

FREE SPIRIT

July 2026

Scan for
Home Page



FEATURES

Pendulums, Crystal Balls
and the Art of Doing Nothing

PLUS

July Horoscopes
& Reader Profiles

Demi Moore

We explore the best Spiritual Film
Classics worth revisiting this summer

discover your future, release your past

Editor's letter

It is with great sadness that we share the news of the sudden passing of our colleague, Miles.



Many of our customers will have spoken with Miles through our Reception team. While his time with us was sadly cut short, he was a valued member of staff and his loss has been deeply felt by those who worked alongside him.

At this difficult time, our thoughts are with Miles's family, friends, and especially his sister, Shelly, who is also a very valued member of our team.

We know that many customers who regularly contacted Reception may wish to join us in remembering Miles and extending their condolences to those closest to him.

On a practical note, we would also like to advise customers that our Reception opening hours have changed permanently. Reception will now be available from 9:00am to 10:00pm daily, instead of 8:00am to 10:00pm.

Thank you for your continued support and understanding.

Sincerely,

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

Marketing - Psychic Light © Ltd. PO Box 435, Sittingbourne, Kent. ME9 0WB.

We want to reassure you that we take the processing and handling of your data very seriously. We do not and never will sell your data to a third party or allow any third party access to your data for marketing purposes.

You are receiving this magazine because you have either subscribed and consented to hear from us, or you are an existing client who has previously used one of our services and is being contacted under the lawful basis of Legitimate Interest.

We believe our updates, special offers and service news are relevant to you, but you can opt out at any time. Simply contact us by email at: unsubscribe@bureautelecoms.com.

If you choose to unsubscribe, we will remove you from our marketing lists. Otherwise, we will continue to contact you until such time as you change your preferences or we consider that a suitable amount of time has passed since you last used our services and are no longer actively interested.

www.psychiclight.com/privacy-notice/
www.psychiclight.com/terms-and-conditions/

INSIDE FREE SPIRIT Magazine July 2026



Demi Moore image: Tinseltown / Shutterstock.com

PAY BY PHONE BILL

0906 111 0901

£1.50 per minute plus your phone company's access charge.

PAY BY CARD

0800 915 2347

£32.95 for the first 20 minutes, £1.50 per minute thereafter.

Choose a reader to begin your journey

Jasmine 5115



Karen 5791



Bryony 2727



Kimberley 9339



Aelissa 4444



Lucy 7722

Pick from our many talented psychics, all with different techniques

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

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



LOVE IS In the air

How Psychic Readings Can Assist You in Understanding Your Partner Better

What a Psychic Reading Can Reveal About Your Partner

A psychic reading focused on relationships is not about predicting whether a partnership will last or uncovering secrets. It is about gaining a deeper awareness of the emotional currents at play between two people.

Readers often work with tools such as tarot cards, which can surface themes and patterns that are difficult to see when we are living inside them. A reading might bring attention to an imbalance in how emotional needs are being expressed, or highlight a recurring pattern of communication that is creating distance without either person realising it.

It might also reflect back something your partner is carrying beneath the surface, whether that is unresolved anxiety, a need for reassurance, or a fear they have not yet found the words to share with you.

This kind of insight is not about delivering a verdict on your relationship. It is about giving you something to work with. When we understand where a partner's behaviour is coming from, we are far better placed to respond with empathy rather than defensiveness.

Couples' psychic readings are particularly focused on developing this kind of mutual understanding, exploring the dynamics between two people rather than looking at either individual in isolation.

Common Topics People Bring to a Relationship Reading

People come to us with a wide range of questions about their partnerships. Some of the most common include wondering why a partner seems to be pulling away, whether both people are really aligned on the future, or whether something important is being left unsaid between them.

Most of us have been sitting across from someone we love, knowing that something is wrong, but unable to put our finger on what it is. Relationships are one of the most rewarding parts of life, but they are also one of the most difficult to navigate.

Even in the closest partnerships, there are things left unsaid, patterns we fail to notice, and dynamics that quietly shape how we treat one another.

When we are emotionally invested in a relationship, our judgment is rarely neutral. We filter what we hear through our own fears, past experiences, and assumptions. That is entirely human, but it does mean we often miss things that would be obvious to someone looking in from the outside.

A psychic reading offers an outside perspective, guided by intuition and the ability to tune in to the energy surrounding a situation rather than being caught up in the noise of it.

