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## Carla Bruni

Many are in awe of her beauty and the free spirited life she appears to have led, while others see her as a cold and manipulative creature out to get whatever she can. By examining her stars, we may get to understand the woman behind the enigma.

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8 pages packed with  
inspiration!

September 2011



# Carla Bruni

She has a string of high profile lovers behind her including Mick Jagger, Eric Clapton and Vincent Perez. Bruni herself has said that she is “easily bored with monogamy” and that “love lasts a long time, but burning desire – two to three weeks.” However, she married French president, Nicolas Sarkozy, in 2008 after a brief romance. It seems that Carla is a mass of contradictions.



cautious  
humble  
physical



determined  
intuitive  
realistic



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Born on the 23rd December 1967, Carla Bruni is a Capricorn in her Western Zodiac and a Sheep in Chinese astrology.

Sheep are very shy and cautious creatures, preferring to blend into the crowd rather than stand out. In private, too, they are very reserved and rarely express their emotions freely. Instead, Carla will prefer to demonstrate her affection through tangible means, be it a gift or a service of some sort. Because of her Sheep's difficulty with self-expression, Carla may come across as cold or aloof. In addition, her Goat drives her to fulfill every aspiration she has. Mountain Goats are sure footed and will climb even the highest mountains to achieve their goals.

### Sure footed leaps

Occasionally, Bruni may appear reckless in some of her decisions, but a Capricorn will never commit to a decision until all the pros and cons have been weighed up. What may appear to be an ill-advised leap into darkness will actually be a pre-meditated jump to the next peak. Because of these aspects of her astrological signs, Carla appears to most people to be extremely self-possessed and possibly even detached from the rest of the world.

Beneath the mask, it is a different story. Just as they can find it difficult to express their emotions, Sheep people can find it difficult to accept warmth and affection from others. This is because the Sheep is riddled with self-doubt and self-criticism. They often believe they are not worthy of the appreciation that comes their way and will appear to dismiss it. Peculiarly, the more praise they receive, the less they believe it. The way to coax a Sheep from its pen is to offer up your own self-doubts and establish a common ground. As a Capricorn, however, Carla is blessed with a deep intuition and an innate ability to make good character judgements. If she is able to overcome her Sheepishness, she will be able to use this psychic ability to establish strong bonds that transcend the constraints of mere conversation.

### More comfortable in the company of women

Although she is famous for the men in her life, the combination of Carla's star signs means that she is more comfortable in the company of women. Both her signs appreciate the psychic

nourishment offered to her by those with peaceful, sensitive, artistic or spiritual intentions. But while Sheep are creative creatures, that creativity must serve a practical purpose - they see no point in art for art's sake. Carla has been very careful in her choices of who to work with. As a singer, she has worked with an eclectic range of artists from David Bowie to Harry Connick Jr. As a model, she has made sure that she has only worked with major designers, such as Paco Rabanne and Christian Dior. Interestingly, as an actress, she has revealed a little of her Sheep's inner doubts and her Goat's desire to succeed. When offered a role in a Woody Allen film, she said, "I'm not an actress at all. Perhaps I'll be completely hopeless, but I can't miss an opportunity like this one."

It is in relationships that Carla appears to present the most problems. She is endlessly fascinated by the idea of romantic love, but by her own admission finds it almost impossible to

maintain a platonic relationship with someone she is attracted to. Part of this conflict of interests must be laid at the hoofs of the Sheep. Sheep are fuelled by the act of physical love. In addition to the thrill and excitement of a new conquest, it silences the nagging voices of self-doubt and criticism that lurk in their

subconscious. It's as if the physical act serves to nourish them on a psychic level, affirming their self-worth and self-confidence, albeit for a limited time. It seems that Carla has achieved control of this aspect of her subconscious, which suggests that she is happier in herself than perhaps she has ever been before.

Although, on the surface, Carla Bruni may appear to be a cool, calm and possibly manipulative person, the truth is that she is governed by her insecurities and is seeking psychic completion. In truth, she is closer in essence to most of us than many of us might believe.

