, or discovered a resilience you never knew you possessed. These changes may not attract applause, but they represent genuine personal growth.

The Autumn Equinox offers the perfect opportunity to acknowledge these inner achievements. Rather than asking yourself, "What have I accomplished?", try asking, "How have I changed?"

Honouring Your Inner Harvest

Take a few moments to reflect on the past several months. What challenges have you overcome? What have your experiences taught you? Have your priorities shifted, or have you found a new appreciation for the people and moments that truly matter?

Like nature itself, we are constantly evolving. Some seasons are full of outward action, while others are devoted to quiet transformation. Both are equally valuable.

Even difficult periods often leave behind unexpected gifts – greater compassion, renewed hope, deeper self-awareness or the courage to begin again.

Moving Into the New Season

As daylight gradually gives way to longer evenings, consider what you would like to carry forward into autumn. Instead of focusing solely on what still needs to be done, celebrate the qualities you've already cultivated along the way.

The cards are often a wonderful tool for uncovering these hidden strengths. A psychic reading can also offer fresh perspective, helping you recognise patterns, confirm what your intuition has been quietly telling you, and reveal possibilities that may not yet be obvious.

This Autumn Equinox, take a moment to honour your invisible harvest. The wisdom you've gained, the healing you've experienced and the person you've become may be the richest rewards of all.



Practical Magic 2 The Spell Returns



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Nearly three decades after *Practical Magic* first enchanted audiences, the beloved Owens sisters are back. Blending fantasy, family bonds, romance and just the right amount of witchcraft, *Practical Magic 2* promises to recapture everything fans loved about the original while introducing a new generation to the magical world created by author Alice Hoffman.

A New Chapter for the Owens Family

Sandra Bullock returns as Sally Owens, with Nicole Kidman once again stepping into the role of her free-spirited sister, Gillian. Although the original story reached a satisfying conclusion, the sequel explores what happens when the Owens family curse refuses to stay buried.

This time, the story centres on Sally's grown-up daughters, who begin discovering that magical gifts can be as much of a burden as they are a blessing. As old secrets resurface and a powerful darkness threatens the family once again, the Owens women must work together across generations to protect those they love and finally confront the curse that has haunted their family for centuries.

Expect plenty of supernatural mystery, emotional family drama, humour and the warm sisterly chemistry that made the first film such an enduring favourite.

Familiar Faces and New Talent

Fans will be delighted to see Sandra Bullock and Nicole Kidman reunited on screen, supported once again by Stockard Channing and Dianne Wiest as the unforgettable Aunt Frances and Aunt Jet.

Joining the cast are Joey King and Maisie Williams as the next generation of Owens women, alongside Lee Pace, Xolo Maridueña and Solly McLeod. Together they bring fresh energy while respecting the heart and spirit of the original story.

When Can You Watch It?

Practical Magic 2 arrives in UK cinemas on **11 September 2026**, making it perfectly timed for the start of the autumn season, when thoughts naturally turn to cosy evenings, candles and a touch of movie magic.

Watch the Official Trailer

The first full trailer gives fans an enticing glimpse of what's to come, from atmospheric woodland settings and moonlit rituals to the return of the famous Owens family home. Without revealing too much, it hints at a darker adventure while keeping the charm, wit and emotional warmth that made the original film a cult classic.

The official trailer can be viewed on Warner Bros. website: www.warnerbros.co.uk/movies/practical-magic-2

Why Practical Magic Became a Cult Classic

Although *Practical Magic* wasn't a huge box office hit when it premiered in 1998, it gradually won over audiences through television and home viewing. Much of its lasting appeal comes from the effortless chemistry between Sandra Bullock and Nicole Kidman as sisters Sally and Gillian Owens. Blending family, romance, humour and a touch of magic, the film has become an autumn favourite, loved for its warmth, memorable characters and enchanting atmosphere.

For fans of the original, *Practical Magic 2* looks set to be far more than a nostalgic reunion. It celebrates friendship, family, resilience and the belief that even after many years, a little magic can still change everything.



The Symbolic Language of Spirit

When you speak to a psychic, or have a reading, you will notice that the clairvoyant rarely speaks in defined announcements – “Next Wednesday at 3pm, such and such will happen”. Instead, they are more likely to describe certain things they see, it could be a bridge, a robin, a grandfather clock, a person standing on a beach. If you are new to readings, the heavy use of symbolism, rather than absolutes can feel puzzling.

