CAFE CLAIRVOYANCE MAGAZINE

3RD EDITION JULY - SEP 2022

NEW FEATURES IT IS A SPIRITUAL WORLD DISCOVER THE ESSENCE OF YOU CAFE CLAIRVOYANCE ASTROLOGY 'SUMMER IN THE STARS'

MANTRAS & MEDITATION CRYSTALS & STONES

FIBROMYALGIA HYPNOSIS CAN HELP

https://cafeclairvoyance.com





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Hello everyone and welcome to the 3rd edition of our Cafe Clairvoyance magazine.

Thank you to our regular column writers Susanna Flannery, Midia Hadjixenofontos and Mila Zimunhu.

Our new section titled *The Essence Of You* features their very interesting articles along with new article contributors to the Cafe Clairvoyance Magazine..

New section *It Is A Spiritual World f*eatures an article about Lord Krishna by a Hari Krishna devotee, Jamuna Jivana Das.

This summer edition also introduces **Bachio & Kevin** with their own section **Paws Around The World** featuring our readers fur babies.

Meet **Pumba** a very special rescue dog who is our star pet for this edition of our Cafe clairvoyance magazine. *Your Story* is all about you with articles by spiritual Medium Helen Grady and Charlie Bee with her inspirational flower story.

Turkish Kitchen shares more of Angie Bee's delicious Turkish recipes.

The Book Club page is a new feature which has two great book recommendations with a dash of gravitas for your summer reading.

Check out the *Pinboard Wizard* page and you can advertise your business in future editions.

Every Cafe Clairvoyance magazine is an improvement on the last one as we are constantly evolving and adding new and inspiring articles.

This edition we have included a **Business Directory** at the back of the magazine. If you have liked an article and would like to contact the author, then you can find their business contact details and social media links here.

Cafe Clairvoyance wishes you a lovely summer.



Debra xx

CAFE CLAIRVOYANCE

CONTENTS



Cafe Clairvoyance Page 6

CAFE CLAIRVOYANCE MAGAZINE

5 EDITORS NOTE

W have some amazing new writers this month.

- 7 HYPNOTHERAPY VS FIBROMYALGIA Reframing Pain
- 12 THE GREY LADIES

The Nobility of Herbs

43 EXCLUSIVE!

ITS A SPIRITUAL WORLD



ALEXANER KISITU

ARE YOU LISTENING TO YOU GUT?

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YOGA FOR ELITE ATHLETES WITH MIDIA HADJIXENOFONOS

14 CAFE ASTROLOGY

Your Summer Stars 2022

24 THE ESSENCE OF YOU

This section is about 'The Essence of You'



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03



CONTENTS CONTINUED



RUNNING + FITNESS + FOOD

48 MY STORY

W have some amazing new writers this month.

64 PAWS AROUND THE WORLD

Heart warming stories from from our fury friends

68 BOOK CLUB

Inspirational reads for the summer

67 EXCLUSIVE!

TOM & THE TALKING BIRD



TURKISH KITCHEN



PARANORMAL PARTY

69 PINBOARD WIZARD

Advertise your business here

74 RETREATS

Relax, Refresh & Restore. Retreat in Holland

80 CONTRIBUTORS DIRECTORY

Article contributors contact details

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CAFE CLAIRVOYANCE



Cafe Clairvoyance TV with your host Phil Griggs

Articles and Features from Cafe Clairvoyance.

Hypnotherapy

Can Psychotherapy and Hypnotherapy help people live with Fibromyalgia



By Phil Griggs Photo by Lorna Alvarado

Fibromyalgia was first discovered in the early 1820's.

The condition was initially called Fibrositis as doctors believed the pain was caused by inflammation at the sites or locations in the body where the pain was centred.

After considerable research in the 1970's this often debilitating condition was renamed by researcher Mohammed Yunus too Fibromyalgia. The words were made up from the Latin words fibre (fibre) and the Greek words moo (muscle) and algos (pain).



Fibromyalgia is a perceived condition of chronic and disabling pain which affects many areas of the body as well as a heightened pain response to a simple touch. Yet, paradoxically a hug can be less painful for a person with Fibromyalgia.

The origins of Fibromyalgia may be partially genetic, however, most origins are thought to be the result of:

A trauma Stress Shock Depression Anxiety PTSD Injury

Fibromyalgia can be considered to originate from the mind. Symptoms may then proceed to develop within the body which can manifest as physical pathology. Any trauma an individual may experience affects the mind and this is deemed to be where Fibromyalgia starts. The mind is quite good at coping with life's experiences and challenges that it knows and understands. It is when the mind experiences a shock or trauma that problems can often occur. If after a shock or trauma (depending on the severity) that little or no therapy is sought to help recover or understand the healing process within the mind. Then the trauma can be perceived as going to the back of the mind and into the subconscious. Subsequently the person affected may continue to proceed with their life by avoiding dealing with the preposed shock or trauma or may not acknowledge the experience.

To use a car crash as an example; if a car crash was experienced at a particular location that left the person in a state of shock, then the person may:

1. Never wish to drive down the same road again and chose an alternative route even if this route is longer. To avoid reliving the experience of the car crash. Hypnotherapy helps the subconscious mind to reframe or resolve past traumas into a new manageable & comfortable experience



Communication

The mind and the body need to talk

Hypnosis is the key to unlock the minds ability to talk to the body

CAFE CLAIRVOYANCE MAGAZINE

2. Stop driving forever.

3. We are very capable of creating new habits to avoid pain in the mind. After a while the new habit becomes so instinctive and subconscious that the mind clouds over what the initial 'painful or traumatic' experience was.... problems can result if this is not resolved through therapy or resolution. The pain remains in the mind.

Our mind and bodies are very complex mechanisms and symptoms of Fibromyalgia may not be experienced in the body immediately. It is recognised by the medical profession that some symptoms of Fibromyalgia may often not manifest until many years later.

We often tend to look at the mind and body as being two separate and disparate entities.

However, really what's happening in the body is mirrored from the mind. Every ache and pain we feel is a reflection of a condition in our conscious to our subconscious and vice versa.

When the mind becomes overloaded with an anxiety it can tend to 'dump' the problem (if it's not resolved in the mind) into the body and this can be experienced as a muscular representation of other physical conditions.

Where Fibromyalgia is concerned if this is not resolved in the mind then the mind has a tendency to freeze the problem and dump it into the body through the nervous system. Thus, the body freezes with the experience of pain often felt in different areas around the body. The person affected may feel they have limited movement which may cause considerable discomfort. The mind is frezen so the body is replicating the mind and freezing too.

Nerve endings are super sensitive and will signal 'I am in pain.' A simple touch can be so painful and yet a hug can be so comforting.



Clients with Fibromyalgia have often spoken to me about the emotional and fear response associated with fibromyalgia. This can be a very traumatic phase for the client, as the mind and body can be in a high state of anxiety or fear of the pain.

The conscious or rational part of the mind wants to release the pain, yet this is not an easy thing to do. Pain can also have a huge emotional impact which then can make the pain feel even worse.

Tiredness, exertion, stress, depression and fatigue can all add to this.

The pain can become so intense and debilitating for some clients, that they may find that simple things can seem overwhelming. It may take considerable effort just to get out of bed in the morning.

Even the laying of a bed sheet over their bodies or a crease in the bed sheets can be a very painful experience.

Hypnotherapy and Psychotherapy can help release or even resolve the fibromyalgia pain within the body. This is known as '*Regression*, *Pain Releasment or Time Line Therapy*'.

Hypnotherapy is considered to be one of the most successful therapies to help reduce the symptoms of pain.

By accessing the subconscious in a deep state of focussed attention the therapist helps the client to resolve the condition by reframing, releasing and healing the minds understanding of the initial experience of fibromyalgia. As an example, if the fibromyalgia originated symptoms can be traced back to a divorce, the hypnotherapist can work with the client to release the trauma associated with the divorce. This will help release any emotions that may still be attached to the painful experience or trauma.