Why Relationships Are So Difficult to Navigate

No matter how well we know our partner, there will always be aspects of their inner world that remain out of reach. We carry emotional baggage from long before we entered our current relationship, and much of what drives our behaviour operates below the surface of our conscious awareness.

An intuitive reading creates space to step back from that noise. Rather than analysing the situation through our own emotional filter, we can explore what the energy of the relationship is actually telling us.



How to Get the Most from a Relationship Reading

Coming to a reading with a specific question in mind will always yield more useful insight than a vague open-ended request. Think about what it is you really want to understand rather than what you hope to be told.

It is also useful to approach the reading with a degree of openness. Sometimes the most valuable insights are the ones that gently challenge our existing perspective. The point is not to have your current view confirmed but to broaden it.

Others are navigating a period of distance after an argument or a difficult patch, and want to understand how to reconnect. Some simply feel that something has shifted in the relationship but cannot identify what it is.

Some questions our readers hear regularly include:

- Why does my partner shut down when we argue instead of talking things through?
- Are we actually compatible long term, or are we holding on out of habit?
- Is my partner still emotionally invested in this relationship?
- Why do we keep having the same argument no matter how many times we resolve it?
- Is there something my partner is struggling with that they are not telling me?
- Are we on the same page about the future, or are we heading in different directions?
- How do I reconnect with my partner after a period of distance?

After the reading, give yourself a little time to sit with what came up before acting on it. Some of what surfaces will resonate immediately, while other things may take a few days to settle into place. It can be worth jotting down the key themes or moments that struck you, particularly anything that felt surprising or unexpectedly insightful.

These are often the details worth returning to. A reading is not a script for how to behave with your partner but a prompt for reflection, and the most meaningful changes tend to come from quietly applying that awareness to how you show up in the relationship day to day.

Finding Clarity Together with a Relationship Reading

Understanding a partner more deeply is one of the most meaningful things we can do for a relationship. It takes honesty, a willingness to look beyond the surface, and sometimes the guidance of someone who can see what we cannot.



Reader Profile



Mavis
PIN: 1010

*Compassionate, insightful
and deeply experienced.*

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 whom return time after time.

A Lifelong Spiritual Calling

Mavis 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.

Comfort, Guidance & Reassurance

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.

Her compassionate approach and genuine understanding have made her a faithful source of comfort and guidance for many clients over the years.

She also receives messages from celebrities and others well known to some of us who have passed to the spirit world.

Supporting Families Through Difficult Times

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 approaches every reading with sincerity, empathy and sensitivity, always aiming to bring reassurance, clarity and hope.

A Caring Medium

Mavis is a sincere, caring, sensitive Medium who likes to leave her clients feeling uplifted and optimistic about their situation and the future. "I cannot thank Mavis enough for the comfort and reassurance she gave me during such a difficult time. Everything she said was so insightful and heartfelt, and I left feeling calmer, uplifted and more positive about the future." – Susan. Clients often describe Mavis as warm, genuine and incredibly comforting, with readings that bring both clarity and peace of mind.



A pendulum is perhaps one of the more recognised symbols of modern spiritual practice. It is often very elegant, and typically very personal to the psychic, who will likely have chosen the materials very carefully. Very often the pendulum is made from metal, wood or crystal suspended on a chain, the piece can often be worn as jewellery.

Answers Through Directional Swings

For those that wear and utilise a pendulum in their spiritual practise, it provides a quiet power of guidance, reassurance and connection. The pendulum has in fact been used for spiritual insights, psychic and intuitive discovery for centuries. The pendulum responds to subtle energy movements, often answering questions through directional swings.

It is easy for sceptics to assume that the pendulum movements are somehow influenced by the subconscious, but spiritual practitioners beg to differ. Instead, believing that the pendulum acts as a sort of bridge between higher consciousness, intuition and energetic awareness.

Pause – Question - Reflect

We can thank social media, for quietly reviving and introducing psychic techniques to the masses. In an increasingly fast-paced world, it is no wonder that many people find themselves searching for moments of quiet and stillness and a better way to reflect inward. The pendulum can offer just that – providing a pause, a chance to ask a question if needed, and then an opportunity to listen inwardly.

Working with a pendulum, is not like psychic readings interpreted in modern TV and movies, it is a deeply intuitive and thoughtful activity, and a much gentler way to approach the uncovering of emotional truths, finding energetic blockages and assessing different paths and direction your life could take.

