

‘We need a psychic makeover, body and soul’

THE PALM READER

While some of us were slipping into summer frocks, two *S&D* readers got more from a seasonal makeover than a style change. Find out how our body-reading experts set them on the path to personal transformation

Summer's here, which usually means it's time for a top-to-toe pamper so you look your best before you hit the beach. But a makeover isn't all about new frocks and fake tans – you can also make over your inner self by scrutinising your hands and feet, and even your eyes. Best of all, this kind of summer beauty treatment lasts longer than a tan. We asked two *Spirit & Destiny* readers to take pampering to a deeper level by baring their souls instead of their skin. Our three experts only knew the women's names the day before they met.

OUR EXPERTS



AMBER GARNET is a psychic palm reader from Islington, London. When she does a reading, she blends palmistry, tarot and clairvoyance to analyse a person's character and help them identify their soul's purpose. Find out more about her work and the fascinating one-day palmistry classes she offers by visiting www.ambergarnet.co.uk



SYLVIA FERGUSON is a foot reader and reflexologist from Aylesbury, Buckinghamshire. Foot readers believe that the position and shape of the toes and feet reveal your personality and how you deal with emotions. For readings, email Sylvia at reflexologysf@aol.com



MARCIA HAREWOOD is an iridologist from Battersea, London. Iridologists examine the coloured part of the eye, called the iris, which is a miniature map that reveals what's going on in the rest of the body. For more details, contact Marcia at www.marcia-harewood.co.uk – or to find an iridologist near you, visit the Guild of Naturopathic Iridologists International website at www.gni-international.org →

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THE IRIDOLOGIST

THE FOOT READER

GILLY
‘I need to get my career back on track’

MELANIE
‘Should I move abroad?’

‘Help, I’ve been made redundant twice’

Gilly Ede, 43, currently unemployed

GILLY SAYS: In May 2009, I lost my job as an NHS health and safety manager. Although I quickly found a new position, I got made redundant from that post in December. Now I’m stuck at home and I’ve gained a stone and a half in weight, which just adds to my unhappiness. Despite being a well-qualified professional, I don’t know what to do next. I’m not even sure I want to pursue my old career. I’m a deeply spiritual person and I believe I’m being held in a ‘waiting period’ for good reason. But the changes I need to make are hidden from me. I’ve always believed I have a psychic side and am keen to help others. Secretly, I think my future might lie in this kind of work – can your experts tell me how to get my life back on track?



PALM READER AMBER SAYS

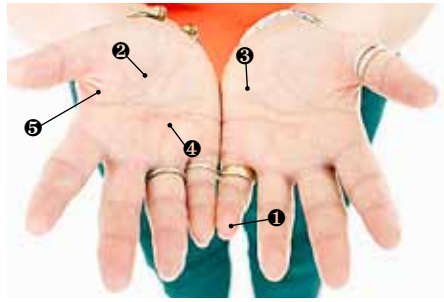
My readings aim to put people in the driving seat of their lives. Before someone comes for a reading, I tune into their name clairvoyantly to call images into my mind that relate to the person’s life. When I did this for Gilly, I saw a jigsaw puzzle piece, which represents completion. It means Gilly is at the end of one cycle and beginning another. I saw a tapping cane, symbolising impatience, and a phoenix, indicating transformation. A harp also appeared, which is linked to a person tuning into their intuition, as well as weighing scales that were heavily loaded on one side, showing that something in Gilly’s

life is out of balance. Finally, there was an image of a woman in bed eating chocolates.

When I looked at Gilly’s hands, they were oval, or what we call conic-shaped. People with conic hands have a great eye for beauty and need a cosy home with lovely objects. They tend to be filled with insights about human nature.

Next, I saw a mark of insight on her little finger, which is often found in counsellors. Gilly’s hands say her life purpose is to be a master of insight and help others.

Her large, powerful thumbs show she is strong-willed. There is a double lifeline, sometimes known as a sister line, which represents a protective shadow in work and relationships. Gilly’s actually starts to fade at the age of 47, suggesting she won’t need support any more as she moves



- 1 A mark on Gilly’s little finger means ‘master of insight or healer’
- 2 Gilly’s sister line is protective
- 3 The loops on the mount of Luna show psychic ability
- 4 The energetic Apollo line
- 5 The warrior mark indicates a sense of justice

towards her higher purpose in both of these areas.

Gilly is entering a surge period in both her work and personal life, and it’s going to really lift off in her fifties. This is shown by lots of lines branching out from the lifeline on both the right and left hand.

There’s also a new line, an Apollo line, which symbolises personal and emotional satisfaction and good energy. The Apollo line is also linked to doing service in the world. Plus, Gilly has



a warrior mark that shows she hates to see people treated unfairly. This mark of the warrior is often found in anyone who has a good sense of wanting to see things put right in the world.