The emotional response to a trauma is often bigger than the experience itself.

By helping the client to move forwards with the trauma and to release it, the emotions underlying the trauma will shrink and disappear.

The therapist helps the client to communicate with their body to restore calmness and release the pain using a process known as Hypno-therapeutic Pain therapy that encourages the release of fear.

I have found one of the most effective healing routes for clients with Fibromyalgia is to have someone impartial to talk with about their pain.

This is often a different conversation to the ones that they often have with their families, friends or partners.

Most people are often aware that they can be overburdening a partner or loved ones and emotional barriers can often appear.

A professional therapist can help the client in a non biased way to talk about how they feel.

It is important to develop a sense and state of congruence which supports the client to relax more and to feel that they are being understood.



Reframing pain.

As soon as we mention the word pain our minds and bodies instantly tense up and become defensive. We associate personal experiences and memories which relate to your perception of the word.

What if we renamed pain into something else? For example let's call it Vincent (or any other name you can imagine).

Imagine the conversations you can have.... Today Vincent and I are going to a friends house. When I get there, Vincent can sit in the garden..... We've just 'externalised' Vincent (pain) from inside the body to being outside the body. Think of the relief and the change to the quality of life, this simple exercise could bring you.

What if you could imagine externalising and renaming the experience?

'Vincent and I are going to the movies tonight.' This is not just an amusing statement, the words attract other people to want to join you. When we are in pain other people sometimes distance themselves, as our emotional state can often be tense and defensive. If you were too 'humour' the condition with 'Vincent'

people will naturally respond differently and support the interaction with Vincent (pain).

Hypnotherapist & Psychotherapist. NLP,EFT, Integrative Neuro-Coach. Medical Astrologer Phil Griggs

Please contact your Doctor or medical practice for advice.



Grey Ladies DEBRA GRIGGS

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Cafe Clairvoyance Magazine

The Grey Ladies

Lavender is our first grey lady. (July)

Lavender can be used as a fungicide.

Place a bag of dried lavender in your wardrobe to keep moths away.

Lavender can help soothe those sleepless nights. On infusion of lavender in hot water makes a calming brew.

Cleanse and prepare a ritual space with an infusion of Lavender.

Sage the herb of wisdom is a grey lady. (November)

Sage for blessings of health and wisdom.

BURN bundles of dried Sage to cleanse and purify your personal space, alter or home. Sage can be combined with dried Juniper for extra cleansing power.

Rosemary 15 our last grey lady. (February/March)

Rosemary makes a very effective insect and moth repellent. You can sprinkle the dried herbs over sheets and clothes.

Use a bundle of Rosemary stems steeped in water to make a purifying water to spray around an altar before a full Moon or other rituals.

all the Grey Ladies have an affinity with the Moonlight.

Debra Griggs x



Your Stars From July to September 2022

CAFE CLAIRVOYANCE MAGAZINE

IN AN BY

Cafe Astrology Zone

Phil Griggs

If you look good you feel good

July 2022

Gregarious planet Mercury communicates with the structural planet Saturn on the 2nd of July which makes this a great month for planning, creating and sharing ideas. Money matters look good this month and the

power planet of Mars moves into Taurus on the 5th of July.

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

Mars is also working to boost finances in July. What investments are you looking to make? This glorious summer month is a great time to turn your attention towards all things related to self care, healing and wellness.

Self nurturing helps to refresh the soul. Any embodiment or expression pertaining to the concept of self love can empower and enable us to become more confident, bolder and happier in ourselves.

"To love oneself is the beginning of a lifelong romance."



The planet Venus forms an angular link to Chiron on July 6th and will herald a well received period of time to embrace any form of self nurturing. On the 8th of July the Sun forms a link to Chiron and this suggests that all things are

achievable. Use this time to treat yourself like a fun project and do something that helps you to

relax.

Rest, read a book, watch a film, have a massage, anything that helps you to switch off and unwind and prepare for the marvellous opportunities the celestial skies are promising.

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

Oscar Wilde

Page 1

"Love is in the air, every sight and every sound." John Paul Young

The cosmic energy shifts to a higher vibration on the 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 makes your personal living space more comfortable and attractive.

July could also be the month that the alleviation of a persistent or restrictive problem that may have been causing concern, suddenly happens.

On the 13th of July the harmonising planet Venus sends loving rays towards Saturn the planet of stability and security.

A blast of fresh air may rejuvenate a stale relationship or friendship.

The Full Moon this month is in the sign of practical Capricorn which is also trining the planet Uranus and combines with the chatty planet of Mercury.

This busy planetary lineup indicates that there may be a strong determination and incredible 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.

A confusing day may occur on the 18th of July when the planet Mercury forms an opposition to the planet Pluto. A hidden problem may be uncovered. Keep your cool and the resolution to the problem or issue may be apparent 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 of July.

The demanding Sun opposes the powerful planet of Pluto and money matters may be highlighted.

Balance, duty and service are highlighted this month.

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

This is the time to be rational, open minded and calm in our approach to the demands on our time and energy and then everything should find a balance.



August 2022

"Quiet the mind and the soul will speak" Ma Jaya Sati Bhagavati

As we begin the lazy hazy summer months of August four big planets are in retrograde motion.

This slows down the pace of life and encourages us to rest a little and reflect upon the year.

Where do you want to be? Where do you want to go? What is it that you want for the remainder of the year?

We often need quiet moments to allow our soul to speak.

"All our dreams can come true, if we have the courage to pursue them."

Walt Disney.

The energy at the start part of August is still very positive and with the Sun Mars, Jupiter and Venus are all on good terms with one another.

This time can be used to achieve whatever you want to attain in a quiet, romantic and peaceful way.

The planet Mercury moves into Virgo on the 4th of August and takes on the analytical qualities of the sign of Virgo.

This is a fabulous time to create space, organise and to obtain clarity of vision.

Imagine life as an organised filing cabinet with everything in order.

It could be that we need to be cautious about pushing our expectations and realising our individual limitations around the time of the 7th of August. Keep your personal boundaries in place around the 7th of August by not forcing issues.

The planets of Mercury and Neptune offer imaginative ways to over come hurdles that can seem initially conflicting and problematic.

On the 10th of August the planet Venus in the sign of Cancer makes its revisit to an opposition with Pluto in Capricorn .

On a surface level we could be releasing a current relationship.

Are you beginning a new pathway on your spiritual journey?

This could also be a powerful time of new emotional awakening for many of us.

What is being highlighted or made bare in our lives that we feel we need to heal.

This is not a time to bury or shy away from contentious issues.

"Be Positively Rebellious and Rebelliously Positive." David Tenant





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

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The Sun moves into the sign of Leo on the 22nd July and this 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 and is 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.



"When less is more than enough fear less." Phil Griggs



If you are single love could be in the air as the planets Venus and Jupiter trine in an abundant display of love, jollity and jubilation. It does not matter if you are in a relationship or not as this energetic time may overwhelm you with the beautiful energies these two heavenly bodies create.

Love Is Every And Energy is Everything Quatermaster.org

Energetic Mars powers into Gemini on the 20th of August and we are likely to see our social ties, friendships and actions on social media change and evolve.

The fiery planet of Mars will encourage us to communicate more and travel more even if it is only for short distances.

Enjoy this potentially lively and fun time especially those of us who are Fire signs (Leo, Sagittarius and Aries) and are the Air signs(Gemini, Aquarius and Libra.)

On the 23rd of August the Sun moves into the sign of Virgo the earth sign associated with planning and order. So If you have found yourself reflecting and contemplating over the Leo season, this is a time now to think about putting your plans into action.

To harness this responsible energy we are likely to receive a boost from the groundbreaking planet of Pluto and the sharp minded planet of Mercury.