**"I can no longer seduce because I love my husband...I don't want to hurt him. I am no longer a man-eater."**

- Carla Bruni



*Bruni with Michelle Obama in 2009*

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**Aries** (Mar 21 - Apr 19)



You learn a tough emotional lesson through a partnership or friendship early in the month, but the storm quickly passes and you come away with better understanding. Whether or not you live with others, home remains a tricky place for the first three weeks of the month; beware of escalating arguments and small accidents - these energies are helping you to work out the kinks ahead of winter. A small financial bonus is best invested in your own health or therapy; it's all about how you feel. By the 19th, vibrations lighten and you are able to enjoy the season from a new perspective.

**Taurus** (Apr 20 - May 20)



After a recent bout of restraint it's time to loosen up; you are feeling fashionable, even a little indulgent, are your sense of elegance and beauty is firing on all cylinders. With this magnetic and mysterious vibe, it's no wonder that others are attracted to you; but you also need strong mental stimulation. Jupiter and Mars ignite your conversations and lend creativity to your thought patterns making now the perfect time to impress that brainy crush of yours. Meanwhile, staying grounded in a healthy routine, such as yoga or pilates, helps you to keep it real and provides an emotional anchor for the month.

**Gemini** (May 21 - June 21)



A financial opportunity requires swift action and confident communication; speak up loud and clear, and things will fall into place. The moon and Saturn are sending messages about your emotional well-being. Maybe you've gone overboard lately and felt the need to retreat and recuperate. As this cautionary feeling fades away, will you revert to how things were, or draw upon experience to propel yourself into a healthier daily life? Perhaps you can have a little of each, as is the Gemini way - but the path of variety and moderation is best traveled with mindfulness and intention.

# SEPTEMBER HOROSCOPES

CAREER LOVE **SPIRIT** DESTINY



**Chris Odle**  
Astrologer & Shaman

## The Sun shifts from Virgo to Libra as most of the outer planets move in retrograde, helping us to re-establish cooperation as a key to individual success.

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**Libra** (Sept 23 - Oct 22)



Chances are you've been to more than a few parties over the Summer, and had your share of fun. It doesn't have to end here, but the vibe is shifting toward richer inner experiences. For the first three weeks of the month you feel more like staying in, organizing and quieting yourself. This allows you to better hear the guidance from Spirit. Then, when the Sun crosses into your sign on the 22nd, you're ready to unveil a new incarnation of yourself to the world. If you're feeling restless, turn your attention toward work. Mars and Mercury are well-placed to give you a serious advantage in networking and career development.

**Scorpio** (Oct 23 - Nov 21)



Being ultra-social and highly introspective don't seem to go hand-in-hand, but can they work together? The stars are posing this question through you, Scorpio. While Sun and Venus move through the most social area of your chart, Moon and serious Saturn occupy the place most related to inner-work and solitude. In other words, you'll have to allow yourself to change directions during the month. Your lucky charm is a partner or close friend who constantly enlarges your perspective and allows you to see things from multiple angles. Oh, and don't move too suddenly on a financial issue - patience is key.

**Sagittarius** (Nov 22 - Dec 21)



The idea of 'going for gold' is in your blood, and September lends near-perfect conditions for adding trophies to your mantle. The Sun and Venus are together in the accomplishment zone of your chart, infusing your professional efforts with grace and confidence; but in order to really harness these energies, you must regularly turn inward. Racing along without a conscious practice (such as daily meditation) will only burn you out, so carve out the space to be quiet and look within. Interested in love? It's most likely found someplace purposeful, like a class or spiritual seminar. Hold off on any major financial moves until the 17th when Pluto turns direct.

## Cancer (June 22 - July 22)



Great confidence in your daily life has far reaching effects this month, thanks to a bevy of planets in your first three houses. Take this opportunity to really connect with what's around you, and you'll find no shortage of useful surprises. A shift in the realm of business and career is on hold, and requires patience until later in the month, when the door begins to open. The past is another important element for you in September. In what ways is it bogging you down and holding you back? Try unfastening your emotions from those treasured memories, and live more in the present. This enables you to see what's available in the here and now.