Pendulum & Telephone Readings

You might be surprised to know that pendulum work can still form part of a telephone reading, in fact without the visual distraction, a caller may find themselves more emotionally and spiritually open. The calm rhythm of the pendulum will guide the conversation, providing a comforting and grounding experience. If this interests you, then try giving **Aelissa (PIN: 4444)**, **Andy (PIN: 3399)** or **Pauline (PIN: 3798)** a call.

Psychic's will very often utilise other spiritual aids, for example crystals alongside the pendulum. A particular crystal may be chosen, based on the type of reading someone needs. For example, Rose Quartz if the topic is romance, self-love, compassion or emotional healing needs to take place. Clear Quartz if clarity is needed, and a desire to amplify and tap into spiritual energy. These tools are selected to create peace, balance and reassurance.

Action on Intuition not Impulse

A pendulum reading may sit very well with you, if you yearn for simplicity, if in a world of noisy distractions and constant decisions, you just want some yes or no answers, and a chance to reflect on your intuition instead of acting on impulse.



Cinema With Soul: Four Spiritual Film Classics Worth Revisiting This Summer

With the summer cinema schedule looking surprisingly thin for spiritually minded film lovers, perhaps the universe is encouraging us to look backwards instead of forwards. While blockbuster sequels and predictable remakes continue to dominate the cinema, there are certain films that never lose their emotional magic; stories that still speak to intuition, destiny, grief, love and the unseen world decades after their release.

So, rather than force ourselves through another disappointing new release, we're revisiting four spiritual cinema classics that continue to resonate deeply with psychic readers, empaths and seekers alike.

And where better to begin than with the timeless supernatural romance that made pottery wheels unexpectedly seductive...

Ghost - Love Never Truly Leaves Us

Few films have captured the idea of eternal connection quite like Ghost. Led by a radiant Demi Moore (our cover star) at the height of her fame, the film blends romance, grief, intuition and spirit communication in a way that still feels emotionally authentic today.

At its heart, Ghost asks one of humanity's oldest spiritual questions: what happens after death? Yet instead of turning cold or frightening, the story approaches the afterlife with tenderness. Sam's inability to fully leave the physical world mirrors many real-life spiritual beliefs about unfinished emotional energy, soul attachment and the power of love beyond physical existence.

What makes the film especially compelling for psychic audiences is the character of Oda Mae Brown, played brilliantly by Whoopi Goldberg. Unlike the polished mediums we often see portrayed onscreen, Oda Mae feels human, reluctant, imperfect and initially sceptical of her own gift. That vulnerability gives the supernatural elements credibility. Many genuine intuitives describe their abilities arriving unexpectedly, often during periods of emotional upheaval rather than mystical enlightenment.

Watching the film now, decades later, there is also something comforting about its slower emotional pace. Modern films often rush through grief, but Ghost allows silence, longing and emotional presence to breathe. It reminds us that spiritual connection is rarely loud. More often, it arrives through subtle signs, dreams, feelings and moments we cannot logically explain. For many viewers, Ghost is not simply a romance - it is reassurance!

Practical Magic - The Healing Power of Feminine Intuition

Once dismissed as lightweight fantasy, Practical Magic has quietly evolved into a cult spiritual favourite. Starring Sandra Bullock and Nicole Kidman as witchy sisters raised within a magical family, the film now feels strangely ahead of its time.

Long before crystals, moon rituals and manifestation became mainstream social media trends, Practical Magic celebrated female intuition unapologetically. The Owens women trust dreams, signs and instinct over logic, and although the town fears them for it, the film ultimately suggests that suppressing spiritual gifts causes far more harm than embracing them.

What resonates today is the film's emotional honesty beneath the enchantment. Magic here acts as a metaphor for inherited emotional patterns; ancestral healing and the burdens passed through generations. Many spiritual readers will recognise the idea immediately: how often do we inherit fears, relationship patterns or emotional wounds from the family energy around us?

Visually, the film remains irresistibly comforting. Candles glow endlessly, midnight margaritas flow, herbs hang from kitchen ceilings and intuition is treated as something sacred rather than ridiculous. In an increasingly cynical world, that warmth feels almost revolutionary.