The lazy days of summer are beginning to recede.

You may begin to see the song of September as a two part harmony as the light hearted sweet serenade of summer ends and the deeper melody of autumn begins.

We may ease in to the autumn months with the tiresome job of having to sort out some obstructions or difficulties during the preceding days of the 27th August.

The planet Uranus turning retrograde may make us dim our glimmer and dampen our spark.

The New Moon in Virgo urges us to slow down and not force issues.

This is a time to ensure that others around your are singing the same song as you.

As being in harmony with others will enable plans to succeed.

Just when we think it's all going wobbly the universe shows us a way forwards.

The moral of the story for the month of August this year is to not rely too much on others.

The way through this haze is to be clear and concise in all our communications with others and to not make assumptions or to tale things for granted.

The more humble, compassionate and understanding we are, then the easier this time will be.



A calm approach is needed in the days leading up to the full Moon on the 12th August with the Sun in Leo and the Moon in Aquarius.

This time is also known as the *Sturgeon Moon* and is named after the Sturgeon fish when they become plenty in the northern Hemisphere.

Around this time we may wish to rebel and free ourselves from old and outdated restrictions.

Aquarius is a stoic sign which seeks freedom and liberty.

Any frustrations or limitations are likely to be released thanks to the cosmic effects of the planets Uranus and Chiron.

Healing and change is the dignified path ahead.

On the 18th of August a transient flow of energy may seem to emerge within us and this boost of energy can encourage powerful, vibrant and positive changes.

This is a great time to move house, start a new project, get creative, meditate, plan and then transform some structural patterns of inner lives, that need to be refreshed and transformed.

Choose to be with people who will say your name in a room full of opportunities



September 2022

'All pioneers are considered to be afflicted with Moonstruck Madness' Lucy Maud Montgomery

With nobility and pride, September starts off in grand style with the courageous planet Mars meeting Opportunistic planet Jupiter in a grand display of flowing energy and reprise. Some relationships could be challenged around the 3rd of September as the often staid planet of Mercury opposes the expansive planet of Jupiter.

Thinking for yourself in a non selfish way is the way forward.

The beautiful planet of Venus moves into the determined and angelic earth sign of Virgo signifying a bountiful time for Earth (Capricorn, Virgo, Taurus) and Water Signs (Pisces, Cancer and Scorpio.) These signs are all compatible with the sign of Virgo as they are all within 60 or 120 degrees of one another.

However if we apply our efforts we can all benefit from bountiful Venus as she takes on the Virgo energy.

On the 10th of September the planet Mercury goes back into another retrograde motion in Virgo.

A Full Moon in Pisces illuminates the dreams within each of us and perhaps we can go back and reassess and illuminate a situation that needs our sensitive touch.

This is a great time for artists, co-ordinators, musicians, thinkers and spiritualists.

At the same time the planet Uranus is brought into this equation with its own unique and groundbreaking style.

If something is worth doing, dream it, think it and create it.

"The visionary is the only realist"

Federico Fellini

On the 11th of September the Sun in the sign of Virgo makes a magnificent trine to the planet Uranus in the sign of Taurus.

This is a very practical time and encourages us to tie up loose ends and get to work on those projects we have neglected.



Our spirits are likely to lift with a sense of purpose and motivation during this period for we are filled with the powerful of a new Moon.

'September the harvest month....Summer is over and autumn has arrived in all its glory.'

Around the 16th September to the 19th September we may have to monitor the fluctuations of our energy levels and expectations.

Keep a sense of reality about ourselves and perhaps relate with people who have different views than our own to create a more harmonic resonance of balance and understanding.

Some conflicts maybe unavoidable and what matters most is how we react to them.

As the leaves start turning into the vibrant colours reflecting Autumn, so, it may be time for turning over a personal new leaf so that our lives may be restored.'

Positive times lay ahead from the 20th September as voluptuous planet Venus and the Sun send shooting beams of harmony and abundance towards us and give pleasant links to planets Uranus and Pluto.

On the 23rd of September the Sun moves into the sign of Libra encouraging us to build relationships with others.

The Sun has concluded its period of practicality in the sign of Virgo and we can now begin to reap what we sow.

We will have plenty of time to tie up any loose ends helped by the Sun's transit in Libra.

Mercury retrograde now moves back into practical Virgo helping us to gain some reflection of past events.

Venus joins Mercury on 26th September in the sign of Virgo there may be a big reveal and this could cause a few waves.

Ground shaking Pluto will also be joining the party and the powerful planet Pluto will be sure to sprinkle some harmony.

'Let's get this party started.' Pink

The New Moon in Libra will be on the same day (26th September) and will be opposite Jupiter. Be careful of excess or moving too quickly on something without checking the finer details, this is a time to cross those i's and dot the t's.

However, the planet Mars trine the planet Saturn on the 28th September can give exciting plans a boost.

Issues can be resolved if we keep a practical outlook on life.

On 29th September foxy Venus joins the Sun in the romantic Cardinal Sign of Libra and this is a great time for giving and sharing with others.

We can either be exclusive or inclusive, choose wisely.

This a lovely time for new relationships and romantic liaisons.

The Great Gods Meet Again

From September to mid November those heavy hitting planets Saturn and Uranus form an almost exact square again.

They finally drift apart and embark on different pathways by the 15th January 2023.

This is the last square they make in our current climate and will next form a conjunction on June 28th 2032.

2022 has been challenging and restrictions are currently still around us and impacting in varying degrees on our daily lives.

The undercurrents and realties of austerity echo the decades of the 1970's and the 1980's.

There are two astrological influences in 2022 resonating with the global challenges of lack and poverty. One is the planet Saturn, also known as 'Saturn the restrictor and the planet Uranus also known as 'Uranus the social discontent'

On the other end of the cosmic scale is the Jupiter Neptune Conjunction in the sign of Pisces. This mellow trio introduce an aura of hope, optimism, dreams and expansion of almost limitless proportions.

This can have two effects and people may find that they are getting back into work with more jobs becoming available on the job market. However, whilst economic growth, industrial boom and investment booms appear to be great the flip side is that the soaring prices in the cost of living throws our expectations of abundance into a quandary.

So is the foreseeable outlook bleak? No, astrologically, it's not.

The celestial pattern of events indicate that by mid January 2023, the planets Saturn and Uranus draw away form the restrictive and challenging aspect they have been in.

However, the two planets will remain parallel in their own orbits until the 24th January.

This is when their unique planetary influence on global and economic affairs ceases.

Jupiter also goes retrograde and out of phase in the sign of Aries on the 28th July and will returning back into Pisces on the 28th October.

The planet Jupiter will finally turning direct on the 23rd November.

As much as this can all seem very exciting it can also feel draining and a little exhausting on our energies.

The good news is jolly Jupiter will share the same sign again as Neptune but not in a conjunction.

We will see an uplift in energy around late November even though the planet Mars will now be retrograde.

In once sense what ever you feel is wrong can't get any worse.

Time is the factor and it will take time for circumstances and situations to improve.

Above all else have faith and believe in yourself and stay spiritual xx.



THE ESSENCE OF YOU



https://cafeclairvoyance.com

cafe clairvoyance magazine

Plant Therapy

Self Care - Spirituality - Plant Medicine

SUSANNA





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

Susanna xx



Hello everyone and welcome to my regular column in the Cafe Clairvoyance Magazine.

I want to share with you my journey and how I made my home a healing sanctuary full of vibrant herbs and plants, that I use in my spiritual work as a medium and reiki healer.

In May 2008, I moved into my current property and this life adjustment has had such a major impact in how my healing work has evolved.

When I first viewed my house I was quite taken aback to discover it was painted in bright orange, purple, green and blue colours.The house had been uninhabited for three years and had an air of neglect and disrepair.