A Language of Intuition

Put simply, intuitive guidance is typically received as a series of impressions, images, emotions, feelings and symbolism, as opposed to complete sentences. The psychic is not always receiving a set of instructions, or information to deliver verbatim, instead they receive information to interpret.

Beyond Words

When you peruse our reader profiles, you will notice that many of them list their different ‘clair’ senses. This tells you the different ways that they tend to receive messages. Some will receive visual images, others will hear names and messages, for many they will experience a physical sensation, or see an image in their minds eye. For others, they simply know something, without really understanding how they know it. Readers will often have many of the ‘clair’ abilities and will blend these during a reading for a client. They will present to you, symbolic pieces of a puzzle.

If you are interested in the different psychic abilities, and ‘clair’ senses, then you can find more information on our blog:

www.psychiclight.com/a-guide-to-different-psychic-abilities/

www.psychiclight.com/when-is-a-clairvoyant-reading-the-best-choice-for-you/

www.psychiclight.com/how-to-choose-between-a-clairvoyance-clairsentience-or-clairaudience-reading/

Symbols Matter

Symbols are of course open to interpretation, but at the same time they can often communicate far more than just words. If you imagine the scenario, that a psychic is shown a key. It could mean so many different things, from the beginning of a new chapter, the solution to a problem, a new opportunity, getting somewhere new to live and so on. The meaning will become clearer, as the psychic intuitively feels the rest of the reading.

Very often the symbols in a reading will hold significance to the caller, a particular song, a flower, a feather, a type of bird, an animal, a pet name, could carry deep meaning. At first blush it may not make sense to the psychic, but its meaning will become clearer as the reading unfolds, and can provide deep meaning and comfort to the enquirer. Sometimes, a reader will ask the caller clarifying questions, not to fish for information, but to understand the symbolic impressions as they unfold.

The Big Picture

A good reading, will illuminate patterns of behaviour, opportunities for the future that may go unnoticed and clarify possibilities for your life path. It is not about predicting and prescribing in detail every part of your future. You may go into a reading feeling like you need answers and certainty, but often the greatest value in a reading is found in encouraging reflection, opening your eyes and mind to notice connections and opportunities and to approach challenges with a fresh perspective.

Sometimes a message and symbol will make sense immediately, and at other times it will click days or weeks after a reading, as something in life brings the moment into focus. The clarity we so often seek, comes from Spirits symbols when they gently encourage us to actively participate in our lives, rather than them telling us exactly what to do. Sometimes, it is okay to slow down and discover one insight at a time.



A few years back, I don't think any of us really used the phrase 'food noise', but now it is used colloquially, to describe the internal chatter that some peoples experience around food, hunger and eating. Of course, this term has largely come about as a result of GLP-1 injections and now tablets, as users have found that the mechanisms of these medications massively dial's back not just physical hunger but also the intrusive thoughts.

So, what is food noise – and does everybody experience it?

Some people have defined food noise as: "Persistent thoughts about food that are perceived by the individual as being unwanted and/or dysphoric and may cause harm to the individual, including social, mental, or physical problems."

But it is very open to interpretation, what one person might consider food noise, another may think it is part and parcel of enjoying food. For example, someone who describes themselves as a 'foodie', may enjoy the process of thinking about lunch during breakfast and planning what's for dinner after having lunch. Looking forward to a meal out and perusing the menu in anticipation. But on the flip-side, another person may find it distressing that no sooner have they finished one meal, they are already thinking about what they can eat next, and social events with food may bring concern over what will be available and what choices they should make.

Food noise may be welcomed or feared, depending on whether the person perceives they are a healthy weight and are happy with their appearance. Someone that is

trying to lose weight, and spends a lot of time dieting, may experience food noise in a more negative way than someone who feels happy in their body and likes thinking about food.

Food Noise Versus Hunger

When is food noise, actually hunger and vice versa? Physical hunger is usually gradual; our brain and stomach are intrinsically connected and will start to send us messages that we are hungry. As time goes on, these symptoms may build – we may get tummy rumbling, we may struggle to concentrate and perhaps our energy dips, we may even start to feel sleepy. Once we eat a balanced meal, these symptoms drop away.