The Sixth Sense -

When Intuition Becomes Impossible to Ignore

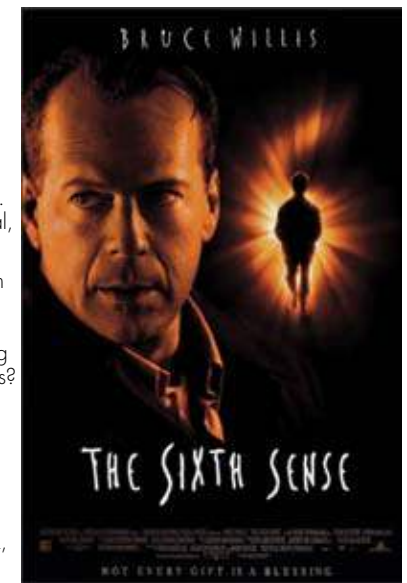
"I see dead people" may be one of cinema's most famous lines, but beneath the shocks and suspense lies a surprisingly sensitive exploration of psychic sensitivity.

Haley Joel Osment gives an extraordinary performance as Cole, a frightened child overwhelmed by spiritual experiences he cannot control. What makes the film endure is that it never mocks him. His fear feels real, but so does his gift.

Many spiritually sensitive people describe childhood as the period when intuition feels strongest. Children often report imaginary friends, unusual dreams or unexplained awareness before adulthood teaches them to dismiss such experiences. The Sixth Sense taps directly into that unsettling possibility: what if some people really are more open to unseen energies?

Bruce Willis brings calm restraint to the story, but it is the emotional atmosphere that truly lingers. Unlike many supernatural thrillers, this film understands that spirits are not always frightening. Sometimes they are simply unresolved.

Even viewers who know the famous twist still return to the film because of its emotional intelligence. It treats psychic ability not as a circus trick, but as an emotional burden requiring compassion, grounding and understanding.



Eat Pray Love -

The Spiritual Journey So Many Secretly Crave

Not every spiritual film needs ghosts or magic. Sometimes the greatest transformation comes from silence, solitude and the courage to start again.

Based on the bestselling memoir, Eat Pray Love follows Julia Roberts through heartbreak, self-discovery and spiritual awakening across Italy, India and Bali. While critics initially dismissed the film as indulgent, many viewers connected deeply with its emotional core.

The truth is that countless people quietly fantasise about escaping their lives for a while; stepping away from pressure, responsibility and emotional exhaustion in search of clarity. The film gives that fantasy emotional permission.

Spiritually, the message is simple but powerful: healing requires stillness. Modern life constantly demands productivity, yet genuine inner growth often begins when we stop forcing answers and allow ourselves space to listen inwardly.

For psychic readers especially, the film reflects an important truth. Intuition rarely shouts above chaos. It emerges in quieter moments; during travel, meditation, heartbreak or personal reinvention.

Years after its release, Eat Pray Love remains deeply comforting for anyone standing at an emotional crossroads.

