

EXCLUSIVE SPIRITUAL MAGAZINE

CAFE

CLAIRVOYANCE

April 2022

SOCIAL MEDIA TIPS
MILA ZIMUNHU

GROUNDING TECHNIQUES
MIDIA HADJIXENOFONTOS

**SUMMER
IN
THE
STARS**

ASTROLOGY SPECIAL

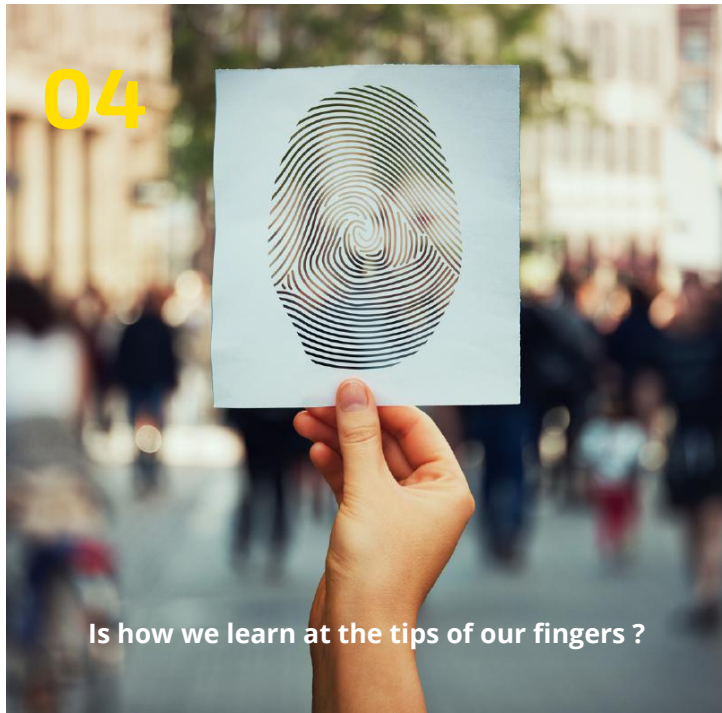
YOUR STORIES

**IS HOW WE LEARN AT
THE TIPS OF OUR
FINGERS?**

**WHAT'S YOUR TURKISH DELIGHT?
DELICIOUS RECIPE SPECIAL**



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The Team

Phil Griggs - Spain

Phil Griggs is the host of Café Clairvoyance and is a reputable international Spiritual Aura Medium and Clairvoyant , Astrologer (Dip Med), Master Palmist, Hypnotherapist and Psychotherapist (Dip Hip), Life Empowering and Integrative Neuro-Coach and Trainer.NLP.EFT.AET. Contact details are available at www.philgriggs.com



Debra Griggs – Spain

Debra Griggs is the producer and administrator and editor of Cafe Clairvoyance Spiritual Show and the Cafe Clairvoyance digital magazine. A Life Purpose & Intuitive Energy Coach, Hypnotherapist & Psychotherapist (Adv Dip Hyp). Numerologist and professional Tarot practitioner.



Sami Hammi – Germany

An Acknowledgement to Sami Hammi. Sami is a professional musical composer and director for stage, television and film. Sami has written and produced the music for the Café Clairvoyance Shows www.samihammi.com



**Palmistry
Special**



How we learn is at the tips of our fingers

Educators Coaches & Spiritualists

What your Finger Prints Reveal

By Master Palmist
Phil Griggs

Hand reading or Palmistry has become more credible and has more scientific backing now than ever before.

Hands are known as the fourth level of consciousness with the triptych of minds, heart and gut.

As an example, think of when you shake someone's hand and the immediate impression of each other, that can be exchanged by that simple act.

Education and learning skills are at the tips of our fingers.



Hands are our 4th Concioiusness

Think of how a garment feels as you touch it, the test temperature by hand or holding that special persons hand and the transfer of energy. Watch how a police officer can use their hands to guide traffic. If we observe and pay attention to the hand signals used, then we have visual clues to guide us.

One aspect of our hands that will never change throughout our lives is our finger prints.

Our character DNA is recorded in our fingertips and fingerprints provide vital information, which is often used for identification purposes in a criminal investigation.

The medical profession both understands and uses the information stored in our finger prints, often for detecting heart related conditions.



'Imagine the possibilities educators could have if we understood how we learn'

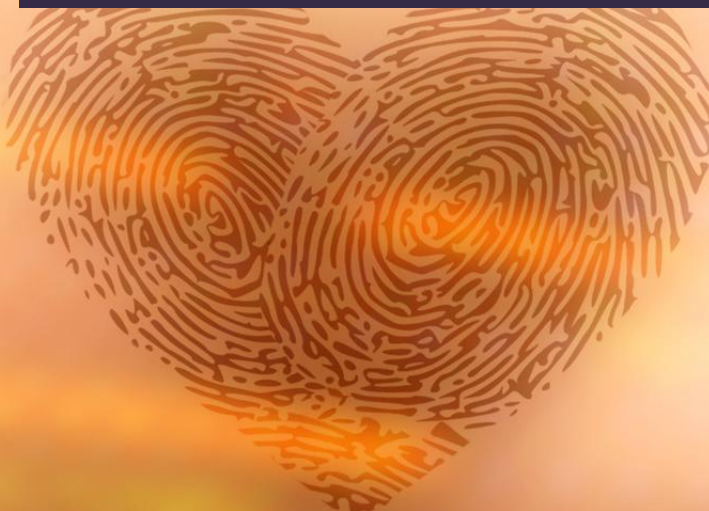
Education in your Finger Tips

This article is a brief discussion of the relevance of analysing finger prints and the information or data encased in each finger tip,

Dermatoglyphics may help support educators, trainers and facilitators in both the understanding and the providing of education for students and clients.

Dermatoglyphics holds the key to how we learn through education and explores our uniqueness, essence and individuality. We all learn and absorb knowledge using different modalities, strategies and methodologies.

'Hindu Palmistry states that finger prints are the karmic forces flowing through the body'





Types of Finger Prints

Each finger print is unique with different types of finger prints.

Some prints on our fingers may be the same or similar whilst other finger prints show mixed patterns.

Here is a list of the main finger print patterns and how they may indicate our best learning style.

The following are some examples of those differences:

1 The clearest methods to view finger prints are with either a magnifying glass or by using a washable ink like substance to impress the print on paper.

2 Notice which is the common finger print type. Some hands may have the same shape prints whilst other hands are mixed finger prints.

3 In mixed hands look for the dominant pattern.

Ulnar Loops

The print is a loop where the open end of the Loop is on the left hand side of the finger.

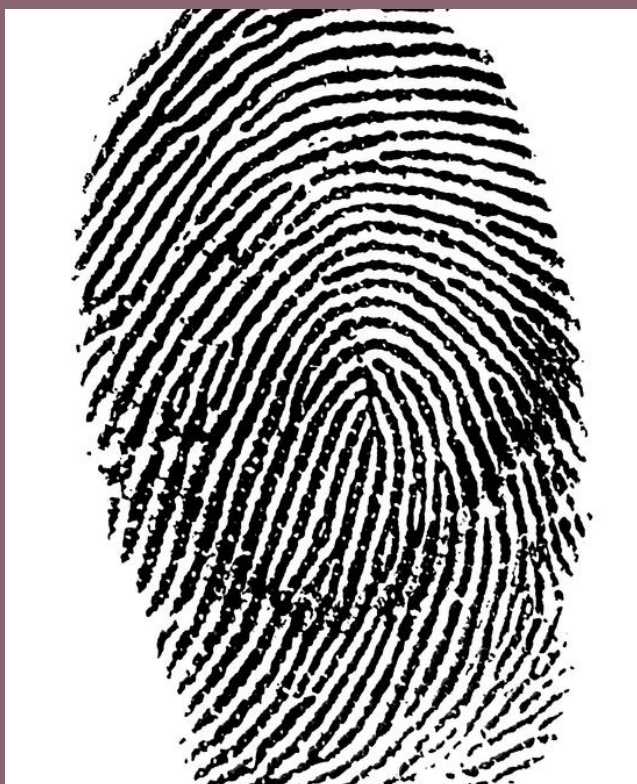
Individuals with the Ulnar Loop often love to learn with others either in a group or multi person setting, as this environment maintains their energy flow.

They may feel energised when making social connections or friendships around them through learning.

Individuals with Ulnar Loops will enjoy classroom type settings and are often attracted to upbeat energy.

The teacher may be best advised to coach or facilitate learning in an interesting environment where possible as this keeps the energy flow high.

