

 woman & home

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JUNE 2024

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Find your DIVINE inspiration

It could be time to turn to the stars, the cards or the universe

Princess Diana used astrology, Anya Taylor-Joy apparently carries around tarot cards, and Kim Kardashian says she visits psychics. Currently, there are 24 million 'tarot' hashtags on Instagram while, in the past year, there's been a 3,750% increase in Google searches for manifestation. What are we looking for? Spiritual meaning? Connection? Assurance that our future is bright? Here's how to make our fascination for foresight work for you.

Astrology

Divination is a constant anchor, helping us navigate trying times, says astrologer, tarot reader and psychic Michele Knight-Waite. 'However, there are times when it peaks: after World War Two, mediums became a trend, while in the 1970s-80s, there was a love of all things magical. It coincides with people seeking liberation and freedom.' It's enjoying a resurgence today too, reflected in the popularity of #witchtok on TikTok, and the 15 million 'astrology' hashtags on Instagram.

Disbelievers view astrology as pseudoscience, but advocates swear by it, even planning events based on

favourable days according to their birth chart. Can it be that precise? 'With astrology, I ask for the date, time and place of birth, then give specific details,' says Michele, who explains that birth charts can run into several pages. 'I see the birth chart as a soul map highlighting our unique challenges and superpowers and how to make the most of them.'

Tarot

Picture cards foretelling the future sound far-fetched but, for many, tarot readings are truly enlightening. 'Women are drawn to tarot and astrology as it's self-empowering,' says Michele. 'It brings insight without fear of judgement.'

When she sees clients, Michele gives a detailed reading of the present then looks at how they can transform their future. These divination arts have the power to transform lives, she says, because they enable us to tap into our inner reserves of wisdom – in a nutshell, we have the answers within us.

Developing your sixth sense can enhance the experience. 'One reason why I wrote my book *The Knight-Waite Tarot Guidebook* (£14.99, John Murray) was to help unleash everyone's inner psychic – we all have it,' says Michele.

23%
of us have
consulted a
psychic*.

Clairvoyance

Not just for the bereaved, seeing a clairvoyant can work for people who are looking to make a choice or find clarity.

'What I do is a form of intuitive counselling, although not everyone comes because of troubles or woes,' says clairvoyant Jayne Wallace, who founded psychicsisters.co.uk. 'Some see me because they have big decisions to make. I help open their minds to new opportunities, and build their confidence.'

Jayne looks into the client's past, family and childhood. 'If the past isn't right, nothing will be right,' she says. Then she connects. 'I have spiritual guides that connect to the client's

– we all have these. Sometimes, I see them clearly or I listen to senses within my body and get signs or symbols – for example, if someone had a heart attack, I sense a heartbeat,' she explains. However, connection isn't guaranteed. 'Sometimes, the energy flows and sometimes it doesn't. If I don't connect with someone, I'll suggest you see another person and refund you.'

Jayne says we all have this ability to connect with other spiritual guides, but it tends to get knocked out of us. 'We're all capable of learning 'the gift

– you connect with the universal life force and learn, like you'd learn hairdressing. But just like you get good and bad hairdressers, some are better than others.'

TRY
FOR FREE
Whether it's a psychic or tarot reader, make sure they are what they seem by researching online, or head to the library to find out more on each subject before making any type of commitment. Never feel pressured to part with your cash.

Manifesting

Regarded as less otherworldly than other divination methods, the premise is that we're responsible for our happiness and achievements, which we can attain by manifesting.

'The Law of Attraction – or manifestation as it's also known – is one of seven energetic laws of the universe,' says manifestation author Emma Mumford (emmamumford.co.uk). 'It's the notion that like attracts like, and that our thoughts, words and energy create our reality. You can manifest (attract) anything you desire as long as it's for the highest good; for example, feelings, love, money, a house or career. There are no limits – all you have to do is ask!'

Now fashionable, it's not as new as you'd think. 'Although it's become a buzzword, it's been referenced for years,' says Emma. 'As early as 1886, there's an essay titled *The Laws of Success* by Prentice Mulford. Today, books and online teachings have become more accessible.'

If you're someone who prefers to take charge of your own destiny, this could be for you. 'Manifestation can help people achieve their goals and lead happier, more positive lives,' says Emma. 'What I love is how accessible it is – whether you call it goal-setting, prayer, or manifestation, you can adapt your practice to what resonates.'

DID YOU
KNOW?
In 2021, the
astrology market
was valued at more
than £10billion
globally**.

WORDS: DEBRA WATERS. PHOTOS: GETTY. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP. *YOUJULY, FEB. 2011. **ALLIED MARKET RESEARCH.