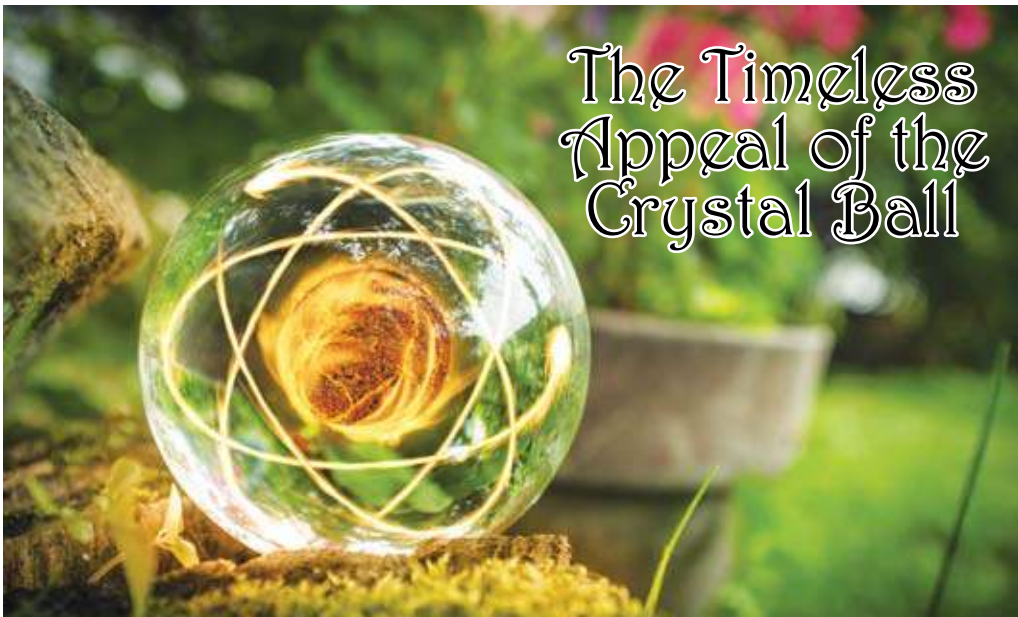


What will you watch this summer?

Perhaps this quieter cinema season is an invitation rather than a disappointment. The most spiritually meaningful films are rarely the loudest or most expensive. They are the stories that stay with us long after the credits roll; films that awaken emotion, provoke questions and remind us there may be more to life than what we can physically see.

Whether you revisit Ghost for its message of eternal love or lose yourself in the intuitive warmth of Practical Magic, these classics continue to offer something modern cinema often forgets: *Soul!*

Film images courtesy of: Ghost-Paramount Pictures / Practical Magic-Warner Bros / The Sixth Sense-Buena Vista / Eat Pray Love-Columbia Pictures



The Timeless Appeal of the Crystal Ball

Even for those that aren't particularly spiritual, there is something very captivating about a Crystal Ball. To many it represents intuition, mystery, imagination and the recognition that there is more to life than we can immediately see.

Gazing Beyond the Surface

The summer slowdown, perhaps children on school holidays, or a break away gives many of us chance to reflect on the year we have had so far, and also an opportunity to consider what lies ahead.

For many, if they are seeking clarity and direction then the crystal ball still remains one of the first choices for psychic guidance. Several of our experienced readers incorporate crystal ball work into their spiritual practice, each bringing their own unique gifts and approach.

Aelissa (PIN: 4444) draws upon a strong Celtic heritage and a family history rich in psychic ability. As a clairvoyant, clairaudient and clairsentient reader, she works with crystal balls, scrying mirrors, psychometry, cards and other traditional divination methods.

Alice (PIN: 6543) combines her connection to Spirit with a variety of tools, including Tarot, Angel cards and crystal ball readings. Her aim is to provide clear guidance and meaningful spiritual insight.

Jasmine (PIN: 5115) is known for her compassionate approach and direct answers. Alongside her work with healing runes and numerology, she has a particular love for crystal ball readings, so clients can gain clarity on relationships, family matters and career concerns.

Toby (PIN: 2333) uses a blend of Tarot cards, crystal ball work, runes, ribbons and the black mirror to tune into the heart of any situation, letting callers gain a deeper understanding of the questions that matter most.

More than just Predicting the Future

For the uninitiated, the crystal ball may seem like a magical object, something that can predict a set of future events waiting to happen. But, in fact it is a tool that is used to heighten psychic awareness and to focus intuition. It's reflective surface acts as a method to encourage concentration and relaxation, so that the psychic can see, and in turn interpret symbols, images, impressions and messages, that otherwise would go unnoticed.

How a Crystal Ball can Assist in Readings

Having a reading with a psychic that utilises a crystal ball, does not mean that every detail of the future will be predicted. Instead, it uncovers possibilities, reveals opportunities that are around you, and also makes you aware of any obstacles. So, you can reach important decisions with greater confidence.

Looking Forward this Summer

The image of a crystal ball glowing within a summer garden beautifully reflects the spirit of July. Perhaps the greatest lesson of the crystal ball this season is not about seeing exactly what will happen next. Instead, it encourages us to have faith in our intuition, remain open to guidance, and recognise that the answers we seek are often closer than we think. As we move through the second half of the year, that insight may prove more valuable than any prediction.

Many of us spend a lot of the year looking forward to summer. Longer days, light nights, warmer weather, the ability to plan BBQ's, picnics, day trips, holidays and more. All of it promising escape and relaxation, and permission to slow down.

Unfortunately, in reality, we often stay as busy as ever. We say yes to social events, attend weddings, honour family commitments, travel – and tend to all of the 'to-do' lists that lead up to those things.