Food noise on the other hand, is more led by our mind, and is not really physical in symptoms. We may feel an intense craving for a particular food or just food in general, that isn't necessarily linked to being hungry. Shortly after a meal, we may feel a desire to snack. You might feel a pull towards sugary foods, particularly if you are tired, stressed or over-stimulated. You might spend some time staring in the fridge/pantry – with no particular need or plan in mind. From one meal to the next you might be constantly thinking about food. You might be worried about whether you should or shouldn't eat something or not, worrying about calories or macros of a meal. You might eat and then worry after the fact about what or how much you consumed and so on.

What part does willpower play?

Anybody that has tried to maintain a calorie deficit for a period of time, will be well versed on the old chestnut – willpower.

When the latest diet fails, a person will often believe that it was because they couldn't summon enough willpower. But, the impact of GLP-1's has shown that when losing weight, there is much more at play than just willpower and that something happens in our bodies that creates food noise.

- Often, people do not realise the significant role that quality of sleep plays in weight loss and maintenance. If your sleep quality or duration is poor, then hormones in the body that impact hunger signals and satiety (Ghrelin & Leptin), drive you to seek out more food and often these are energy-dense foods.
- Those experiencing chronic stress, are also more likely to crave highly palatable, calorie dense foods, as stress can alter the brain's reward system. It is thought that the stress hormone – cortisol appears to re-wire the brains messages, so that certain foods feel more rewarding and therefore you gravitate towards them when stressed.
- More recently we are seeing how ultra-processed foods are influencing our hunger levels. Evidence suggests that consuming more of these foods as part of our every-day diets, drives up our hunger and means we eat more, possibly as much as 500 calories extra per day. Most of these extra calories have been coming from carbohydrates and fat. This is perhaps not that surprising as these foods are cheap, widely available and are marketing heavily. But, over time they do seem to amplify thoughts around food and drive cravings.



Are there natural ways to curb food noise?

GLP-1 medications do seem to very successfully dampen food noise, but not everyone needs to lose weight, these pharmaceuticals won't be available to everyone, and many will not want to take them for many different reasons. So, are there any strategies that we can adopt that can dampen the chatter naturally?

- Eating in a mindful manner, i.e. engaging with the food, from going shopping, to meal planning, to cooking, to eating – being fully present can have a very positive effect.
- Taking proper time to sit down and eat, with company, if possible, free from distractions like television and phone, taking small bites, eating slowly and chewing well can all help.



- Really paying attention to a meal when eating, such as how the food looks on the plate, the texture, the smell, the taste and how satiating it is.
- Try to plan out and eat balanced meals, making sure you are eating adequate protein, carbohydrates, healthy fats, and of course fibre. Keeping blood sugars balanced, plays a strong part in staving off hunger in between meals.
- Meal planning; some people benefit from making a plan, right from the time they make a shopping list. It can reduce decision fatigue, especially on busy evenings when you are tired or short on time.
- If cravings are a problem for you, or if certain times of the day trigger a higher likelihood that food noise will be strong, it is worth analysing and trying to put a plan in place. It might be a 4pm slump, dealing with dinner or post-dinner snacking after a stressful day, navigating food after you've had a glass of wine, or worrying about a social event. Having a plan in advance to help you navigate things can reduce the stress and internal chatter.

Are there any natural remedies that can replicate what GLP-1's does?

Social Media is awash with supplements and remedies that they say will mimic a GLP-1 in the body. Such as drinking vinegar, taking Berberine supplements, increasing fibre like psyllium husk, taking probiotics etc. There may be some truth in all of these things, but the impact is likely marginal. Many of the trends will not hurt you, but before taking anything new, you should discuss with your GP or pharmacist, especially if you are taking prescription or other holistic medications.

But, in reality you will probably have more success in reducing food noise by doing the following:

- Build your meals around protein, healthy fats & fibre.
- Incorporate some pre-biotic/pro-biotic & fermented foods.
- Use exercise to support muscle mass as you age.
- Reduce ultra processed foods wherever possible.
- Prioritise sleep and relaxation.
- Look at your eating environment.
- Create plans and routine around shopping, food prep & eating.

THE AKASHIC RECORDS

Have you heard of the Akashic Records?

It is a concept that has fascinated spiritual seekers for generations. Imagine, a literal library for the soul – that contains every thought, choice, lesson and possibility connected to your soul journey.

Exploring the Library of the Soul

Some may view the Akashic Records as a spiritual archive, a symbolic source of wisdom for our deep consciousness. A metaphor if you like that inspires us to retain curiosity around our lives and the freedom to explore life's big questions!

'Akasha' is the ancient Sanskrit word, meaning 'ether' or 'spirit'; it refers to an unseen field, that may hold the energetic imprint of everything that ever existed for every one of us.