As I walked into the lounge and looked at the ceiling there was a huge painting of the sun shining down on me.

There were many repairs to be made to the property, to say the least and the garden was in a state of complete disarray.

I looked at this property and saw the potential and I was determined to put my own unique and individual stamp on this house with its overgrown garden.

This house needed the tender care and repairs to make it a home, a family home filled with love and laughter.

Fast forward to 2022 and my house is now a welcoming and vibrant home with a fabulous garden that has a very relaxing and spiritual vibe.

My garden is my sanctuary where I grow and infuse my plants and herbs.

Plant medicine if used carefully and correctly can make a very real difference to our lives.

One of my favourite herbs is the Ashwagandha root. This herb can be considered to be one of natures go to or 'all rounder' herbs as Ashwagandha has such amazing properties and health benefits.

Ashwagandha can be used as a natural antibiotic and adaptogenic

These are some off the benefits of this amazing plant:

Reduce anxiety
Strengthen the immune system after illness
Relive stress [mood stability]
Control blood sugar levels
Stabilise blood sugar levels
Regulate the production of insulin
Modulat <mark>es an</mark> d stimulates the immune system
Improve memory
Treat erectile dysfunction
Improve sperm count and fertility
Help with muscle strength
Improve control
Reduce inflammation with rheumatoid arthritis
Contr <mark>o</mark> l bacterial and fungal infections
Improve brain function, reaction time and focus
Improve serotonin levels

How to use Aswagandha

Dosage should start at 500mgs.

For a minimum of 10 days then if you wish to increase your dose after assessing the effectiveness, this is your choice; but many people see remarkable results on a 500mg dose of Ashwagandha daily.

Aswagandha and side effects

May cause lethargy May increase thyriod levels in hyperthyriodism

Do not take Ashwagandha if you have low blood pressure levels.

Do not take Ashwagandha when pregnant. Do not take Ashwagandha when breast feeding.

Ashwagandha increases white cells and can boost testostrone levels in men.

I have been studying and using plants and herbs as natural remedies for many years. I use them in conjunction with my healing sessions for people and animals.

The results have been outstanding.

In the next edition of the *Cafe Clairvoyance magazine*, I will be discussing the health benefits of Spirulina...

Have a wonderful Summer

Susanna X



Please consult your Doctor or relevant medical practise before using any type of herbal, plant or complimentary therapy.

ARE YOU LISTENING TO YOUR GUT?

ALEXANDRA ALEXANDRA KISITU DISCUSSES MICROBIOMES

GUT HEALTH & YOUR IMMUNE SYSTEM

BY ALEXANDRA KISITU PHD. INTUITIVE LIFE COACH PSYCHIC & HEALER.

Ever get that gut feeling?



here is a connection between gut health and our immune systems, which in turn affect our social relationships. We can strengthen this connection and keep our guts healthy by lowering our stress levels, eating balanced meals and avoiding harmful chemicals and plastics, etc.

Following these good practises will improve our gut health and our microbiome. The microbiome which is the community of micro organisms that can usually be found living together in a habitat or environment such as the gut, can help us with our gut wisdom. (Whipps et al,1988.)

Microbiomes can also help to shape our moods, indeed, the current thinking is that gut wisdom can be traced back to the first humans and particularly the female of the species, our mothers. I would like to suggest that the microbiome is sacred and is full of wisdom, intuition and psychic energy.

Do you experience that feeling in your solar plexus area that alerts you when you should or shouldn't do something?

That is our gut wisdom and intuition firing up and leading the way to enhancing our innate psychic gifts.

The more that we listen to our intuition and centre ourselves in the wisdom of our ancestors, the easier it will become to tap into our latent psychic abilities.

We all have spiritual gifts and we don't actually have to have perfect gut health to use them.

'My methods to aid good gut health, intuition and psychic abilities'

1

 Listen to your intuition. Quite often our incessant mind chatter and fear of the unknown overwhelm our intuitive voices.

2

 Connect with and ask your ancestors for their ancient spiritual knowledge and psychic gifts to be passed on to you.

3

 Take care of your physical body. Create a defined space between stimulus and response.
Eat more slowly and take time to digest your food. Eat food that is as close to its natural state as possible and is not pre-packaged.

4

 Spend time in nature, nurture your social relationships and practise self care.

5

 Breathe - take a moment and a breath before you respond to a potentially stressful situation.

6

 Meditate or take a restorative bath and just relax.

ALEXANDER KISITSU

I have found that the above simple methods have helped to improve my gut health.

My improved gut health has then increased my intuitive awareness and psychic abilities.

Blessings, Alexandra x

"All disease begins in the gut." Hippocrates





Yoga For Elite Athletes

Yoga has been steadily gaining more respectability among the elite sports community.

Many sporting individuals and teams are adding yoga to their weekly training regimen.

The potential benefits that yoga has to offer are now being recognised and yoga elite athletes are recognising the value that yoga can have when incorporated into a rigorous training schedule.

Whether yoga is practised for flexibility, balance or core strength, the physical benefits of yoga are key components to both improving performance and the prevention of injuries.

Yoga helps athletes with their range of motion, mobility, strength and co-ordination. Yoga can also help to prevent injuries to athletes and this is of particular benefit during training.

Sports specific asanas can be used to address imbalances in the body and to aid the athlete in the process of becoming closer to their optimum physical capacity.

However, yoga is so much more than just a method to be used to improve an athletes physicality. Yoga is also a holistic approach to living and being.

Recent scientific research has highlighted the fact that yoga is helping elite athletes perform better.

YOGA FOR ELITE ATHLETES

Having the personal experience of training at such a demanding level, I confirm that verv little communication existed between myself and my physical body.

I thought I knew my own body, because I knew how to move it. however, the truth is that I did not really know how to put my body 'to use.'

I realised that I did not truly know how to connect with my body, to listen and try to understand what my body was trying to communicate to me.

Regular use of yoga has helped me to connect the dots and to see the positive benefits of yoga in my personal training schedule.

Yoga has helped me to understand that what is going on internally during training was having an external effect.



Pranayama is the ancient yogic practice of breathing techniques.

One method of Pranayama breathing:

Start this exercise in a comfortable seated position.

Use the right thumb to close the right nostril. Take a deep breath in through the left nostril.

Imagine the inhaled breath travelling up through the left nostril. Pause.

Next use your index and small finger of your right hand to close your left nostril as you release your right nostril.

Exhale through your right nostril and imagine the breath coming down the right side of your body.

Pause at the bottom of your exhale. Repeat this alternating pattern as you visualise the breath coming in and out of your body. However, yoga is so much more than just a method to be used to improve an athletes physicality.

Yoga is also a holistic approach to living and being.

The combination of conscious movement (asanas and flow)with Pranayama can help an athlete become more present in the moment.

Pranayama breathing helps reduce the stress athletes accumulate from both training and competition.

One unexpected benefit for athletes has been how Pranayama breathing techniques can help an athlete to relax both during and after training. Less stress and improved relaxation also results in improved and healthier sleep patterns.

> YOGA HELPS ME MOVE MY BODY WITH EASE AND GRACE EVEN UNDER THE MOST STRENUOUS CIRCUMSTANCES



'YOGA IS NOT JUST ABOUT LEARNING TO BE A BETTER VERSION OF INDIVIDUAL SELVES, IT IS ALSO AN AID TO DISCOVERING WHO WE REALLY ARE.'

MIDIA HADJIXENOFONOS

Athletes are always pushing themselves to become the best in their chosen field and this paradoxically can mean that whatever results they achieve can define them.

In the more public arena of competitive sport, the athlete can become instantly recognisable and become emotionally invested in their public image.

Yoga can help remove the sense of comparison with others, even with your own self.

Yoga teaches acceptance.

Yoga can bring athletes and anyone practising any type of sporting activity in touch with their real self, their true identity, their essence and their soul.