There is definitely a move in society, towards needing to fill every waking moment with something, and feeling like every spare minute should be productive. This creates a situation where doing nothing, feels surprisingly uncomfortable. Even though our bodies and minds are screaming for exactly that level of peace that standing still and being quiet affords.

The Pressure to Always Be "On"

Smart Phones, Social Media, Email, TV, means we are constantly connected to data, a stream of information is always coming our way. Have you noticed how if you are in a queue, in a waiting room, in a coffee shop, on public transport, how nearly every person is looking down at a phone or device. Checking messages, notifications and busy responding.

Over time this level of being 'plugged-in', leaves us mentally drained. We just weren't designed to be at full-speed every hour of the day. Turning off for many of us, now feels lazy, but we need to re-frame that thought, as it is an essential part of maintaining our wellbeing, our balance and creativity.

Rediscovering the Joy of Stillness

Depending on your age, you can probably cast your mind back to childhood, where you just 'played' outdoors. No real purpose, and no pressure to do or achieve anything. You were present in the moment, and could easily find joy in just being.

Often, as adults we have lost the ability to just enjoy simple pleasures.

What would a peaceful moment look like to you? Sitting in your garden, enjoying a cup of tea or glass of wine. Listening to birds singing. A meandering walk through the countryside. Curled up in your favourite seat with a good book...

The Wellbeing Benefits of Slowing Down

If you need more convincing, then research suggests that periods of rest can reduce our overall stress levels, make us more focused and productive when we are working and make us more emotionally resilient. We also tend to be better at problem solving and ideas and inspiration are more likely to strike.

Perhaps even more important though, when we don't move at break-neck speed looking for what comes next, we become much more present, and focused on the here and now.

A Summer Invitation

July offers the perfect opportunity to embrace the lost art of doing nothing. This summer, why not give yourself permission to pause. And of course you will discover, what you already know, that the world will continue turning without your constant attention!

Hopefully you will find that in those rare moments when you stop doing, you begin to feel truly renewed.



The Lost Art of Doing Nothing

Living through Obligation or Freedom

Part 2
in a 3 part series

*"Try not to take anything personally. Nothing others do is because of you.
What others say and do is a projection of their own reality."*

When you are immune to the opinions and actions of others, you won't be a victim of needless suffering."

Adele feels there are two contexts from which people tend to live: obligation or freedom.

Obligation

- * Pleasing others
- * Living through "have to" or "ought to"
- * External control
- * Unclear boundaries
- * Passive energy
- * Feeling like a victim or pawn

Freedom

- * Being true to yourself
- * Living through "want to" or "choose to"
- * Internal control
- * Clear boundaries
- * Active energy
- * Becoming the source of your own experience

This is a powerful insight because everyone sees a different truth. Each person is creating meaning through their own experiences, beliefs, wounds and perceptions.

If we are not aware that the ever-changing nature of the universe is reflected in our own lives, we are certain to feel disappointed at times. Adele believes many people are being called to reclaim their personal power and to feel confident enough to say no when it is the right thing for themselves.

Some suffering stems not from conflict with others, but from unresolved inner conflict. In order to find and keep love in our lives, we must embrace duality.

Returning to the Heart

As we drop into our hearts, old foundations begin to fall away. Bringing light and dark into balance, and being real with our humanness, allows us to experience more joy, authenticity and depth.

By accepting and loving all parts of ourselves, we naturally extend more compassion and understanding towards others. Adele expresses that when we are truly in our hearts, the answer is always clear.

There are billions of reasons to love.

Everything in life can unfold into love or fear. When we unfurl back far enough, the foundation of all we seek lies in the universal right to feel love and to be loved.

What Triggers Reveal

If you are being triggered frequently by other people's actions, behaviours, beliefs or truths, Adele believes it may be a sign that shadow work is needed.



"We all need to look into the dark side of our nature, that is where the energy is, the passion. People are afraid of that because it holds the pieces of us that we're busy denying." – La Gitana Eva

By identifying your passion, you will often discover clues to your deeper purpose.

You can only really understand light when you have understood darkness. In the same way, you begin to understand yourself more deeply when you truly begin to see others.

We notice similarities in others, but we also notice differences. Both can offer reflections of our own inner world. Often, the things that trigger us are connected to parts of ourselves we have rejected, healed from, or are still working through.

When another person thinks differently, use it as an opportunity to understand your own mind more clearly.

Life, with all its light and all its dark, is beautiful. It is all connected and all sacred.