The Akashic Records are not a physical place, like a library filled with books, but an energetic realm containing the experiences of every soul. Some, might describe it as a universal store of spiritual traditions and knowledge.

Psychics and intuitives may access this wisdom during meditation, healing work and psychic readings, that allow them to receive insights into a person's relationships, life lessons and any recurring patterns through their journey that are holding them back.

Not a Fixed Map of the Future

Most psychics would view the Akashic Records as a way to reveal possibilities for an enquirer's future, not to predict certainties about future events.

Readers are always mindful of clients free will, their insights are designed to allow people to make sense of conscious choices as they move forward. So, the Akashic Records can offer insights, when certain questions are asked that can then assist the client as they choose which path to follow. For example:

Why do certain challenges keep repeating?

What lessons am I here to learn?

Why do I feel an instant connection with someone I've only just met?

Which direction feels most aligned with my life path?

Wisdom in the Hear & Now



You don't have to be fixed on the concept of the Akashic Records, or a literal spiritual dimension for them to encourage a powerful way of thinking. The idea that every experience we have can contribute to our personal growth, can be enough to move the needle on enduring problems.

The takeaway is that difficult

chapters we go through, provide valuable future lessons; meaningful relationships shape our characters and setbacks allow us to find strength we didn't know we had.

The Next Chapter

For many a Cosmic Library is comforting, people find reassurance in the sometimes strange, random or disconnected events we go through, having a greater meaning and that small chapters in our day-to-day lives add up to a much larger story.

Perhaps the Akashic Records invite us to pause, consider the wisdom we have already gathered, and offer us a chance to add a new chapter at any point – that might just turn out to be the most remarkable story of our soul yet!

Reader Profile

Karen

PIN: 5791



If you're looking for comfort, clarity and a connection with loved ones in Spirit, Karen is ready to guide you.

Meet Karen

Karen is a medium and clairvoyant. She finds the work very rewarding and has noticed how it has changed over the years, as more and more people seek guidance in this way. Karen brings comfort to many. She knows life can be a challenge, but also believes it is a great adventure too.

"It's lovely to know that your loved ones come close if life throws up problems which seem huge when they occur, and then different as you see the bigger picture emerge later on."

Mediumship with Compassion and Insight

Life as a medium is unusual and very rewarding for Karen. Some people go through daily battles, and it's good to have insight into when a particular problem may be resolved. Losing a loved one, whether it be a father, mother, sibling or child, is one of life's greatest pains. However, if a message can be passed on, the joy it brings to the recipient is priceless.

Karen doesn't feel it is gloomy or spooky to connect with loved ones in Spirit. Instead, she explains:

"They love to continue the relationship and let their family know they are fine and are able to see more clearly what is going on in life, be it a new career, a house move or a new relationship."

Karen is also encouraged that more men are now seeking guidance from the other side and no longer feel shy about doing so.

Finding Clarity Through Life's Challenges

How many people sit pondering a problem and simply need a little support to see it from another perspective? Often, taking a different view can make a situation seem far less overwhelming. Sadly, life does not always run smoothly. Things get thrown at us, and we wonder why they had to happen that way. There is often a reason, but at the time it can feel like the end of the world, and worry takes over.

After a consultation with Karen, many people feel uplifted, reassured and happier. This is the joy Karen experiences as a reader, knowing she has given each client something really special and unique.

One client describes their experience with Karen perfectly:

"Have spoken with Karen before over the years and always come back to her as she is an excellent medium. She gives good evidence and guidance and is insightful with the details she passes on so you're in no doubt of the connection to your passed loved ones in Spirit. She is very grounded and easy to talk to so I highly recommend her for a reading. She left me feeling more hopeful going forward. A big Thank You x."

Karon, Devon

Astrology



September starts a little tense with Saturn at odds with Mars/Uranus the same with the Sun /Mercury; yet tensions highlight potential for generating improvements. It's better to acknowledge pains or problems than simply ignore them, so you can start seeking out solutions. Besides, Mars will move on into Leo around September 28th, confirming that you get past immediate obstacles and find other fish to fry! While the viability of some plans remains unclear with Neptune in retrograde motion in Aries, Saturn helps to outline specific no-go areas.