Nantra Chanting S Neditation

SANDRA RUEDA SAGREDO
MY JOURNEY BEGAN IN 2014 WHEN I ATTENDED MY FIRST KUNDALINI YOGA CLASS. THIS WAS MY INTRODUCTION INTO THE WORLD OF MANTRAS.

Every Kundalini Yoga class begins and ends with mantra chanting or meditation mantras. The mantra chanting awakened an unknown part of myself, the experience felt like a hug to my soul and I just felt so uplifted.

To chant the mantra we touch our the palate of our mouths with each tongue movement. By doing this we can stimulate the 84 meridian points that transit at this point and this process can activate the Hypothalamus, Pituitary and Pineal glands.

When we activate the pituitary gland we can balance the whole glandular system which will help to keep to keep our body in optimum health.

The pituitary gland is also linked to our spiritual growth and where our intuition is based.

During my Kundalinia Yoga teacher training I was asked to choose one meditation and to repeat my chosen meditation for 40 consecutive days.

I was asked to observe the effect of this meditation on our mind, body and spirit.

I began to practice the Kirtan Kriya meditation every day. I immediately began to feel my 'third eye' open and I could feel the energy begin to beat through it. I experienced vivid dreams that I was able to remember with clarity.

I began to notice an increased sensitivity to the energies of others as I practised my chosen meditation.

My personal experience of mantra chanting has lead me to the realisation that mantras are a very powerful tool that can have a very insightful and awe inspiring impact on our lives.

"Choose your mantra with careful thought and use your mantra with determination and pure intention."

Yogi Bhajan, (the Kundalini Yoga Master that introduced the art of Kundalini Yoga to Western society).

YOU WILL KNOW THE UNKOWABLE AND SEE THE UNSEEABLE

SANDRA REUDA SAGREDO

In the Yogic tradition, the word mantra means man=mind and tra=wave. Therefore a mantra can be perceived as a sound that influences the waves of the mind.

Mantras are primal sounds or a word that can be used to orient the mind during meditation; mantras can have an effect on both the patterns of the mind and the frequency of our thoughts. The most powerful mantras are chanted in Sanskrit, which is considered to be one of the oldest known languages in the world. (1,500 -2,000 BCE)

The mantras used in Kundalini Yoga are in Gurmukhi, which is the script used to write the Punjabi language in India.

Gurmukhi means "from the mouth of the Guru." By activating our pituitary gland we can be our true self and project this authenticity to the world.



CAFE CLAIRVOYANCE

CRYSTALS

by Mila Zimunhu

Begin Your Crystal Journey

> CAFE CLAIRVOYANCE MAGAZINE



A BRIEF GUIDE TO CRYSTALS AND STONES.

BY MILA ZIMUNHU

Do you know the difference between crystals and stones? Crystals (e.g., quartz, amethyst, and diamonds) are solid substances with a natural geometric form.

They are usually shiny, translucent, angular objects and can sometimes even have jagged edges.

Stones (e.g., jade, quartz and topaz) are made up of several minerals combined in one mass and they tend to be rounder, smoother and denser. How do you find a crystal or stone that suits you? The best method is to find one that you are naturally drawn to.

JANUARY 2010

Find a crystal and gemstone shop close to where you live, and just take a walk around. Crystals and gemstones give off physical vibrations and so your own energy may be naturally attracted to one more than another. You may feel a hot or cold sensation, tingling or a small electric pulse or feel sensations in your third eye chakra.

You may also experience a strong, peaceful feeling when holding certain stones or crystals.

CLAIRVOYANCE MAGAZINE



Whilst stones and crystals make beautiful centre pieces, did you know that each stone and crystal actually possesses its own individual energy?

When you choose to bring crystals into your home or wear them close to your skin, you can begin to share in the powerful vibrations they offer. You may feel a stronger connection to the earth and the universe.

Here are a few interesting crystal choices:

1. Clear quartz is perfect for beginners. Clear quartz amplifies your intentions, making it a great starting point for setting intentions and living with your intention each day. Clear quartz can also amplify the properties of other crystals around it.

2. Citrine is a crystal known for its ability to harness the healing energies of the sun.

Placing your Citrine crystal in a spot filled with natural light to help keep your citrine infused with restorative vibrations.

Citrine is also considered a powerful stone for the manifestation of money and abundance. This is a a great crystal for beginners who are learning to set and manifest their intentions.

In order to harness the healing energies of crystals, you need to consciously set your intentions. For you to set an intention, you should create clear goals that match your values, hopes, and dreams in life.

3. Amethyst is a lovely soothing crystal to use for either home or office decor, An amethyst can boost inner strength and can also offer spiritual protection. Amethyst is also a crystal with beneficial properties which can be used as an aid during meditation.

4. Shungite is packed with antioxidants which provide the stone with powerful healing properties. Shungite can assist your body with the removal of negative energies and help speed up the detoxification process in both your body and home.





Crystals, stones and gems can be used in a variety of ways: place them in an area that you spend a lot of time in such as your workspace, to create a calm and peaceful atmosphere.

Crystals in the in bedroom can help to ensure that you get a good night's rest.

You can also carry crystals around with you or wear them as necklaces or bracelets, etc.

Crystals can clear up stagnant energy, deflect negative vibes, Provide you with protection and enhance positive energy.

It is important to cleanse your crystals and gemstones on a regular basis. This will free them from any negative or stagnant energy that they may have absorbed.

You can soak them in water with sea salt (note: some crystals should not be put in water) or submerge them in the fresh earth. crystals love to be left in the gentle rays of the Moonlight.

Crystal Healing Exercise

When holding your crystal or gemstone in your hands, allow yourself to feel the weight of the crystal between your palms. Close your eyes, and take three slow, deep breaths.

As you breath in and out, reflect on the things in life that make you feel most happy and connected.

By doing this you can create a space surrounding both you and your crystal, that is occupied by a positive energy full of love and light.

You can then clear your crystal of any negative and unwanted energy. State your chosen intention(s) either out loud or in your mind and project the energies you wish your crystal to hold for you. When you have finished, make sure to give a 'thank you' out loud to the universe.

I hope this brief introduction to crystals and stones has been helpful to you.

Be inspired to start or add to your own crystal or stone collection and enjoy the positive benefits they provide.

Mila x

CAFE CLAIRVOYANCE MAGAZINE

It is a Spiritual World





ISSUE 08

Jamuna Jivana Das

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CAFE CLAIRVOYANCE MAGAZINE

A brief introduction to Hari Krishna.

Lord Krishna is a major deity in Hinduism and he is worshiped as the eighth and the most charismatic avatar of God Vishnu Krishna, who is also worshiped as the supreme God in his own right.

There is a misconception that there are many gods in Hinduism, however, Krishna is worshipped by all the demigods including Lord Shiva.

Demigods are semi-deities that are considered to be in control of birth, life, death and the universe.

Krishna likes to enjoy time with his friends and to completely forget about his role as the supreme Lord. All of Krishna's friends and relatives including his parents love him. They are completely unaware that all the universes emanate from him and that he is the master of time.

LORD KRISHNA IS THOUGHT TO BE ONE OF THE MOST POPULAR OF THE GODS AND GODDESSES.

There is no awe and reverence when Krishna is with those he loves, so that even when Krishna performs a miracle the recipients of his benevolence say that God must have helped Krishna.

Krishna finds this most pleasing to him for he is humble and has great humility and grace. However, in the spiritual realm where Lord Krishna dwells everybody has a palace and flying chariots. Here in this realm Krishna is worshipped like a King and shown great reverence. This is not as pleasing for Krishna.





The highest love for Krishna is possessed by the Gopi`s in Vrindavana their love and everything they do is symbolic of the highest love of Krishna.