## Leo (July 23 - Aug 22)



The practical, down-to-earth side of life is hardly the most exciting in your book, but it can be like setting the stage for an amazing performance. Plodding through those details you've been putting off (especially financial ones) will help create a positive shift. In relationships you must give clear voice to your boundaries, and let your partner know how his or her actions affect your emotional wellbeing. As much as you want to start that new health regime to create a better you, wait until after the 17th to commence anything major. Remember, people are already attracted to you like a magnet; you only have to access that power within.

## Virgo (Aug 23 - Sep 22)



You went with the flow last month, and now it's time to grab the bull by the horns. With the Sun, Venus and Mercury all doing serious time in your sign this month, you're endowed with enough confidence and charm to effectively co-create your world. A relationship has been teetering on the brink of romance, but it's not yet time; you have work to do first. Don't be overly strict with money - remember, it's there to help you feel more happiness, so cheer yourself up with a treat when opportunity knocks. When a friend tries to micromanage your life or decisions, don't hesitate to stand in your place, and let them know you trust your own instincts.

**When someone tries to micromanage your decisions, stand in your place; let them know you trust your own instincts.**



## Capricorn (Dec 22 - Jan 19)



Get ready for a strong emotional attraction this month as fiery Mars moves through the partnership area of your chart. If you're single, this attraction comes suddenly and unannounced. If you're attached, things definitely heat up. Pull yourself out of an argument before it intensifies to boiling point; instead, give your lover all the positive passion they can handle. An abundance of personal energy has you investigating new pursuits and making plans, even to the point of forgetting your normal responsibilities. Stay balanced between where you are and where you want to be, and you'll find the right doors opening.

## Aquarius (Jan 20 - Feb 18)



With the relationship issues you've been facing recently, you need a break, and the stars are happy to shift your focus. Lose track of time with a new study or discipline, and ask yourself what it would feel like to really excel. It's not too late to do this, and once you find the right calling, you won't be able to help yourself. The old vision of yourself is not in harmony with what's really there inside; this is changing, especially around the 17th when Pluto turns direct. A friend or significant other will put you on the spot repeatedly, so be prepared to communicate your thoughts clearly and effectively.

## Pisces (Feb 19 - Mar 20)



After several rounds of deep inner work, the stars are cutting you some slack this month - you've earned it! As a result of your efforts, the ability to voice your feelings is clearer and more grounded. This ability now falls on your relationships (especially romantic ones) like a much needed rain. At the same time, there is a situation between you and another person, or group of people, in which money and emotions are strongly intertwined, even though you might wish otherwise. Stand in your own place and call upon Saturn to show you what is truly beneficial in the long term, even if other options look more exciting right now.

# Healing Infidelity

It may seem impossible for a relationship to heal after infidelity, but it can happen.

Possibly the most devastating trauma to affect any relationship is the discovery that your partner has been unfaithful. While this feels synonymous with the end of the relationship, it is possible to overcome this situation and even strengthen the commitment between partners. However, this is not an easy road to travel and it will make huge demands on your psychic reserves.



they become more consistent. It is also worth remembering that forgiveness does not automatically mean the relationship is saved – you can still forgive someone, even though you decide to go your separate ways.

## Reverse the magnet's polarity

Amongst the maelstrom of emotions and doubt you will doubtless experience on discovering your partner has been cheating, you may find yourself asking the question: "Can I forgive them?" While many might instantly dismiss this as a sign of weakness, taking the time to consider just what this question means on a psychic level can help you arrive at your answer. "Can I forgive?" is your subconscious' way of letting you know that, despite the feeling of powerlessness you are experiencing, you have within you the power to create something positive from a terrible situation. In addition, your subconscious is also letting you know that you have the capacity for forgiveness, and you have more power in this situation than you might believe. As if that wasn't enough, you are being reminded that you do have the psychic reserves and grace to make such a possibility a reality. This is often referred to as 'strength of character' but is, in fact, a measure of the depths of psychic energy you possess.