Venus will be in Scorpio from September 10th, which moves you to a deeper place, to be able to get to the roots of a problem. The need for a greater truth provides fuel for courage to open doors previously held closed. Around the same time, Uranus will turn retrograde, signalling a need to process anything unexpected or shocking. What should become clear is that there are various choices open; you are not completely stuck with anything unfulfilling or unacceptable. You have support from those who understand and care, also.



Uranus will turn retrograde in Gemini around September 10th, marking a time for re-examining choices, understanding the repercussions of certain past options and actions in greater detail. You cannot change the past, but you can settle upon new strategies for the future. Mercury is in Virgo meanwhile, prompting various efforts of cleaning up and clearing out. Few Gemini's tend to stay still for long! From the 11th the focus is on Mercury in Libra, adding a lighter touch and putting you more in touch with social and travel opportunities again.



Mars remains in Cancer for most of September, providing the fuel to get behind a number of key projects. Those with a domestic or family edge may take precedence, but the overall focus is on nurturing activities and developments. The Moon in Cancer from 5-7th September helps to generally turn tides in your favour. But life and humans are inherently imperfect, so try not to take umbrage over any minor confusion or misunderstandings. The new Moon on the 11th homes in on where attention to detail will be most beneficial.



If energy feels at a slightly low ebb, it's likely you just need a reasonable chance to refuel and recharge, so aim to not overdo it if you can help it. Once Mars moves into Leo on the 28th you're due a super boost, and will have the energy and resilience to tackle a range of issues. Saturn and Neptune in Aries meanwhile suggest what look at first like restrictions or strange mistakes might turn out to work in your favour. The new Moon on the 11th emphasises financial benefits.



The Sun and Mercury both now in Virgo add verve and eloquence throughout the month. The New Moon on the 11th is also in Virgo, so there's a strong emphasis on getting your life more shipshape. Whilst others may be taking vacations, you're inclined to use spare time to catch up on chores! But only because it makes sense and offers a deep sense of satisfaction. Besides, trips away can emphasise how it is to cope with less, at least on the move, offering a clearer perspective on what matters.

With our expert:

Chrystalyte

Welcome to Free Spirit's in-depth horoscopes for September 2026



Venus remains in Libra for the first week of September, keeping on with boosting your attraction factor and your social world! That said, you might still need to make a little effort to extend out if you want to get to know someone better, or meet someone new. The Sun in Libra from the 23rd marks the Autumn Equinox, shifting the seasons along and offering an extra boost to your energy levels. This could be just what's needed with Venus in Scorpio from the 10th turning the focus more inwards.



Retrograde Pluto is positively dragging its feet, but could be urging you to go deeper to get more answers. Even for a Scorpio, this could seem challenging, you are famous for the 'no stone unturned' approach and a grim determination to get results! Besides, good support could come your way through Mars's path in Cancer until the 28th, suggesting that emotional connections fuel greater healing/nurturing. You should have a good chance to clarify any confusion and close a deal satisfactorily across Sept 12th-16th and/or around the 26th.



Racing-natured Mars is playing a catch-up game with Jupiter in Leo and just edges in on the sign this month, emphasizing a need to make your mark. Don't expect to go large straight away; it will pay to begin quietly so that you can pick up speed and make a splash as you go, or at least further down the line. Jupiter is one of the few outer planets that's not retrograde through the month, so take advantage of any open doorways and generous invitations coming your way!



Saturn continues his slow, retrograde slog through Aries, which could basically be translated as, "Don't expect easy options". But that's probably business as usual for any typical Capricorn. What might be a bit different is realising that it's possible to revise guidelines or boundaries and end up with a situation that somehow works better. Mars at odds with Saturn suggests you continue to fight your corner, but strategically. Aim to sidestep a direct showdown around the 18th; gentle persistence should eventually pay off even if progress feels slow.



You may well feel a distinct sea change around the 11th, when Uranus appears to do an about turn in the planetary pathway though, by then it may not come as a huge surprise. Aquarius is a sign known for spotting trends and understanding waves of change. This higher perspective stands you in good stead, as you realise that some cogs are turning a certain way for a good reason and may well be clearing the way for better things. A useful exchange around midmonth could open a beneficially opportunity.



You are now in the thick of Neptune's retrograde path through Aries – and it's not the only planet there, as Saturn is also moving through that zodiac sign. Some say that retrograde planets operate more or less in reverse to their normal tendencies. In which case we can see Neptune as pulling back the veil and revealing more of the truth. Greater clarity offers chances to see things as they really are – which might include understanding another person's history and perspective more clearly, leading to enhanced mutual tolerance and peace.

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