In 1486 on the banks of the Ganges on the full moon night of spring came an incarnation of Krishna but with the mood of his beloved Radhika to teach the common man how to love Krishna correctly.

The teachings of the Hari Krishna movement are derived from ancient Hindu scriptures.

Humans are eternal beings trapped in a cycle of re-incanrnation.

All Gods are Krishna and Krishna is all Gods





The Hari Krishna Chanting Mantra

The word 'Hare/hari' refers to the divine feminine potency of god. 'Krishna' means the all attractive or dark skinned one and 'Rama' is the reservoir of all pleasure.

Hari Krishna Hari Krishna Krishna Hari Hari Hari Rama Hari Rama Rama Rama Hari Hari

"MY SWEET LORD, HALLELUJAH. MY, MY LORD, HARE KRISHNA" GEORGE HARRISON.

The worlds most powerful word is Hare Krishna." Ansuman Bhagat.

"Do everything you have to do, but not with greed, not with ego, not with lust, not with envy but with love, compassion, humility and devotion." Lord Krishna, Bhagavad Gita.

Thank you, Jamuna Jivana Das.

MY STORY

HELEN GRADY SPIRITUAL MEDIUM

CHARLIE BEE FLOWERS

\overline{VOL} .

New Feature

cafeclairvoyance magazine

ISSUE NO. 16

SPIRITUAL MEDIUM









HELEN

GRADY



"Death is not extinguishing the light; it is only putting out the lamp because the dawn has come." Rabindranath Tagore

Helen Grady

Hello and welcome,

I would like to introduce myself, I am Helen Grady, a retired Registered General Nurse who is now a working Spiritual Medium.

I was born in a town called Widnes in the northwest of England which is situated between Liverpool and Manchester.

I retired from full time Nursing in the NHS in 2014. I started my career as a Cadet Nurse in 1975 age 16 and worked my way through the ranks to become Sister in charge of a busy Endoscopy unit. After my retirement I relocated to a village in Spain called El Albir in the province of Alicante where I lived for 6 years. During my time in Spain I met up with like minded people and joined the local spiritualist group. This is where I met up with other mediums and I was able to join in with their spiritual circles and groups.

This in turn enabled me to enhance my spiritual gifts and to develop as a medium.

It was at a spiritualist group that I met Phil and Debra Griggs who invited me to join their psychic and medium team and asked me if I would be interested in working with them. I accepted their offer and began travelling to different venues in Spain to do psychic and mediumship demonstrations.

This was quite a daunting for experience for me, as I had never done this before, however, with both Phil and Debra's help and support I soon gained my confidence and began giving spiritual readings and offering Tasseology readings.

> "Unable are the loved to die, for love is immortality." *Emily Dickinson*.

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During lockdown 2020 I was invited to appear on Phil and Debra's weekly online Cafe Clairvoyance TV show where I became a regular guest spiritual medium.

As a spiritual medium my life is a constantly changing journey. I am so blessed to have this wonderful gift and to be able to pass on messages of love and support from loved ones who havee passed over.

Tasseology is the divining or reading of the future by the interpretation of tea leaves.

Tasseology, tassemancy or tasseography is also used to read coffee grounds as well as tea leaves.

Symbolism of the patterns and shapes of tea leaves. Ring – engagement, marriage, romance. Heart – Love, romance, emotions. Envelope/letter – news is coming. Snake – wisdom or falsehood, jealousy and envy. Spade – good fortune through hard work. Mountain – journey or challenges. Key – to the door of a property or new venture.





Charlie Bee Flowers for any Occassion

Summer 2022

CAFE CLAIRVOYANCE MAGAZINE



Hello everyone,

I am Charle Bee and I would like to chat about my passion for flowers.

My Floristry career started by accident in 2013 when I offered to help with the flower arrangements at a friends wedding.

CHARLIE/BEE

My passion for flower arranging was ignited and I decided that I could learn floristry skills and this lead me to attend training courses and then as my skills developed I opened a Florist shop.

I would like to share this story with you.

Busy as always, I was working in my shop, when a mature customer asked me to provide a graveside arrangement for her granddaughter who had sadly passed away at the age of four. Her granddaughter would have then been celebrating her twenty-first birthday. A baby pink flower arrangement was chosen and after a tear or two the customer left.

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However, I began to question the choice of the arrangement and I thought that a young persons style of floral arrangement might have been a better choice.

After much thought, I contacted the lady and said that perhaps we should reconsider her choice of flowers.

The customer thanked me profusely and was pleased that I had called her.

This is just one of many touching moments that I have experienced in my work with flowers, yet this is the memory that has had a profound effect on me.

I wanted to share this little story as an example of how this encouragement has always stayed with me and how I try to apply the same thoughtfulness and care to all my clients.

As my confidence grew and my client base increased, I developed flower workshops, which was against the advice of many naysayers. Fast forward to the present and I have successfully combined my previous life skills as an event organiser with my ongoing passion for flowers and I now facilitate floristry workshops.

Like many of us my business or I should say my passion was brought to an abrupt halt by the lockdown of 2020. However, with a bit of re-branding and determination, I have rebuilt my floristry business. Both my workshops and flower walls for special occasions are flourishing on the Costa Blanca. Thank you, Charlie Bee x





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TURKISH KITCHEN

TURKISH CUISINE

TURKISH RECIPES

By Angie Bee

A TASTE OF THE EAST

Food that will send your taste buds to paradise.

TURKISH CUISINE

Is one of the most varied and oldest cuisines in the world.

GOOD FOOD, GOOD FRIENDS GOOD TIMES





TURKISH CUISINE IS HEALTHY AND MANY RECIPES ARE CREATED AROUND FRESH SEASONAL PRODUCE



Love Angie Bee x

CAFE CLAIRVOYANCE MAGAZINE

FACEBOOK CREATING MY TURKISH KITCHEN

Two years ago I created a Face book group to share a few of my healthy and easy to make recipes.

My Turkish Kitchen Facebook group became a hit!

I SHARED RECIPES

The more recipes I shared online, the more excited everybody became and they were willing to experiment with new and more creative recipes.

OTTOMAN CUISINE

Ottoman cuisine is a fusion and refinement of Mediterranean, Balkan, Middle Eastern, Central Asian, Eastern European, Armenian and Georgian cuisines.

FORTUNE TELLING

Turkish coffee is also used for fortune telling in Turkish culture. The concubines in the harems of the palaces in the Ottoman Empire used to drink Turkish coffee and tell fortunes as a way of passing the time.

TURKISH KITCHEN

BY ANGIE BEE

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

My passion for cooking started when I was in my 20's and at the time when I left my family home.

I became curious about Turkish cuisine and its vibrant and varied history. I discovered how the Ottomans had such a profound and lasting influence on Turkish cuisine. The Ottomans prepared food in their palaces for Turkish nobility. Today this rich and varied cuisine is still eaten in the Mediterranean and throughout the world.

It became a passion of mine to replicate many of these exquisite dishes and in doing so I feel that I preserve and honour my cultural heritage.



TURKISH PEOPLE KNOW HOW TO COOK AND COOK WELL!

TURKISH RECIPES

Anyone who has been to Turkey will have discovered one thing - Turks know how to cook and cook well.

The more recipes I learnt to make the more I realised how diverse Turkish food Is and just how much their food is enjoyed all over the world. With a wide range of regional dishes in Turkey and an abundance of fresh produce, sensational food is everywhere.

Many of the key ingredients you will find used in Turkish recipes include : lamb, beef, rice, aubergines, onions, garlic, lentils, cracked wheat,

green peppers, and tomatoes. I have included recipes for three of my favourite

dishes which are often prepared in a Turkish home.

Kofte(meat patties) with the famous Piyaz salad is ameal which will always go down well in the summer, accompanied with plenty of fresh bread and Bulgur(cracked wheat) which is always a family favourite.