While it may feel that, in forgiving a transgression of this sort, you are being selfless and altruistic. However, in another sense, you are doing something entirely for yourself. Harboring a grudge is, in essence, holding onto negative energy – and the only place to store that energy is in your own psyche. Negative thoughts and feelings are like a magnet to iron filings. Once you have picked up one, others will swiftly follow. In bearing a grudge, you are providing the perfect environment in which negative energies can flourish. Over time, they will grow and begin to affect your life in tangible, negative ways. In forgiving someone and letting go of negative feelings, you are protecting yourself from the harm that these thoughts and emotions can do you.

## Looking at the bigger picture

In visualising the future and looking at the 'bigger picture', you are also opening yourself to the idea that pain is transient. This will help you in conversations with your partner, in which the most important thing you can do is listen. As the person who has been wronged, it is generally expected that you will be the one with the most to say.

## Listen to your higher self

While your partner may be the last person you want to talk to, he or she is the very person you must face. Your conscious mind will be full of recrimination and upset, reflecting on the disharmony registered by your higher self. However, your higher self is far better at perceiving the future than we can at a conscious level and you must tap into these powers. Begin by using positive visualisations. Picture yourself years from now as an older version of yourself. In this visualisation, you should picture yourself as happy and healthy. These instructions will tell your subconscious to begin the healing process as quickly as possible.

However, by listening to your partner and giving their reasons and apologies careful weight and consideration, you may learn that there were things wrong with aspects of your relationship that you were previously unaware of – and these may be the key to beginning to rebuild what has been damaged. This is not to say that you shouldn't have your say, but you will learn more about the truth of the matter by listening than talking. While this may tax your conscious mind, you can draw on your psychic reserves to strengthen your resolve.

As you continue these visualisations, begin to picture your partner as part of them. Picture them as happy and healthy and complementing your own peaceful state. By doing this, you are letting your psychic self know that you are prepared to embrace the concept of forgiveness. Keep a journal of your thoughts and feelings throughout this period. You may find that, initially they vary wildly but, as time goes by,

If you decide that you want to forgive your partner, you must let him or her know. True forgiveness means that you will allow your partner to be part of the healing process and let them help you through the dark times you will face. By allowing them to see your vulnerabilities and insecurities and offer psychic help, you will be laying the foundations for a united future.

**While your partner may be the last person you want to talk to, he or she is the very person you must face.**





# Plot your Spiritual Journey

by Barney Battles

Most of us, at one time or another, experience the feeling that we are not sure where our life is going. Often this feels as though we are standing at a crossroads, but we are unsure as to which road we should take. This may be because we perceive that we have too many or too few options in our lives or it may also be an awareness that something is not right on a psychic level. By communicating with your subconscious, you can get an accurate idea of where your spiritual life is lacking and take steps to ensure that your spiritual journey proceeds in the direction you want it to.

## YOU ARE HERE



In order to determine where you want to go, you must first determine where you are and where you have been. Take the time to build up an accurate psychic picture of yourself at this moment in time. You can do this through visualisation. Paint a picture in your mind of yourself, including all the things you perceive that are lacking and causing you unhappiness or frustration. You may find that things come to light that you had not previously considered and it is worth keeping a note of all the feelings and images that your subconscious throws back at you. By conducting visualisations of this sort, you are asking your psychic self for an appraisal of your emotional and spiritual health and will gain an idea of what needs to change.

## WHAT LED YOU HERE?



Once you have created an accurate psychic depiction of yourself in the now, you need to trace decisions that you have made in the past that have led you to this situation. Choose an aspect of your situation that is causing you concern and rewind your life, noting key moments that have been instrumental in creating the current scenario. Track each thread of your life, one at a time. By doing this, you are instructing your subconscious to look out for any patterns of behavior that have conspired to create unhappiness or dissatisfaction in your life. By recognizing these, you will be able to recognize them should they return. Again, make notes of these patterns of behavior and use your subconscious to remember how you were feeling during those times and what caused you to make the decisions you did.