One downfall of studying in a group or classroom setting for the individual with the Ulnar Loop is that they are often gregarious. They may enjoy the fun aspect of gatherings a little too much and so a formal education setting may then become just a social, environment.



Maintaining clear boundaries or definitions between a learning and social environment is advised.

Good likability and social skills when working with individuals with an Ulnar Loop, help to make educational sessions as fun and engaging as possible.



Radial Loop

The radial loop is similar to the Ulnar Loop and the only difference between the loops is the Radial loop has a reversed loop with the open end on the right side of the finger and not the left.

Individuals with Radial Loop patterns may have blocks to learning as they can often be reliant on other people for information instead of researching for themselves.

They may often find group or large social settings overwhelming and unsettling which could lead to confidence issues and they may have a tendency to focus or direct attention on to everyone else and deflect action away from themselves.

Individuals with Radial Loops should be encouraged to build up and improve their own self confidence and self worth issues.

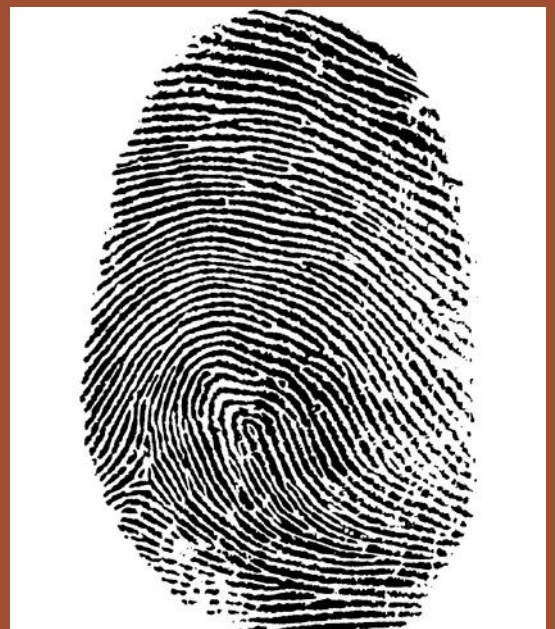
A challenge for these individuals, is to not feel so overwhelmed and pressured, by how quickly others are grasping concepts and learning.

Encourage students not to measure their skill sets against others and to understand the importance of learning at their own pace.

The good news is that individuals with the Radial Loop are very often responsive to positive reinforcement.

They may often have a very caring and nurturing nature and responding to these traits often helps them to build greater self belief and confidence.

Once you've captured their attention, you can inspire them to amaze everyone with their abilities.



Whirls

A whirl can be identified as circles in the finger print which seem to get smaller and smaller within themselves until becoming a tiny dot in the middle of finger print.

Students with Whirl finger prints are often very independent and they may be quite happy to learn by themselves and they not be dependant or too keen on group, class room or formal settings unlike the Ulnar Loop students.

Individuals with Whirl fingerprints often like to study everything in depth and to get to the truth of an issue in an investigative way.

They will always ask questions, even if it's just about the rules or boundaries that may be set. This tactic can often be a bonus as they can keep a debate, discourse or discussion alive.

Their love of crossing the t's and dotting the i's may not be considered so great when they analyse and nitpick about the course content or syllabus.



Individuals with Whirl fingerprints often like to study everything in depth and to get to the truth of an issue in an investigative way.



Simple Arch

The simple arch looks like a gentle wave that rises and falls, there is no loop or whirl in this finger print.

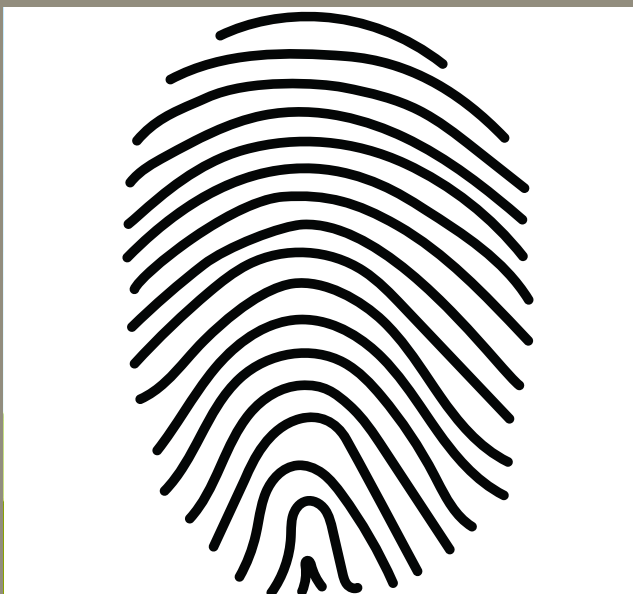
Simple Arch students can be exceptionally dedicated to learning and acquiring knowledge.

These individuals gravitate towards purpose or goal orientated learning.

They want to know the facts, with a desire to understand the logic behind the information they are receiving.

People with Simple Arch fingerprints are often logical and expressive in nature which can make them dedicated students.

Simple Arch finger prints indicate a need to see the sense in building on knowledge and the wisdom in planning for the future.



They may seek out strong/trainer/mentors and try to build professional relationships which potentially enhances their academic performance.

Composite

The Composite can be described as an S shape or swirl like pattern on the finger prints.

Composite students can often flow between two streams of energy which is expressed through the S shape.

The top of the S is full of enthusiasm and positivity whilst the lower part of the S can be an indication of deflation or withdrawal.

These individuals can chose between resonating with the energy of the upper part of the swirl or the energy of the lower part of the swirl according to their current mood.

Composite finger print individuals may react with enthusiasm when they are engaged in debate or discussion that allows them to see both points of view from an objective stand point.



They are often open to the exploration of different options, possibilities and ideas and may like to take the lead role in discussions. They often make very good moderators, adjudicators or judges.



Tented Arches

A Tented arch will look like a wave just before it breaks or a steep mountain with a rounded point on the top.

Tented Arch individuals can be fabulous students especially if you set them structured targets or goals to aim for. Their drive is to achieve targets and to keep aiming higher.

A good way to engage their interest is to keep the information goal orientated and reinforce their efforts with positive praise and feed back.

With such big energy and focus at their disposal they can often be impulsive and restless which may be combined with self expressive, active and enthusiastic energy.

They may need a mentor or a coach to guide them as they could have a lack of direction and focus, particularly, if they are engaged in independent study.

Tented Arch Individuals may often need a cause to believe in combined with a goal. Give them a plan to implement which will give fast and visible results.

Because they are fast learners, students with Tented Arches may require new topics that stimulate and engage their interest, to be introduced on a regular basis. It may be wise to offer revision just to ensure that the subject that they are studying has been absorbed and that they have not just skimmed the surface of the topic.





All details of my Hand Reading courses are available on www.cafeclairvoyance.com

The topic of hand reading is a holistic combination of science and psychology and I hope you have enjoyed reading this short article on finger prints and how to apply this knowledge to the fields of education.



The Life in Your Hands
8-10pm EU (7-9pm UK) (2-4pm EST).