PATLICANLI BULGUR PILAVI (AUBERGINE BULGUR)

Bulgur Wheat is a very big staple in both Turkish cuisine and Mediterranean cuisine. Bulgar Wheat is low in calories and high in minerals and is also very versatile.

Bulgar Wheat can be cooked with either meats or vegetables.

The variety of dishes this simple whole grain can be added to is limitless.

Below is my vegetarian version of aubergine bulgar for you to try at home. This recipe is very easy to make and is a great dish for the whole family to enjoy.

SERVES 4-6 COOKING TIME 20 MINUTES (APPROX)

- 4 tablespoons unsalted butter
- 1 large onion, chopped
- 1 aubergine, chopped
- 1 small Italian green pepper, finely chopped
- 1 1/2 cups coarse-grain bulgur wheat that is pre-washed and drained
- 3 medium tomatoes, finely chopped
- 2 1/2 teaspoons of hot paprika or red pepper or Pul Biber.
- 2 1/2 cups of boiling water with vegetable stock (veg stock optional)
- Salt and pepper
- 2 tablespoons of chopped parsley (optional).
- 2 tablespoons of tomato paste.



- 1. Gently melt the butter In a large pot on a medium heat.
- 2. Add the onion and cook for 2 minutes or until onion is soft and transparent.
- 3. Add the green pepper, aubergine, tomatoes red pepper and the tomato paste and gently simmer in a pot with the lid on, until the vegetables are a soft mix.
- 4. Add the bulgur wheat and gently mix all the ingredients together.
- 5. Add the boiled water/vegetable stock.
- 6. On very high heat bring the mixture to the boil then lower the heat to its lowest setting and place the pot lid on.
- 7. Let the bulgar wheat simmer for about 15 minutes or until all the moisture is gone.
- 8. When the bulgar mixture is cooked leave the dish to the side for 5 minutes to rest
- 9. Sprinkle chopped parsley over the dish and serve.

Natural yogurt is also a great addition to this dish.

Bulgar Wheat comes from cracked whole grain kernels of wheat that are parboiled before packaging.

`PIYAZ' TURKISH WHITE BEAN SALAD

This white bean salad is a super tasty dish which is packed with Mediterranean flavours and combined with fresh dill and sumac.

This salad is a great addition to meat and fish dishes or even with just some grilled Halloumi.

Serves 2 Prepare 15 mins

- 1 and ½ cups cooked white beans
- 1 red onion sliced
- 1/2 cup chopped tomatoes
- 1/2 cup chopped cucumber
- 2 green peppers, chopped
- ¼ cup chopped parsley
- ¼ cup chopped fresh dill
- 4 hard boiled eggs (optional)

Pickle

- 2 tablespoons of white vinegar
- Pinch of salt
- Juice of half a lemon

dressing

- 2 tablespoons olive oil
- 1 teaspoon vinegar
- 1 tablespoon lemon juice
- ½ teaspoon salt
- 1 teaspoon sumac
- 1 To pickle the sliced onion (optional) Transfer into a small bowl
- 2. Add the white vinegar with a squeeze some lemon and a pinch of salt and mix.
- 3. Leave for 5 minutes.
- 4. Transfer the chopped cucumber, green pepper, parsley and dill into a deep bowl.
- 5. Remove the seeds from the tomatoes and add to the rest of the salad.
- 6. Once the onion is pickled this can be transferred to the rest of the ingredients
- 7. Drizzle over the olive oil dressing and mix into the salad



SERVES 4-6

- 500g minced lamb or beef
- 1 medium onion grated. Squeeze excess juice and throw away.
- 2 pieces of garlic crushed
- 1 egg
- 2 slices of 1 day old white bread soaked in water, squeezed
- 1/2 bunch Italian parsley chopped
- 1 teaspoon cumin
- 1/2 teaspoon Pul Biber or chilli flakes
- 1/2 teaspoon paprika
- 1 teaspoon of salt and pepper
- 1. In a large mixing bowl place the mince and all the ingredients together.
- 2. Now with your hands mix the ingredients together for about 2 minutes until the mixture is even.

3. Place the mixture into the fridge for about 30 minutes.

4. After the mixture has rested remove from the fridge.

5. Make into patties and place on to an oven tray.

6.. Turn on the grill to a medium heat.

7. Cook for about 10 minutes making sure you turn them half way.

When the Köfte are cooked they can be served with salad, warm pitta and dips.

KÖFTE (MEAT PATTIES)

Köfte is a Popular dish eaten all over the Middle East. There are many different versions which use different herbs and spices. Köfte can be made with beef or lamb and then grilled and served with warm pitta, salads and dips.



FEATURING YOU

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PAUS AROUND THE WORLD

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Kelly's Heroes

Kelly Brown loves her Bulldogs and Bruce the Doberman. Bruce stands tall and proud. The picture was taken on Margate Beach.



Pumba is a Life Saver A heart warming story

BY HELEN GRAHAM

Thank you for choosing our lovely Pumba . We rescued him a year ago. Pumba came to us with lots of special needs due to his past . However, he has matured in to a fantastic medical assistance dog.

It always amazes me how intelligent these animals are .

My daughter has FND and when she is about to seizure he knows and straight away he is beside her and there he stays nudging her till she wakes up.

Pumba is so kind and so gentle.

Pumba loves his ball and loves zooming round and round, like the loony, he is. His favourite trick is to jump in your chair and play deaf when you try to get him off Although he has so many special needs (wish he could talk and tell us how to help) we would not change him, his trust and the love he gives on a daily basis is just so special .



My name is Bolt and this is the tale of the day I left home.

It was a quiet Saturday afternoon some time ago when my human servant was currently in the kitchen not preparing my dinner. I decided this state of affairs was not to my liking, so minding my own business and quite frankly, looking after number one (me), I skipped along the road towards our neighbours house.

As I went up the stairs to the entrance, I was feeling very confident and very happy, I knew the neighbours, I liked them and they liked me, so I decided to enter their house and pay them a visit.

I could hear my servant in the distance shouting my name very loudly, really very loudly actually, however, I decided not to hear her and continued merrily along our neighbours entrance hall.

To my absolute horror, I was greeted by the most terrifying, ugliest, biggest, (I'm not lying it was bigger than me) Tiger. The noise that came from this terrifying animal was so dreadful to my ears, my poor big ears, I literally had to put my tail between my legs and run!

I ran past the owners of the house, I also ran past my servant who had just arrived at the entrance of our neighbours house, but I didn't care I just had to get away, this great big Tiger would have eaten me alive!

My heart was racing so much that I felt that really my sofa would be the only place I could be safe.

Much love, **Bolt x**

*A servants footnote; As I arrived at the neighbours house and saw Bolt darting back to **his** house (in his opinion)I could hear a big commotion coming from our neighbours house.

My worst fears were flashing before my eyes, what had Bolt done?

- The neighbours came out of the front door and they were laughing so much, they barely managed to explain what had happened.
- Shocked and yet relieved, I too began laughing.
- Back at the house, I found a very frightened German Shepherd mix, cowering on the sofa shaking with fear.
- He did not move from the sofa for twenty minutes at least.

Now when Bolt is misbehaving, I tell him that I will get a cat for him.*

Bolt has never left home since.





Tom and the Talking Bird

One day when Tom went out into the garden he saw a very unusual bird sitting on the fence. The bird was much bigger than most of the other birds he'd ever seen and had such unusual colours.

Tom had never seen anything like it and as it seemed much too big to chase, so he sat and looked at it whilst the bird sat on the fence and looked back at him.

Then something extraordinary happened: the bird spoke.

"Good morning, sir," It said.

Tom thought to himself, "At least it's a very clever bird."

The next moment, Tom changed his mind because the bird said:

"Who's a pretty boy."

He can't be all that smart, thought Tom, if he thinks that I'm a boy.