## MAPPING THE FUTURE



Finally, you should perform visualisations of where you want to be in the future. Picture yourself at your most confident, vivacious and happy. Create this image in detail, noting any differences between your current self and your future self. It is now time to consider how

to get to that point. By considering what you want from your spiritual journey and having recognized behaviour that has prevented that fulfilment, you may find that your subconscious responds by pointing out certain routes that are available to you. You may also find that you are able to identify those things that are actually unimportant to your progression and be able to discard them.

## RESPONDING TO POSITIVE ENERGY



Our physical lives are the corporeal manifestation of our psychic selves. Unhappiness on the psychic plane will be mirrored in our relationships with others and decisions that we make. Our psychic selves are fuelled by and respond to positive energy, so it is also worth taking the time to identify the positive qualities that make us who we are. These may be small things, such as being a good listener or being able to offer good advice, but they are representative of our psychic strengths and potential. What may appear trivial in the physical realm is actually a fraction of the psychic gifts we have to offer ourselves and those around us. When you have considered your positive qualities, give a little thought as to how they can be incorporated into your life to a greater degree. Positive energy attracts positive energy and by tapping into your psychic gifts, you can only serve to enrich your life and the lives of those who are close to you. Your spiritual health and your chosen spiritual path will be defined by the energies you send out and those you receive.

During your visualizations, you may find that you experience very vivid dreams. Your dreams can offer valuable clues and insights into the state of your psychic health. Dreams are the best method your subconscious has of communicating its concerns and desires, as it does not have to battle with the conscious mind. During this time, keep a journal of your dreams and look for recurrent themes or images. The subconscious uses a mix of symbolism and literal images to convey its messages and you should be able to spot messages with some clarity.

Our spiritual journeys are reflected in our physical lives, making it entirely possible to deduce what is at the heart of the matter and to take steps towards a positive resolution.

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# READER PROFILE

# Claire

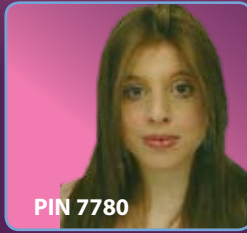
## Clear Psychics

*Have you had any memorable experiences reading for a client?*

I have had many great experiences with Star Temple clients. One client wanted me to contact someone in Spirit who she was very close to. As I was tuning into my spirit guides I became aware of a young man standing beside her. He was wearing a military uniform and she said her son was in the military. It was as if he was there on the Earth plain and not in the Spirit world. What I love about working with Star Temple is being able to reach out to clients that really need spiritual, uplifting guidance and the reassurance that you are never on your own, no matter how lonely you may be or even feel.

*What makes a good psychic reading?*

A good psychic reading happens when a client is calm, relaxed and focused on their reasons for phoning. In that way Spirit can work and reach you better throughout the reading. I suppose it's like meditation when you can have a clear mind and be a little more emotionally detached from earthly worries; more receptive – then Spirit finds it a lot easier to give the answers that you are spiritually seeking.



*When did you first realize you were psychic?*

I first realized I had psychic gifts when I was 8 years of age, although I didn't start using them professionally until age 18. I have always been sensitive, even when I was very young, and my sensitivity made me want to help people with the messages that I was channelling through my spirit guide. One experience I remember very clearly happened when I was 12 years old. I had an uncle that I was very close to, and he was suffering with a long term illness. I remember coming home from school at about 4.15 pm and all the clocks in the house had stopped working; it was then that I felt such a strong impression that my uncle had passed away – it was like he was telling me. A few minutes later I received a call from my father letting me know that my uncle had indeed passed away. It was sad and beautiful experience that will never be forgotten.

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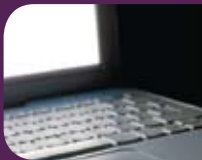
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