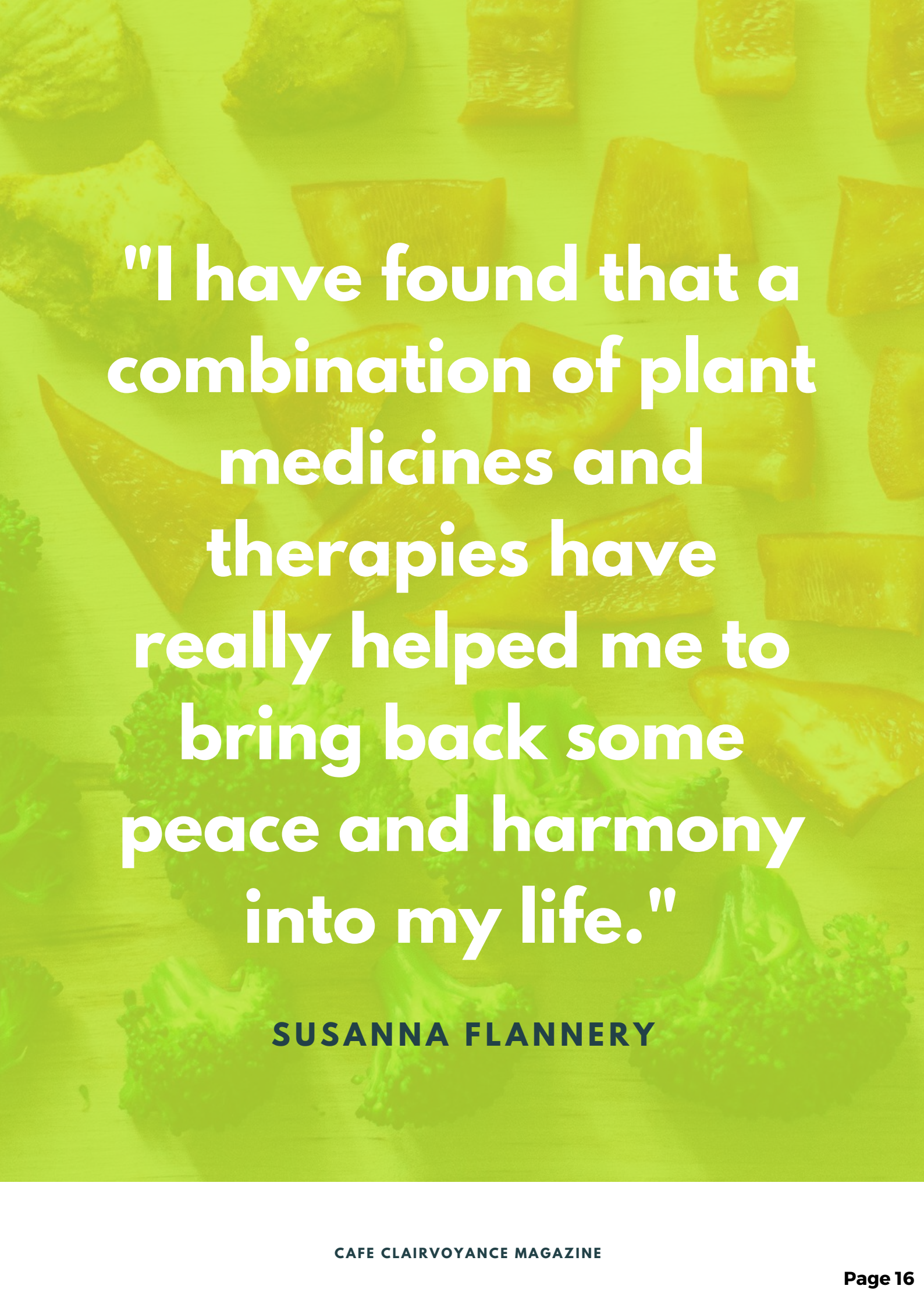
This is an eight week online course
Please contact me for further information:

Plant Therapy

Self Care - Spirituality - Plant Medicine

HARMONIZING
YOU

Self
Care



"I have found that a combination of plant medicines and therapies have really helped me to bring back some peace and harmony into my life."

SUSANNA FLANNERY

HOME MADE SOAPS



Hello everyone,

I am Susanna Flannery and I am a practising holistic therapist, psychic medium, energy healer and spiritual counsellor.

I have over thirty years of experience of working with spirit and providing guidance and help to others.

Whilst working as a holistic therapist and spiritual counsellor, I have been privileged to work within the local community.

My work with disability support and family crisis counselling has been an important part of my life.

I have also given live readings on television, whilst working as a professional psychic medium.

The skills that I have gained throughout both my working life and personal life, have helped me to identify different strengths within myself, that support the holistic healing I offer to others.

My community work is one way that I am able to pass on my knowledge and give back to others.

I am currently embarking on a new pathway on my life journey.

I would like to give you the opportunity to join me and to share the wealth of knowledge that I have learnt in my life time.

For years I have been examining various methods that can enhance my own health and well being.

I have found that a combination of plant medicines and therapies have really helped me to bring back some peace and harmony into my life.



Being a Medium

I have given live readings on television whilst working as a professional psychic medium.

I currently host Spiritual Conversations chat room on Clubhouse every Thursday morning at 10am EU/9am UK time with the lovely Debra Griggs.

This Clubhouse chat room gives me the opportunity to discuss the benefits of complimentary herbal medicines and to discuss all things spiritual.

I enjoy passing on my knowledge of herbal and plant based remedies that I have personally tried and evaluated.

Our lively chat room has discussed such diverse topics as spiritualism and how the spiritualist movement has evolved and changed over the years.

We have also discussed the health benefits of plant medicines such as Ashwagadha, Spirulina, Turmeric, Black Pepper and Lions Mane.

We have debated how effective the different plant based medicines can be by using the best combinations. It is always important to use the correct dosage and when to take the plant medicines for the best results

In todays fast paced world, the emphasis is becoming more focussed on self care and how we can help ourselves to obtain optimum health and well being.

I extend a warm welcome to everyone to come along to Spiritual Conversations chat room in Clubhouse and join Debra and I for a chat about all things holistic and spiritual.

Sending love and light to you all,

Susanna x



FEATURING YOU

LET US FEATURE YOU

CONTACT US FOR DETAILS

info@cafeclairvoyance.com



MILA Z

CREATING A PROFESSIONAL PROFILE
ON SOCIAL MEDIA

@COACHINGCONMILA
@CONEXTIONDIGITAL



“
INVEST TIME
IN
YOURSELF
”

@coachingconmila

GET YOURSELF NOTICED

More than ever before it is important to use social media platforms to boost your professional presence and not just on LinkedIn. Facebook is one of the most popular networks in the world, and it can help you promote your work, network and connect with other professionals.

TOP MILA TIPS

Upload a Professional Photo.
Your profile image is necessary to help build your credibility and create trust.

Add a Cover Photo.
Your Cover Photo should represent who you are and your passions. So people overlay this image with a URL to their portfolio which can be a great way to help drive traffic to their website, if they have one.

Customise your URL.
When you sign-up Facebook assigns each user with a URL that's generally made up of random numbers and letters, but you can customise that to your name and have www.facebook.com/your name as your URL. Thereby branding yourself.



"Do things at your own pace.
Life's not a race."

If you would like support in social media contact me
@conexiondigital

GET CONNECTED

About Section.

Customise your About Section.

To boost your professional Facebook profile, you need to come up with a short biography of who you are and what your goals are.

Featured Section.

Facebook provides a Featured Section where you can upload your portfolio that can add value to your professional area.

What should you share on your professional profile:

Status updates.

Sharing status updates is an excellent way of communicating with your audience and for getting engagement. Asking relevant questions is one of the key ways to find out what your audience wants to know about you.

Live Videos.

As we all know, video content is now a main trend in nearly all platforms.

Facebook's Live Video feature is an excellent way to engage with your friends and followers.

It is a great way to get a better feel of what you are really like.

CREATE YOUR LOGO

WHATS YOUR
BRAND?

CATEGORISE YOUR LISTS

Create Lists of Friends.

Facebook has a feature to create lists and is an excellent way of categorising the people you start connecting with on Facebook. Creating lists of friends helps you nicely organise all of your friends so that you can choose who you share your updates with.



Start Connecting

Strategic planner

Now that you are creating a professional profile it may be a good idea to review any previous posts, photos etc. and see if they really reflect your personal brand, if not you can delete them or change the privacy setting.

Congratulations you are now ready to start networking and growing your connections online and offline.

Review your settings

Who's viewing your profile?

Review your Privacy Settings.

This is a must to make sure you know who your content is showing to. Also very important, review all the posts you are tagged in.



A Candle Magic
Recipe to help
you welcome in
the Summer
Solstice

Candle Magic



BY
DEBRA
GRIGGS

Blessed Be

Ingredients:

Coloured candles. or White tea light candles with coloured paper.

Your intention/s which can be verbal or written.

A selection of candles could include:

White candles - for purity of intention, removal of negative energy, peace, purity and clear energy.

Black candles - to dispel negativity, ill intent and to give protection.

Green candles - for money, fertility, abundance, health and success.

Blue candles - for Meditation, healing, inspiration, forgiveness and communication.

Orange candles - for joy, energy, education, attraction and strength.

Red candles - for love, passion, romance, relationships, vitality and courage.

Pink candles - to bring positive self love, friendship, harmony and joy.

Lavender candles - to enhance intuition, the paranormal, peace and healing.

Yellow candles - for manifesting, confidence, creativity, mental clarity, intelligence and clairvoyance.

Silver candles - for Goddess or feminine energy, removal of negativity energy and psychic development.

Gold candles - for male energy, solar energy, good fortune and spiritual attainment.

Method:

Place the chosen candle(s) in a safe holder in an area away from any flammable materials and out of the reach of young children or pets.

You may have an altar or dedicated shelf or area.

After you have lit the candle(s) speak your intention aloud and allow the candle(s) to burn down.

If you are using a written intention you may like to burn the intention in a safe container or receptacle, after the candle magic is complete.

If you are not able to buy coloured candles, then you can use white tea lights and place a coloured slip of paper underneath the silver foil base of the tea light, to represent the colour of the candle(s) required.