Creativity, Truth and Expression

Adele explains that the creative process reveals hidden, forgotten or avoided stories within us. The artist's role is not simply to decorate the world, but to illuminate it.

Art is not only there to entertain or reassure us. It is also there to remind us of what is real and what is important.

When Adele paints, she works with both dark and light hues, not to create contradiction, but to show how deeply intertwined they truly are.

In the words of Toni Cade Bambara: *"The role of the artist is to make the revolution irresistible."*

As an artist, Adele expresses that her passion and purpose are to shatter the "illusion of separation" and encourage others to question conditioning, ignorance and inherited habits.

Through creativity and spiritual exploration, she seeks to create portals into infinite possibilities of being and expressing, helping people remember who they are, where they come from and where they may be headed.

Embracing the Shadow Self

The shadow exists in all of us, but few are willing to bring it fully into the light.

To embrace your shadow self may be one of the most empowering and enlightening experiences of your life.

"Everyone carries a shadow, and the less it is embodied in the individual's conscious life, the blacker and denser it is. If an inferiority is conscious, one always has a chance to correct it. But if it is repressed and isolated from consciousness, it never gets corrected."

– Carl Jung

"The gold is in the dark side of the moon, in the shadow." – Robert Bly

Adele explains that shadow work has become an increasingly important subject in her readings and conversations over recent months.

Many people hear the term but do not fully understand what it means. Adele strongly recommends shadow work because she sees it as the missing link between superficial "light-seeking" and true, lasting spiritual awakening.

Shadow work reveals ignored emotions, fears, passions and desires. Though challenging at times, it is essential for self-acceptance and emotional independence.

Our shadows are not threats. They are opportunities for growth.

When we embrace all aspects of ourselves, we become more authentic and stop unconsciously projecting unresolved emotions onto others. This creates deeper relationships, greater compassion and meaningful personal growth.

Adele also explains that inner child healing and shadow work naturally support one another. Childhood wounds often become hidden within the shadow self.

By exploring these hidden aspects with honesty and compassion, we can begin to heal emotional patterns, reconnect with lost parts of ourselves and offer our younger selves the love and care they may have once needed.

Written by Adele, PIN: 3622

Part 3 continues next month in Free Spirit.



Astrology

With our expert:

Chrystalyte

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



Jupiter now in Leo adds a fillip for Fire signs, including Aries, supporting new projects and connections and offering the oomph to get behind them. A meeting of Mars and Uranus on the cosmic line up on July 4th signifies an unexpected development that could change the direction of events quite dramatically. More haste, less speed seems key to success! Or observing a signal to slow down altogether for a while with Mercury retrograde until the 24th. With Mars linking with Neptune meanwhile, something magical is also up for grabs.



Venus in Leo is pointing to some side benefits that could make life seem that little bit more special, no matter what's going on with the bigger picture. This is like a practice run for even better things coming next month and beyond, when the Sun is also in that bold and charming sign – with Jupiter fast on its tail. So don't be discouraged if a few affiliations seem to be dropping away, or you don't find much connection in certain places. Other valuable links will make up for that.



It looked like Mercury was on course to partner up Jupiter last month and then the first planet slowed down to go retrograde and it didn't happen; which might reflect the experience of feeling sure you were making forward progress with a project or relationship, only to find you were on separate tracks, or someone needed to divert for some reason. Whilst things may feel unsettled, there are more fish! The new phase offers an opportunity to pause and consider how to best use your resources for the coming stretch.



Life may seem to slow down a notch from when Venus enters Virgo around July 10th, so don't panic if invitations seems a little few and far between. You may not feel like entertaining or putting on the ritz too much yourself either, but this might be the perfect planning period for a future splash! Friends and family may be able to help take some of the load meanwhile with anything that needs urgent attention. The Sun in Leo from the 22nd adds more opportunities with energy to take advantage.



Mars and Pluto are like great soul brothers joining forces on July 5th across the air signs of Gemini and Aquarius, which make for better ideas on resolving conflicts and problems. A desire to alleviate pain and clear the conscience could be a driving force, but try not to be too hard on yourself or others about past mistakes or difficult patterns; there may be reasons behind difficult behaviours and decisions. The new Moon in fellow water sign Cancer on the 14th helps with turning the page and starting afresh!