Just then, Irene and Sarah came out into the garden. "Oh, look Mummy" said Sarah, "That must be the pet bird which Mrs Gonzales has lost."

Irene took her little magic window out of her pocket and began talking to somebody through it.

After a while, a car arrived and an old lady got out of it and came over to them.

"Oh there you are, Polly," said the old lady, "I have been looking for you absolutely everywhere."

The bird put its head on one side and looked at the old lady and then it said, "Good morning sir."

Mrs Gonzales got some nuts out of her pocket and held out her hand to the bird which jumped onto her wrist.

"Who's a pretty boy" Said Mrs Gonzales, and Tom noticed that she said it in exactly the same way that the bird had said it.

Tom thought to himself, All it does is copy people! He tried to say very loudly to Sarah "It's a fake"

"I know what you're trying to tell me!", Said Sarah, "he may be very pretty, but he cannot really talk!"

Tom thought to himself, Sarah understands me even if I don't know how to talk like people can, and at least I understand what I'm trying to say.

From a short story and illustration by John F. Miller.

BOOK CLUB

SUMMER OF GOOD READING

JONATHON IIVINGSTON SEAGULL author Richard Bach. Available on Amazon. Every now and then you come across a book that delivers deep life lessons. It is quite rare for such a book to be written so simply yet so beautifully. Reviewed by Midia Hadjixenofonos

> LIFE FORCE: HOW NEW BREAKTHROUGHS IN PRECISION MEDICINE CAN TRANSFORM THE QUALITY OF YOUR LIFE & THOSE YOU LOVE. Author Tony Robbins. Available on Amazon. A big read and not a quick read. Well worth it to take time out and to focus on your own life force. . reviewed by by Debra Griggs

Finboard Wizard

GET YOUR BUSINESS ASDVERTISED

Everyone needs some wizardry in their lives

Advertise in Cafe Clairvoyance Magazine and Let the Pinboard Wizard spell out your business and get you noticed

Get online with the Pinboard Wizard

More and more people are working online and looking for ways to expand their business.

Pinboard wizard gets your service or business noticed.

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For more information contact us and let us help you to get the wizardry moving in your business.

Contact the Editorial Team

Contact us and we will help you through the advertising process with prices from as little as €25.00

Our contact address is: info@cafeclairvoyance.com Cafe Clairvoyance on Facebook



Limited spaces available

Be an early bird and we will give a you a very special potion-al offer. Contact us for details.

Disclaimer

Every advertising application goes through quality control. We reserve the right to decline some applications.



PHIL GRIGGS

CLAIRVOYANT

ONLINE READINGS

- Zoom
- Skype
- FaceTime

Spain +34 683 433 708 UK +44 7739023463

info@philgriggs.com https://www.philgriggs.com

see my testimonial page

PARANORMAL PARTY NIGHT

SATURDAY 29TH OCTOBER 7PM - LATE

Gran Sol Hotel & Restaurant Calpe Spain 3 course meal inc 1/2 bottle of wine Tickets €55 pp available from the venue Contact Trude: +34 965 83 62 82 http://www.hotelgransolcalpe.com

4 spooky night mini break available

FANCY DRESS

Entertainment purposes only Gran Sol Urbanización, Gran Sol, 6B 03710 Calp Strictly over 18's Vegan & Vegetarian meal options available https://cafeclairvoyance.com

Paranormal Party Information

Transport to and from airports can be arranged (4 night stay recommended)

Readings and mini treatments can be booked during the 4 night stay

The fancy dress Paranormal Party 29th October begins with a Clairvoyant Demonstration by Phil Griggs

3 Course Meal 1/2 bottle wine pp or 1 x beer or soft drink

Use the dowsing rods, swing the pendulums, try the table tipping and more.

Evening ends with a horrifying disco.

To book: Contact Trude info@gransolclape.com Tel: +34 965 83 62 82



Maria Helmsley







SPIRITUAL HAIRCUT

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Relax & Retreat

WHERE'S YOUR RETREAT THIS YEAR?

Advertise your retreat here prices from €25.00

Everything comes from dreams

Cocoon Portugal

Do you need a break to retune or refresh.

Retreats are very popular places to give your mind and body the M.O.T that it needs.

Soak up the atmosphere and let your soul chill... These picture were taken at the Cocoon retreat in Portugal in November 2021

If you would like to advertise your retreat then please contact us. We can advertise your retreat in the format of your choice. Advertising prices from just €25.

Contact us

For further information contact Debra at the editorial team at info@cafeclairvoyance.com



Welcome!

Retreat 24th - 22nd July

Doctor Jutta Borms and Medical Medium & Medical Astrologer Phil Griggs invite you to join them for an extraordinary weekend of revelation, relaxation and revitalisation.

I would like to introduce myself, I am Doctor Jutta Borms and I am a qualified medical Doctor who utilises and practices a visionary approach to the benefits of yoga, health and healing.

My continuing spiritual and holistic developmental journey has been one of both extensive training and the attending of groundbreaking conferences.

My personal experiences of holistic therapies for the past twenty years has lead me to immerse myself in the benefits of holistic medicine.

Phil Griggs is an English medical medium and a medical astrologer who currently resides in Spain.

Meet Phil and discover his singular and revolutionary approach to both mediumship and astrology which are combined with his professional interpersonal counselling skills.

BOOK HERE

HILVERSUM Retreat

This is a very unique and special event: A medical Doctor and a medical medium who can each offer guidance and inspiration to people in their quest for good health and inner growth.

From the 22nd to 24th July 2022, we will travel to Hilversum to the Hoornboegse Heidef for our second annual visit to this beautiful nature reserve set amongst kilometres of trees and parkland. The retreat is hosted in a warm and atmospheric house and promises to be a very special venue.

During this luxurious yoga weekend you will be guided and assisted by the hostess Dr. Jutta Borms and Phil Griggs.

If you would like to join us on this relaxation weekend.

Contact me:https://www.eventbrite.be/e/demedium-yoga-retreat-te-hilversum-met-specialegast-phil-grigg-vanaf-595-tickets-259626117707





HILVERSUM RETREAT

' MAGIC MOMENTS MAKE MAGICAL MEMORIES.'

Beautiful and Tranquil

You will be able to relax and unwind during this inspirational weekend as you join us on a journey in this beautiful location set in woodlands and park land.





Fine Dining

The delicious food included in the retreats itinerary will stimulate your appetite and you can enjoy a range of super healthy fine cuisine.

Free Style Yoga

Stressed? Feeling burnt out? Then join us in yoga, dancing and laughter in a fun and soothing atmosphere.

Enjoy your life again!





Walking in Glorious Woodlands

Follow the winding paths in both the sumptuous greenery and beautiful nature available in this retreat. Stop, reflect and listen to nature and observe the trees as they sway and the birds as they sing.

Reflect

Relax, chat and get to know one another and connect with amazing people on your own personal journey to both peace and healing.





Medical Mediumship

Phil has a wonderful sense of good humour and brings clarity, depth and understanding to all of his mediumship and astrological sessions. Individual consultations are available.

Fun & Laughter

Join us at this magical nature inspired venue to relax and enjoy being part of a very special group of people.



JOIN US?

Chi

Please press or copy and paste the link below and I can confirm your booking.

If you have any questions or require further information

please contact me.

Best wishes Jutta xx

https://www.eventbrite.be/e/de-medium-yoga-retreat-te-hilversum-metspeciale-gast-phil-grigg-vanaf-595-tickets-259626117707

<u>Press Here</u>

CAFE CLAIRVOYANCE MAGAZINE

CAFE CLAIRVOYANCE MAGAZINE



Thank you to everyone who contributed to the 3rd edition of Cafe Clairvoyance Magazine.

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BREATHE! BECAUSE WE ALL NEED A MINUTE TO SLOW DOWN.

Have a great summer 2022 Love

Cafe Clairvoyance

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