Please use caution and do not leave the tea light(s) or candles unattended.

Enjoy your candle magic



Debrax



Midia Hadijxenofontos
Grounding

Protection & Grounding
Why is this so important?

Energy field of health
*Natural ways of healing
our minds and bodies*

Prana & Qi
*Discover the best anti-
inflammatory.*



PSYCHOSOMATIC COACH
MIDIA

HADIJXENOFONTOS
International Athlete explains
her grounding technique

You do not need to be an athlete to obtain optimum health in your body.

I approach physical training from a psychosomatic view point by treating the soma (body mind and spirit as a whole).



GROUNDING

The body produces its own electricity and is also constantly exposed to pollutants.

The electromagnetic fields of technology around us also affect this internal electricity.

When this process is combined with the function of our body, free radicals are created.

We call this phenomenon "oxidative stress" and among its consequences on human health are several autoimmune diseases, inflammations, premature ageing, etc.

There is a solution, however, and a very simple one in fact, that can restore the body's balance and eliminate the unnecessary free radicals that are created. This is none other than grounding.

Grounding is essentially any process in which enables the body to come in contact with the ground or the earth.

Research has shown that grounding is just as important for a person's health, as exposure to the sun or even drinking water.

Free radicals are actually products of a normal healthy metabolism and are produced as by-products by the mitochondria in our cells, which takes place during energy production.

Even though their existence within our bodies is absolutely normal and our body has innate mechanisms to deal with them.

The excessive production of free radicals causes irreversible damage to the structure of cells and the body.





TOP 6 EXERCISES

THAT INCREASE GROUNDING PERFORMANCE

Biological Rhythms

Research reveals the many ways in which grounding promotes health and vitality. Grounding can also improve sleep, which stabilises the body's biological rhythms. Grounding reduces and can often eliminate chronic inflammation.

Cardiologist

Well-known and expert Cardiologist Dr Stephen Sinatra, in his book *Earthing* (grounding), refers to earth as "the most exciting discovery in the field of health." Other researchers, referring to the earth, write that the best anti-inflammatory on the planet is the planet itself.

The Method

So how can we become grounded? The simplest and most accessible way to become grounded is to walk barefoot on the ground, grass, sand, etc. When our body comes in to direct contact with the earth, the negatively charged free electrons on the surface neutralise the free radicals. This process can also balance the biological mechanisms of the body.

Prana

In traditional Chinese medicine this energy of the earth is referred to as Qi. In Ayurveda we refer to this energy as Prana.

Elements

Meditating on the ground, outdoors yoga, sleeping on the grass and gardening are some other ways we can ground ourselves. If our grounding method of choice can also include the element of water, this will enhance the benefits we can receive from grounding.

Vitamin Sea

Walking near the sea, river or wet grass are some easy and very accessible ways of including water in your grounding.



MIDIA'S TOP TIPS

THAT INCREASE YOUR HEALTH

Rich Grounding

The advantages of grounding are numerous and there are many devices including mattresses, pillows, special sheets and blankets that carry the energy of the earth to us while we sit, relax and sleep.

Sports

In sports in particular, grounding devices are used for a faster recovery between workouts and during competitions.

The use of grounding devices sports was initially introduced by cyclists in the Tour de France. Now they are widely used by individuals and teams in World Championships and Olympic Games.

Free Radicals

Besides aiding muscle recovery, improving sleep and fighting inflammation, grounding has been found to significantly help with one's mental and psychological states.

Free radicals have been linked to a cause of depression.

Barefoot

Whatever the goal of grounding may be, the result of any contact with mother nature can only be positive.

So walk barefoot and sleep on the grass. Going back to nature to aid our health is our personal statement of revolution against modern chronic diseases and current chemical medications.

The Planet

Remember: "The best anti-inflammatory on the planet is the planet itself"

Midia

Article by
Midia Hadjixenofontos
BSc Sports Science, BA Arts
Spiritual Anatomy Healer,
Psychosomatic Coach
www.ensomatosis.com

Astrology

with Astrologer Phil Griggs



"The Storm is an artist, the Rainbow is its masterpiece"
Matshona Dhliwayo

From January through to March 2022 the celestial energies were weighing heavily in the controlled, disciplined and structural sign of Capricorn.

One of the benefits of this heavy and often intense vibe was the opportunity to take stock of all that was important to each of us. The first quarter of 2022 was a time to suss out and decide what worked for each of us and to recognise what was not working in our lives.

Perhaps some of us have used this cleansing opportunity to begin to release negativity and to re-organise and re-structure our lives.

"The future belongs to those who believe in the beauty of their dreams."
Eleanor Roosevelt

During the next three months in 2022 we have two eclipses plus ten planetary moves (excluding the Moon changing signs) into different signs and some major energy shifts.

In times of uncertainty we can always look to the stars for guidance and a sense of direction.

Life always presents us with storms and challenges. We can ask ourselves are we in the midst of a storm or is the rain cleansing us in readiness for brighter times as we emerge out into the sun shine?

During the next four months in 2022 we have two eclipses plus ten planetary moves (excluding the Moon) into different signs and some major energy shifts.

APRIL

April kicks off with a host of aspects aligning us for the coming months. Mars's conjunction to Saturn will see the month start slowly but this will change as the tempo accelerates after the 7th. Some good news that gives a sense of hope ahead on the horizon of these challenging times, is the planet Neptune forms links to the north nodes. This is a phase to feel and sense the way forwards using ones inner guidance.

The upbeat and progressive energy of April invites us to listen to our intuition and dreams. This feeling is enhanced as Venus the planet of love and beauty moves into the imaginative and intuitive sign of Pisces.

Venus adores the company of the current residents Jupiter and Neptune as they sit in comfortable harmony together in the sign of Pisces.

Venus and Pisces have a shared interest in co-ordination and planning, then they combine their energies to give a gentle shove when and where needed.

Romantic April

Dream big, create a plan, believe in it and implement it.

Lovers in earth and water signs such as Taurus and Cancer will have a ball this month.

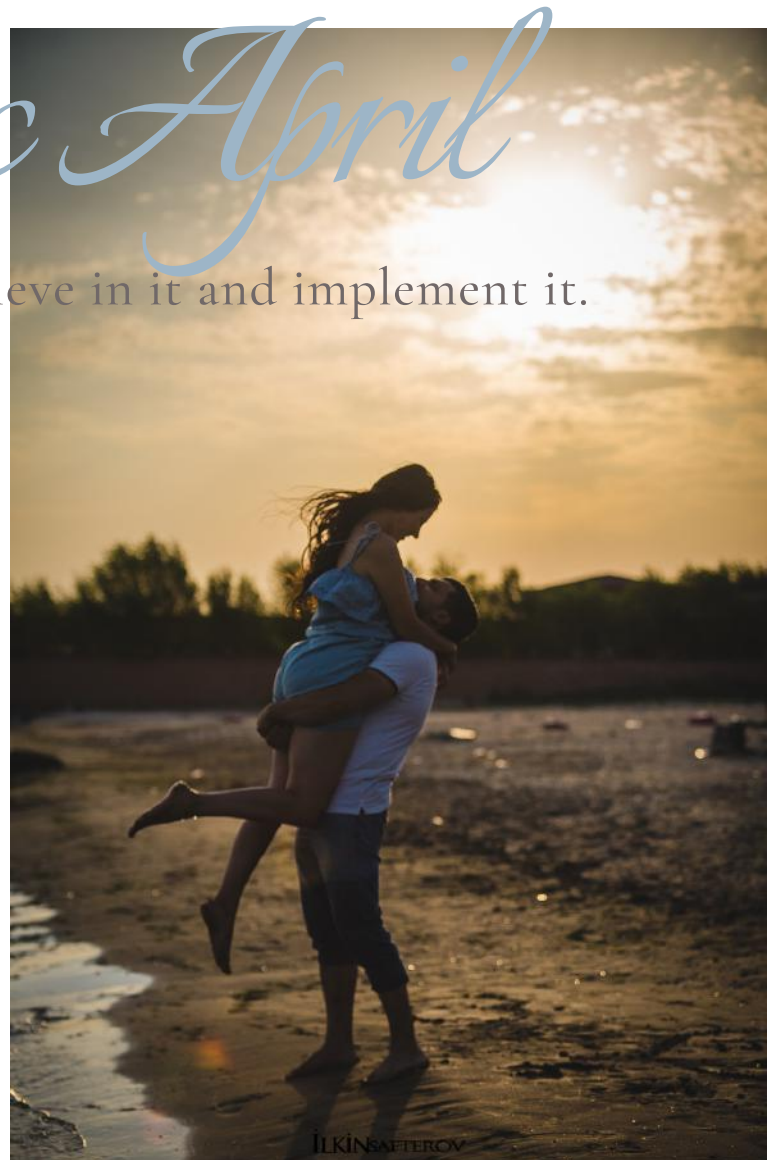
Air and fire signs such as Libra and Leo are being lit up by the energy of the planet Mars though, as it enjoys its journey through the liberated and 'free from boundaries' sign of Aquarius.