Jupiter firmly in Leo is like a shining beacon for you now, offering a stronger sense of hope and faith. Give things time if they don't click instantly, whilst gradually recognising increasing signs of being on the right 'ship' or pathway, and – maybe more crucially – around people who are best matched to your particular needs and interests. The Moon aligns well with Jupiter on the 6th, 11th, and 19th, adding support for projects. You may still need to make certain efforts, but the confidence to stride forth is building more.



Let any low patch early in the month wash over you as things look easier when the Moon is well aligned in Pisces on July 5th. The New Moon favours Cancer on the 14th indicating new starts with home and/or family issues. Something in seed form may begin to fruit over the ensuing few weeks, although the full Moon in Aquarius on the 29th, may prompt a change of focus, or letting go of anything no longer needed. If in any doubt, simply work on reducing an excess of something.



Venus and Jupiter both in Leo during the first week of the month make for a merrier, easier time in at least some departments of life. Jupiter will continue in Leo beyond that point and the Sun joins forces from the 23rd, so there's a stronger sense of people on your waveband and getting behind your projects. Don't worry if attendance seems sparse in certain areas; the seeds are in the right place! Besides, the attention or ongoing following of the few may be quite sustaining based on quality alone.



With a strong planetary back drop of Jupiter, Venus and the Sun in Leo, it may feel a time when you are a little in the shadows. Yet it won't be long until you really start to shine and may even wonder how much you like the spotlight! So make the most of any quiet patch to recharge batteries and get on with the tasks that easily get forgotten when you're nearer the front line. Retrograde Mercury in Cancer moves ahead again from the 24th, reopening domestic and property doors.



There's no getting away from the gradual slowing down of Saturn this month, which culminates in a retrograde turnaround on July 27th; whilst that planet joins Neptune and Pluto in appearing to follow an opposite path to other planets across the zodiac belt, it reflects the way that people tend to be add odds with one another which in turn halts solid progress in one direction. This can seem unsettling, but it's possible that a review brings cause for certain revisions which could ultimately make some sense. Patience is key!



The key to success now is to be open to the new, accepting that what's gone is gone. That's not always an easy move, especially as Aquarius belongs to the category of 'fixed' zodiac signs, which can make you battle hard to keep hold of anything that seems right, sensible or valuable. But once it becomes clearer where you're simply dealing with resource changes, it might then feel easier to embrace the 'new normal' that's on the way! A full Moon on the 29th may point to helpful adjustment potentials.



With Neptune turning retrograde on July 7th and Mercury already in that reverse pattern, it could feel like there are a number of proverbial spanners in the works! But there's always a good reason for slowing down and assessing why things are not going smoothly. So maybe aim to treat this as a chance to get more on top of anything chaotic or unclear. Be ready to look in new directions, turning attention to unexplored areas. Jupiter in Leo adds bonuses and fortunate openings, especially with healing and new acquisitions.

Psychic Light



Scan for
Pre-Pay

Discover Your Future, Release Your Past

www.psychiclight.com

Monthly Prize Draw
WIN a 20-Min Reading.

One to one readings with sensitive, highly gifted Mediums and Psychics



0906 111 0901

£1.50 per minute plus your phone company's access charge.

PAY VIA YOUR PHONE BILL
Real Readers, Real Guidance

You are in charge of the call length
Speak directly to a reader you choose



0808 156 4920

£30.00 for 20 minutes + 10% Bonus
Minutes on £60+Spends.

PRE-PAY FOR MINUTES
Offers the Best Value

Reduced Cost & Bonus Minutes
Automated Service, Top Up & Call 24/7



0800 915 2347

£32.95 for the first 20 minutes,
£1.50 per minute thereafter.

PAY BY CREDIT/DEBIT CARD
Friendly Reception 8am-10pm Daily

Your call is processed by a real person
Get help choosing the best reader for you

For Love & Relationships call

0906 111 0902

£1.50 per minute

For Amazing Mediums call

0906 111 0903

£1.50 per minute

Psychic Email Readings
psychiclight.com/email-readings/

*** NEW PRICE FOR 2026 - Now Just £29.00! Ask 3 Specific Questions**

You want the **best quality readings possible** and
our psychics and mediums offer just that!



**New Client
Offer**

Has it been 3+ months since you've had a Credit Card Reading?
Then, Call **0808 156 0020** & Quote '**Discover**'
Only £5 for 10-minutes. *Terms Apply.

www.psychiclight.com