The energy of the big conjunction on 12th April between Jupiter and Neptune will be felt across every sign in the zodiac. A time for peace perhaps? The planet Jupiter loves to expand whilst the planet Neptune likes to give the illusion of dissolving or vaporising all that seems solid and stable in our lives.

Neptune opens our minds to the possibilities of our dreams and encourages us to imagine how we would like our future to be.

The conjunction of these two power house planets also links beautifully to the Moons nodes in Taurus.

Both Jupiter and Neptune combined with the Moons nodes can be considered as 'cultural revivers' bringing forth a new era with the revival of culture, music, fashion, accented with a riot of colour to cheer up our lives.



APRIL CONT

"Motion is Tranquility"
Stirling Moss

April is a special time for relationships which can evolve from romance into much deeper connections.

There may be a deeper bridge between our physical selves and our higher consciousness. Profound connections may be made as the planet Neptune gives the world a gift of illusion. This gift may guide us to the transformation that is needed in the process towards a new reality and evolution.

Retreats and places that we can visit and use to rest and refresh ourselves will become more popular and important.

The search for peace and the desire to find deeper meaning within ourselves and a better understanding of our roles as human beings could become a quest for many of us.

This is also a magical time for breakthroughs in science and medicine and medical scientists may well discover cures and solutions to diseases that impact on large parts of the global population. Look as well to the resurgence of homeopathy and other traditional complimentary disciplines that often merge with mainstream medical practices.

Relationships can evolve from romance into much deeper connection.

The planet Mars moves out of the liberating sign of Aquarius and into the relative tranquility of Pisces on 15th April.

This planetary transition can have a double effect which is good to be aware of and which is highlighted by too much excessive energy in Pisces.

Try not to be too opinionated and believe in just one point of view.

During this time it is important to remain grounded and use logic as much as intuition.

Being aware of being grounded and moving ahead with integrity born out of intuition can fuel us to achieve great things.

The Full Moon in the sign of Libra on the 16th April bestows a radiance towards the planet Saturn which helps to create a sense of a new balance and fairness.

This inspiring aspect is powerful enough to help release old constraints or restrictions that have been placed upon us.

In general our relationships may seem to find a new sense of stability and longevity with this full Moon aspect.

This may also be a great time to work on our personal boundaries and to seek greater depths of understanding in relationships.

There will be some trying times this month as power house transformer the planet Pluto is challenged by the Sun on the 18th April.

The big reveal this month is the choices or decisions that may have to be made regarding an unexpected problem or issue that requires being dealt with in a practical way.

Venus squares Saturn on the 23rd April and this provides a timely reminder to be patient and to give love the gift of time.

Venus conjuncts Neptune on the 27th April and these two planets will be promoting dreamy romantic feelings and harmonious vibes to end the month on a loving note.



APRIL ECLIPSE

The planet Mercury trines both Jupiter and Pluto and this heavenly trio encourages major breakthroughs in both personal and professional capacities.

On the 30th April the solar eclipse in Taurus occurs at 10 degrees and 28 minutes of Taurus, and if you have a planet in an earth sign or water sign at this angle you will feel the harmony of this aspect. The eclipse is on the Taurus Scorpio axis which previously occurred in the years 2003-2004 and then again in 2012 to 2014.

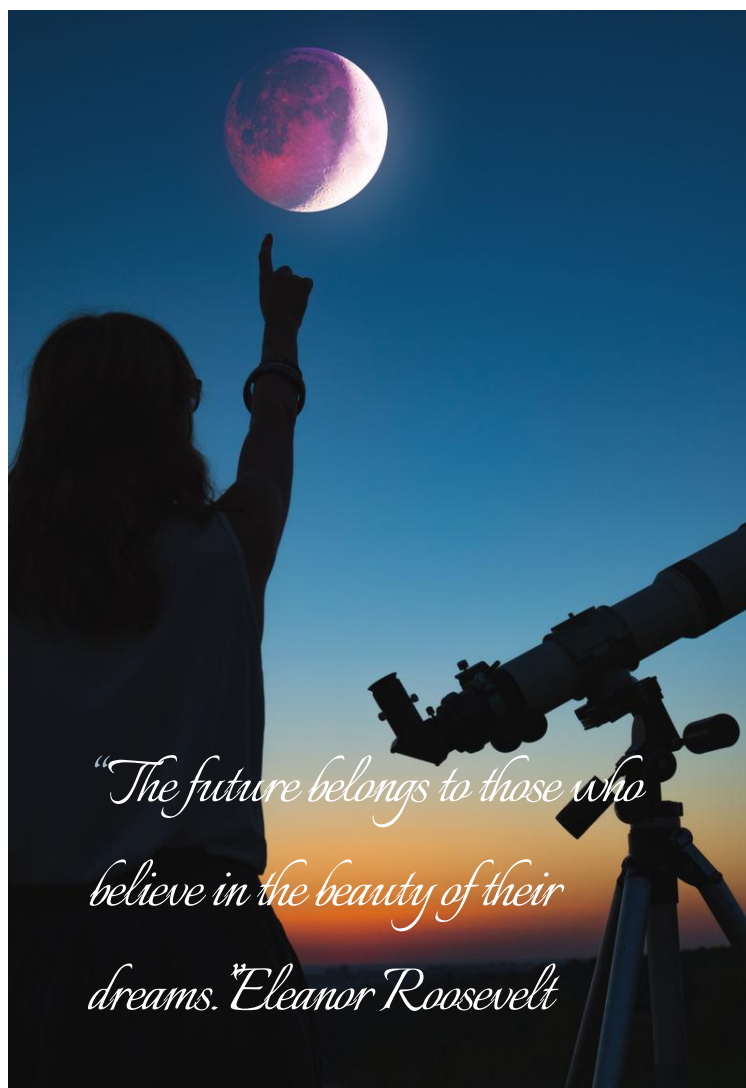
Think back to what was going on in your life around then?

Venus is the ruler of Taurus and this will have both a powerful effect and a strong significance in this eclipse.

This eclipse is very close to Neptune with the higher octave of Venus and this eclipse asks us if we dare to dream and then utilise our collective energies to create a new reality from our dreams.

This is also a great time to work on using our heart based energies to enjoy and celebrate the magic of love and to express this sentiment through our relationships, music, culture and colour.

The vibrations of this aspect can be felt for approximately six months.



The energetic planet of Mars links to revolutionary planet Uranus shaking things up and if we have felt sluggish, drained or tired recently, then this planetary combination will wake us all up.

After this awakening we may also see the balance in our mental abilities becoming more powerful after Mars and Uranus have stirred things up.

This eclipse is one of the best I've seen for a long time and it will relate to our finances, beliefs and values including the things we own, our self belief, recognition and self worth, comfort, sex and sensuality.

This is a powerful time to focus on our wellbeing and recognition.

What a great time to excel and to obtain mastery of our selves and to feel secure and confident.

One word of caution though is to be careful and protective of our boundaries and personal space.

Try not to dwell on any negativity that may come to your attention.

This is a really well aspected time to concentrate on the healing of the mind, spirit and physical body,

The sign of Taurus rules food, and extravagance and this indicates that this is a phase to avoid over indulgence and overeating.



MAY

The month of May starts off in fine form following last months eclipse in Taurus. As the sun aspects the power house planet of mars on 3rd May and we should feel the uplifting our energies.

This shower of positive vibes left over from the eclipse in April supports both our feelings of wellbeing and our values.

This is a time of opportunity and these positive vibes can be harnessed and used to break free of old restrictions that may have been impacting on health and well being.

This is great time for a fitness and wellbeing overhaul, perhaps a medical check up.

This is also a good time to consider an upgrade to your own self care package and investing in your mental health.

The planet of communication and commerce, Mercury is slowing down to begin a retrograde period which starts on the 10th May.

However, before Mercury retrogrades this planet makes a promising deal with Venus.

The Sun conjuncts Uranus which is dynamically electrified by the planet Mars.

Mercury Retrograde



*“When less is more than
enough - Fear-less”*

Phil Griggs



May cont

Preparation is Key

This heralds breakthroughs particularly in the reluctance to push past the fear of creating personal boundaries and the resistance to change.

A change of direction is signposted and this may be in a personal or professional capacity.

Mercury when it is slowing down and easing into its retrograde position often creates delays and confusion.

At this time as Mercury begins to retrograde it is always a good idea to read through contracts or legal documents carefully before signing.

As the planet Jupiter moves out of the imaginative sign of Pisces on 11th May we may find that we enter into a powerful phase of personal development which is enhanced by the Arian energy.

There is likely to be an expansive outburst of energy in this phase as Jupiter optimises the energetic qualities from within to outwardly express ourselves.

What is it you would like to achieve or make happen?

Power ahead with any plans, aims and ambitions and this energetic period will give you the impetus to help drive you forward.

“Don’t just dream it, do it”

Paraphrased from the Rocky Horror Show.

On the 15th May is the second eclipse in the series of the Scorpio Taurus axis. There was a solar eclipse last month, this month is the Lunar Eclipse in the sign of Scorpio, scorpions can be very powerful as they are felt deep within. This Moon is called a Blood Moon, by its reddish or copper appearance, there are many myths good and not so good about this eclipse. However one good myth is from the Togo and Benin people of Africa who view this eclipse as a time for old feuds to be laid to rest, a practice still remained until this day. Solar eclipses can show us the direction we need to follow on our life path, whilst, Lunar eclipses often highlight issues or areas of our life that we may need to pay attention to.

This eclipse will have more of an impact on people born under the fixed signs such as Taurus, Leo, Scorpio and Aquarius.

This month we are being advised to release control and to trust as new directions emerge on our individual life paths.

*Retro and old fashioned
versus futurists and modernity*



May cont

"Times they are a-changing"

Bob Dylan.

Money and how we deal with money will come to the fore and be spotlighted by this eclipse.

Debate about crypto currencies, cashless societies and how we invest or use money can be expected in the media.

This is also a time to consider relocating and property matters will be highlighted.

To move or not to move, that may well be the question on your mind at this time.

Restrictive and karmic planet Saturn and the regenerative planet Pluto are involved in this aspect.

Old phases, blocks and restrictions may be lifting or going from your life at this time.

New positive energy patterns may be emerging at this time.

Saturn is reminding us about the restrictions and controls that impact on our lives.

Whilst Pluto encourages us to shake things up, embrace change and to look at the new world emerging.

The planets Mars and Neptune meet up for a date on 17th May and this positive little get together desires to influence us all to create a kinder, more idealistic world.

The sun will move into chatty Gemini on 22 May waving its banner and promoting the concept of new ideals, philosophies and mindsets. Positive understanding and communication may well become the new buzz words of this summer.

This could be quite an overwhelming phase for many of us, if we value the tried and true methods of the past, including traditions that have served us well or may have a sentimental meaning.

However the winds of change are blowing and change will be felt by us all, on a global political and personal level.

The jolly planet of Jupiter sextiles the Sun on 23rd May encouraging us along on our pathway of change, development and personal growth.

Mars forms a conjunction with Jupiter on 29th May and there will be a New Moon on the 30th May.

Whilst we may feel invigorated and imbued with exceptional energy during this phase, Mercury then square to Saturn reminds us of our limitations and may curb our enthusiastic efforts.

*"Remember to celebrate milestones as
you prepare for the road ahead."*

Nelson Mandela

"If you are not willing to risk the usual, you will have to settle for the ordinary"

Jim Rohn

JUNE

We start the month of June with Mercury completing its retrograde cycle on the 3rd June.

Mercury's square to Saturn reminds us to not rush into plans or projects that may need careful planning and preparation.

A welcome trine from Pluto to mind magic Mercury and forming a sextile with imaginative Neptune brings relief and can help us to find the balance we need this month especially in career and home matters. There may also be so welcome financial news this month too.

The month of June has Saturn turn retrograde on the 4th of the month at 25 degrees and 15 minutes in Aquarius.

Saturn will continue its retrograde journey until the 25th October 2022 at 18 degrees and 35 minutes.

Decisive June

Saturn has been powering through Aquarius all year and now with the Saturn retrograde cycle beginning we have some karmic choices to make. This may seem like a daunting time but have faith and all will be revealed.

The questions the teacher planet of Saturn often asks us when in residence in the sign of Aquarius are, what commitments do you wish to uphold? What do you want to let go of? Who or what do you want in your life?

A little restructure is called for here and we may see this not just in our personal lives but with governments too as they may reshuffle their cabinets and create changes in their respective parties.

June is a great month to push ahead, advance aims and ambitions, elevate professional status, invest time in work and most importantly bring more focus on self-care.

Aquarius is the eleventh sign of the zodiac and promotes connections to groups, clubs and communities.

The sign of Aquarius also connects with social media so new media groups and platforms will probably emerge during Saturn's Retrograde Transit.



June cont

A powerful conjunction on the 11th June between romantic Venus, electric Uranus and the Moons nodes could well see the start or finish of a relationship, or friendship.

However, there is a note of caution to heed as Saturn is asking us, to clarify what do we want, in relationships and friendships?

It is a good idea to be clear and concise in deciding what we want, as we may well be asked to streamline our choices and to decide what is most important to us.

On the 14th June the Full Moon is in the optimistic sign of Sagittarius and is also busy highlighting our future goals, aims and ambitions.

The planet Neptune will be doing what Neptune does best and sowing seeds of confusion.

Whilst Neptune muddies the waters the planet Saturn suggests we keep to our chosen path.

It seems the week from 14th to 19th June could be one of the most testing and confusing weeks of the year.

This is a week with harmonising and challenging angles all bubbling away in the astrological cooking pot.

One way through this potentially tricky week could be to delay decisions until the 20th June when communicating Mercury in Gemini textiles jubilant Jupiter.

This bubbly combination encourages us to look at the bigger picture and to take time to carefully think things through.

Whatever and however this chain of planetary events plays out it seems that choices have to be made.

A wonderful day beckons on the 21st June when the planet Pluto sends tingling energies to romantic Venus quietly nestling in Taurus.

Some very special times are indicated, especially around family and familial ties as the Sun moves into the homely and caring sign of Cancer.

The New Moon on the 28th June squares to Jupiter the planet of expansion. This sets the tone this month and encourages us to each monitor our hopes and dreams whilst checking that they don't become too extreme or unrealistic.

With Neptune turning retrograde we may find too much money is being spent on luxuries and this may cause regret later on in 2022.

*"This is a time to separate
the wheat from the chaff."*



If you look good, you feel good



Self love, self care, self nurturing and enhancing your self worth is important.

Invest in yourself

July

Gregarious planet Mercury communicates with structural planet Saturn on the 2nd of July making this a great month for planning, creating and sharing ideas.

Money matters look good this month and power planet Mars moves into Taurus on 5th July.

Whatever is currently making you feel insecure, the planet Mars is here to shake up and encourage you to look at your emotional and mental wellness.

Mars is also to boost finances in July. What investments are you looking to make for yourself?

This summer month is also another great month to turn your attention on all things related to self care, healing and wellness.

Self nurturing helps to refresh the soul and any form of self love can empower us to become more confident, bolder and happier in ourselves.

The planet Venus's angular link to Chiron on 6th July will be a welcome time to embrace any form of self nurturing.

On the 8th July the Sun forms a link to Chiron and this suggests that all things are achievable, if we take our time and take time out for self care. A rest and some relaxation at this time will prepare you for some marvellous opportunities.

Self love, self care, self nurturing and enhancing your self worth is important.

.....
"Music heals us, every note from a symphony of instruments sends healing through our bodies.

Share the music and amplify your tuneful vibration."

Phil Griggs

July Continued

*"Love is in the air,
every sight and every
sound."*

John Paul Young

Be like the Sun, it doesn't need anyone or anything to make sunshine.

The cosmic energy shifts to a higher vibration on 10th July as the Sun in the sign of Cancer provides a nurturing link to the innovative planet Uranus in the sign of Taurus.

This is a great time for home improvements, decorating or anything that can help you to make your personal living space more comfortable.

This month may also bring the alleviation of a persistent or restrictive problem that may have been causing concern.

On the 13th July the harmonising planet Venus sends loving rays towards stable Saturn. A blast of fresh air may rejuvenate a stale relationship or friendship.

A confusing day may be the 18th of July when Mercury's opposition to the planet Pluto may give uncover a hidden problem,

Keep your cool and the resolution to the problem or issue may be resolved as the planet Venus moves into the sign of Cancer.

Finances and the need to share ideas are two of the themes that make waves around the 20th July.

When the demanding Sun opposes the powerful planet of Pluto, money matters may be highlighted.

The heavenly duo of planets, Saturn and Mars have a challenging link with Mercury, this month.



The Full Moon in the sign of practical Capricorn also trining the planet Uranus and combined with chatty mercury indicates that there may be a strong determination and energy available to help accomplish jobs and to complete outstanding tasks.

Dreams will feel like they are coming true when a magnificent link to Neptune brings good news on the home front.



If we are rational, open minded and calm in our approach to demands on our time and energy then everything should find a balance.

The Sun moves into the sign of Leo on 22nd July and should warm us all up and bestow some summery rays of sunshine and magic.

Expansive Jupiter is on a date with the Sun and Mercury giving out some enlightening mind magic by the 31st July.

The New Moon in Leo sheds an expanding light that can give a noble feel to the end of July.

Mystic Bond

THE ADVENTURES OF



**The names Bond...
Mystic Bond**

**Mystic Bond
has been on
the trail of
mastermind
Veillance who
was knighted
by royalty -
Sir Veillance**



Sir-Veillance was seen with his bino's



THE STORY SO FAR

Bond was in bed talking with Miss Goodnight discussing Sir-Veillance. Miss Goodnight asked Mystic Bond if she could fart. Bond Replied no Miss Goodnight, it would blow his cover.

Later the following day Bond and Goodnight were following Sir Veillance when they saw a suspicious lady lady bobbing backwards and forwards from a street corner.

Miss Goodnight instantly recognised her , it was her old friend Miss King

'Miss King' replied Bond questioningly? I shall go and find out her first name . As he approached Miss King, who was bobbing backwards and forwards from behind the street corner he said, ah good morning young lady, the names Bond, that's Mystic Bond. Miss King replied hello, the names King Miss Pea-King whilst still peaking from behind the corner.

Will Bond and Goodnight discover what Sir Veillance and Miss Pea-king are up to. Find out on the Cafe Clairvoyance TV Shows.

Necklaces in the Sand



SURFING, YOGA &
BEATIFUL JEWELLERY

*SilviaLeilani
Asanalove*

Welcome!

Cafe Clairvoyance welcomes and introduces a very gifted and talented spiritual creator of space and movement.

SilviaLeilani Asanalove is a truly liberated soul who loves life and creates beautiful bespoke hand made jewellery.

Silvia lives in Portugal and has a Yoga practice that hosts retreats, festivals and events in Europe and Asia.

@silvia.leilani.love



My uncle was a
land architect
who
investigated
stones and the
use of their
energies



Japa Malas Promote Healing

My story is about the healing necklaces I create, which began when I was a young girl and my uncle was a land architect who investigated stones and the use of their energies.

As a girl, I fell in love with these powerful healing stones and I could feel their powerful magic, even back then.

"Perspective has many definitions, such as the ability to understand what is important and what isn't".

Silvia xx





Photographs by Silvia



In Hindu tradition a Japa Mala contains 108 beads combined with a guru bead.

It is believed that 108 energy lines converge to form the heart chakra.

A Japa Mala may have fewer than 108 beads, but the number is always divisible by nine, such as eighteen, twenty seven and fifty four.

Many years ago after starting my own yoga practice, I had an epiphany and began to make necklaces using a process of knotting known as Japa Mala.



I decided to thread genuine pearls on to cord instead of the more traditional wooden or plastic beads that were used.

I added real stones combined with the pearls in my necklaces as the creative process unfolded.

In Hindu tradition a Japa Mala contains 108 beads combined with a guru bead.

It is believed that 108 energy lines converge to form the heart chakra.



A Japa Mala may have fewer than 108 beads, but the number is always divisible by nine, such as eighteen, twenty seven and fifty four.

According to yogic philosophy, Japa Malas have the power to promote healing and to elevate the level of consciousness towards the attainment of spiritual aspirations.

Using a Japa Mala can help you to find the focus required for your personal life path.



When an energetic connection is formed with the Japa Mala of your choice, then you can be confident that you are choosing the right Japa Mala energy for your own spiritual pathway.

Every Japa Mala I produce is a unique and individual piece, with each necklace having its own signature style.

These necklaces are made with love, dedication and pure intention that is divinely guided.



*Live, Laugh &
be Happy*

Love,

Silvia

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see my testimonial page

KELLY LEANINGS JOURNEY TO HEALING

Healing Story

**I would never
have
dreamed this**

I truly believe everyone has
the ability to tap into divine
guidance and their own
magic

**"I went into
auto-pilot
mode"**



Kelly's Healing Room

BY KELLY LEANING

Hi I'm Kelly, a British born mum of two bouncy boys, now living in South Germany. It was through my own personal healing journey starting in 2015, that I was intuitively led to energy healing and angels. Now, a certified Akashic Record Master Teacher, Reiki Usui & Holy Fire III Master Teacher, Angel Guide and Crystal Energy Guide, I also offer Atlantean and Lemurian Reiki, Crystal Reiki, and Goddess Isis Energy Healing and activations via meditation and light language, as well as angel and oracle cards readings.

Before 2015, I would not have dreamed of being on this path. After the break down of my marriage I hit rock bottom. Trying to hold myself together for the sake of my two small children, who were 3 and 5 years old at the time, not living in my native country, I went into auto-pilot mode.

I had totally lost my identity, partly through my shy and people-pleasing nature and throwing myself in to trying to be the perfect mother for my kids. As I had lost my own mum, this pain was also resurfacing for me. I literally needed to pull back together the pieces of my "shattered" self.

This left me feeling worthless, lost, anger, lonely, not to mention overwhelmed. Not the qualities which I wanted to mirror to my children. Through chance, I discovered Reiki and decided to give it a go.

Through the power of energy healing my emotional pain started to heal and more importantly I was slowly able to shift my mindset.

I started to understand how to work with the energy, how we are able to bring ourselves back into alignment and shift to a higher understanding and most positive mindset.

I wanted to be able to heal myself, to learn to trust myself and no longer hide my authentic self away. Admittedly, firstly I needed to dig very deep, to stripe away the conditioned layers to find my authentic self. The more I healed, the louder the voice inside me got, encouraging me to take things further. Firstly to be able to use energy healing to continue to align and heal myself, and secondly to be able to help others. In August 2017 I was honoured to be attuned with a Goddess Isis Heart Activation, which gently yet powerfully unlocked my own personal healing abilities. I was blown away and had so much gratitude that I was now able to energetically heal myself and my children. The more my confidence grew, I knew that I wanted to learn more.

Reiki was calling me and I qualified as a Reiki Usui Practitioner in 2018, continually expanding my knowledge to additional Reiki treatments using crystals and ancient knowledge with Lemurian Light and Atlantean Reiki. Since 2020, I am a fully qualified Usui/ Holy Fire 3 Master Teacher. Around the same time the name "Akashic Records" kept appearing in my field back and I was intuitively guided to follow this nudge and embarked on my journey learning to read the Akashic Records. My mentor Emily Harrison helped me harness, trust and continue to master my channelling abilities and I completed her programme and became a qualified Akashic Record Practitioner in November 2019.

Yet I continued to dive deeper into this healing modality and through this my healing business "Trust Heal Be Thyself" with birthed to share my personal experiences and knowledge to help others. I continued to add tools to my spiritual tool box and completed a Mediumship Course with Phil Griggs back in 2020, I was curious to connect with loved ones who had passed and to merge this with my teachings in the Akashic Records where I was working deeply with Masters, Teachers, Loved ones and guides. Oracle cards had equally always fascinated me, so in 2020 I joined Kyle Gray's Angel team and through his teachings, I strengthened my connection to the Angelic Realm and became a certified Angel Guide, as well as a Crystal Energy Healing Guide.

I truly believe everyone has the ability to tap into divine guidance and their own magic, so that we can rediscover how to trust, heal and be our authentic selves. For me Trust Heal Be Thyself is the ultimate key to self-empowerment. To trust thyself, to heal thyself and to be thyself and not stay stuck as that person who others think you should or want you to be. To step into your heart, listen to your intuition and align yourself to your highest potential.



This is a long life journey for us all, a journey to be celebrated with like-minded souls. I now work very closely guiding and mentoring others to equally step into trusting, healing and being their authentic selves. Reactivating self trust and energy awareness and management through my signature course "Activate Your Inner Healer". To learn to heal thyself and others by channeling the universal healing energies of Reiki Usui / Holy Fire 3 from 1st practitioner level to master teacher level. Guiding my students to remember their divine connection to their own Akashic Records, how to access, read and work in this space to receive deep and transformational healing, coupled with infinite wisdom and guidance from a space of zero judgement and unconditional love, with the opportunity to equally become a certified Akashic Record Practitioner. Each and every one of us has the ability to tap in to infinite knowledge, to heal ourselves and I would love and be honoured to help you to do so.

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We would also like to take this opportunity in joining Phil Griggs in his amazing Cafe Clairvoyance Magazine, it works.

We love his spirit and we encourage everyone to embrace there spiritual side and embrace the freedom of our lives ahead of us.

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Peace and love

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Turkish Kitchen

Angie Bee

It almost goes without saying that when you eat in Turkey, you eat well, good food is an important part of Turkish culture.

My passion for cooking started when I was in my 20's. After I left my family home, I became curious about the Turkish cuisine and its history. How the Ottomans had such a great influence and how they prepared in the palaces and how today it is one of the most richest cuisines in the world. It became a mission of mine to replicate some of these dishes and to also not lose my heritage. 2 years ago I created a FB group to share some of these easy to make recipes. It became a hit! The more recipes I shared, the more excited everybody became to try something new! Now that we have entered the spring equinox it's time to put away those winter recipes and opt for the more lighter ones. I have posted 3 dishes which are perfect for this season. They are very easy to make and can be enjoyed by the whole family.

Love Angie Bee x

<https://www.facebook.com/groups/turkishkitchenjava>



STUFFED AUBERGINE Serves 6

This beautiful dish is an Ottoman cuisine consisting of a whole aubergine stuffed with onion, garlic and tomatoes and simmered in olive oil and is found in most of the former Ottoman regions. This dish is served at room temperature.

Prepare 30 mins + soaking

6 aubergines - 3/4 cup virgin olive oil, divided - 6 onions, thinly sliced - 12 garlic cloves, minced - 2 large tomatoes, chopped - 1 bunch of Italian parsley, chopped - 2 teaspoons sugar - Salt and pepper to taste - 1 cup light olive oil
3 small peppers, seeded and cut in half (optional)

1 Heat Oven to 180 degrees.

Peel half the aubergine skin on each aubergine in alternating lengthwise strips to create a strip effect but leave the stems intact. Now cut the aubergines in half. Make a deep slit lengthwise along the centre of each aubergine. Do not cut all the way through to the ends. Place the aubergines in cold water and sprinkle with salt. Let them soak for 20 mins.

2 On low heat, pour 1/2 cup of virgin olive oil in a deep pan. Add the onion, garlic, tomatoes, parsley and sugar. Season with salt and pepper. Add 1/4 cup of cold water and stir the mixture well. Place lid and simmer for 10 mins, stirring occasionally until the onions are soft but not browned. Uncover the pot, switch off cooker. Leave filling to the side to cool down.

3 Rinse the aubergines under cold water, gently squeeze the excess water and pat the aubergines dry with a paper towel. Heat 1 cup of olive oil on low heat in a frying pan. Fry the aubergines until golden brown. Place the aubergines onto a paper towel to soak up any excess oil.

4 Place the aubergine side by side on a baking tray, open side up. Sprinkle a little salt on the aubergine. Now gently stuff the onion filling into each half of the aubergine. Place pepper on top. Pour 1/2 cup of water with the left over olive oil from the pan into the tray then cover with foil or baking parchment. Bake for about 40 mins. Serve at room temperature.



CACIK
(YOGURT AND CUCUMBER DIP WITH HERBS) | Serves 4

Cacik is a delicious Turkish yogurt-based dip with grated cucumber and dill. Perfect for toppings or dipping your pitta bread into.

Serves 4

- 1 cucumber
- 2 cups plain Greek yogurt
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh mint
- 2 tablespoons of chopped dill.
- 1 tablespoon lemon juice
- 1 medium clove garlic, crushed
- ½ teaspoon fine sea salt

1 Peel and grate the cucumber. Squeeze any excess water and leave to one side.

2 In a deep bowl, add all the other ingredients and mix. Now add the cucumber and mix.

Cover and refrigerate for 1 hour then serve



ŞEHRIYELI
PILAV (RICE
WITH
VERMICELLI) | Serves
2

o
in
ating

Şehriyeli pılav (Rice with vermicelli)

This rice dish is definitely one of the most famous dishes in Turkey! It's rich and buttery and is indeed delicious on its own and can be enjoyed with a side helping of natural yogurt.

Prepare 20 mins Cook 12 mins

1 cup of long grain rice.

2 cups of boiled water

2 tablespoons sunflower oil

1 tablespoon of unsalted butter

50g of vermicelli

Salt.

1 Rinse the rice in cold water until it runs clear then soak for 20 mins.

2 On medium heat, add oil into a deep pot. Gently warm the oil. Add the vermicelli and stir until they turn a light golden brown.

3 Now add the butter and the rice. Stir until butter has melted. Add 2 the boiled water to the rice and a very generous pinch of salt. Cover and bring to simmer on high heat. Now turn your cooker down on the lowest setting. Cook for around 10-12mins or until the water had evaporated

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21

TAROT COURSE PT 1

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11

TAROT COURSE PT 2

June 11 Saturday 10am - 4pm

25

SPIRITUAL
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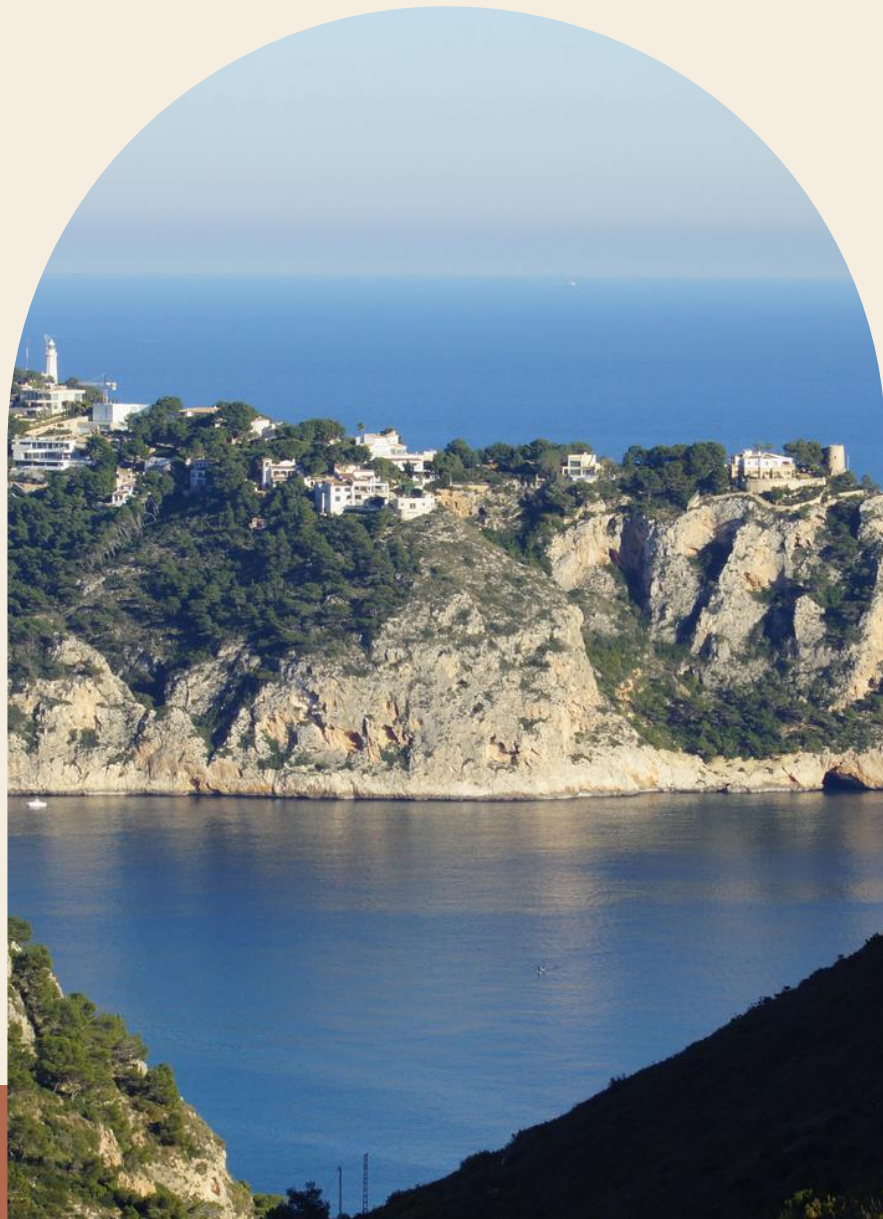
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We wish you a fabulous
Summer



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