When I read the Osho Zen tarot for Gilly, she drew the card of breakthrough, which represents a person saying, ‘I’m getting off the sofa and reclaiming my power.’ She must turn inwards and trust her intuition. Gilly can fulfil her dreams and ambitions and holds the key to her own success.

GILLY SAYS

Amber’s clairvoyant reading was so accurate. The tapping cane especially made sense to me. Since I lost my job, everything has been out of sync, and I’m impatient to get back on course. When she looked at my hands, I couldn’t believe she saw my artistic side – I’m always visiting art galleries. When she described my home, it seemed possible she’d been round for a sneaky peek. I love beautiful things, and if I had money, I’d fill my house with antiques.

I’m so relieved that my work life will surge in the next few years, and I’m intrigued to hear I have a natural ability for counselling and helping others. I’m also thrilled that my need for protection in my life might change when I’m 47! This reading has given me a new-found courage to follow my instincts.



FOOT READER SYLVIA SAYS

The first thing I see of Gilly’s feet – this means she’s an independent lady and spiritually connected. The opposite would be a flat foot, suggesting a person who needs loads of support and people around them. But Gilly is different – she’s resourceful and can stand on her own two feet.

Gilly is really not doing what she wants to do with her life at the moment. I could see that in the second toe of her left foot, which doesn’t touch the floor – a sure sign of being on the wrong path. When she’s on the right track, the toe might move down. Her little toe is also raised, and doesn’t touch the floor, which suggests she’s in a period of change in her career.

In foot reading, the left foot represents the present and the right foot the past. Gilly wears toe rings on both feet, and that troubles me. I think they’re strangling her and blocking what she desires in life. If she took them off, she would feel free,

and things would slot into place really rather quickly after that.

The fourth toe on the right foot is bent like a banana. This toe represents attachments and the bend is typical of someone who holds on to clutter. Gilly should be ruthless in clearing out. This will make her feel emotionally cleansed.

On the left foot, the nail of the little toe points outwards, and that’s the sign of a rebel. The toe is also very small, which signifies childlike qualities – I bet Gilly loves to get on swings and jump in puddles when it’s raining. The work area, the third toe, is blotchy, which suggests she’s being strangled in her career.

What’s shown on the underside of the foot is what’s hidden, what you don’t want the rest of the world to see. Gilly’s soles are black and purple, which symbolises feelings to do with relationships. In the past six months, she’s felt deeply hurt and needs to release that pain. She should find some kind of fun activity and also something soothing, such as meditation.

Ridges on the toenails indicate ups and downs in life. A whole



Sylvia’s examination of Gilly’s feet (far left) uncovered spirituality in her high arches (centre), but her toe rings (left) may be holding her back

nail is a year old, and Gilly has a ridge halfway down one of her big toe nails, which indicates a rocky patch six months ago.

It’s relationships and work that are causing Gilly the most heartache at the moment. Gilly has a very large toe pad so she’s a thinker, and there’s always lots going on in her head. However, the pad at the top of her foot, just below the toes, is inflexible and hard to bend, which tells me she’s stuck in her ways. She needs to take a leap of faith if she wants to move forwards.

GILLY SAYS

Sylvia’s analysis has made me think that perhaps I should see this redundancy as a chance to start a new career. Sylvia persuaded me to take my toe rings off, and I felt naked without them, but I’m willing to give it a go and see if things change in my life.

I hoard shoes, magazines, papers and hundreds of candles, but I’m not ready to de-clutter yet.

The reading reminded me to connect with people again and to move forwards. I’m beginning to think there may be good things in the future after all.



IRIDOLOGIST MARCIA SAYS

From the outside, Gilly’s eyes looked brown, but when I used my bioscope to get a closer look, I could see they have a blue background and a brown overlay. This is what’s called a biliary constitution – biliary types can be prone to liver and gall bladder disturbances, tummy troubles, such as flatulence and constipation, as well as diabetes. The good news is Gilly’s eyes tell me she has inherited generally excellent health. There are just a few things that jump out at me. First, her eyes show a mark in the area that represents the gall bladder, which means congestion. The gall bladder produces bile, which breaks down fat, so I expect she’s not breaking down fats

properly and may have raised cholesterol. Her pupils aren’t perfectly round, suggesting she has a muscular or skeletal problem in her neck and should see an osteopath or a physiotherapist. The kidney area is in the south of the eye, and in this zone on the left-hand side, Gilly has a mark called a lacuna on her left eye. This tells me she’s dehydrated and needs to make sure she drinks lots of water.

Finally, her digestion is not what it could be.

Digestion is represented by the ciliary zone around the pupil of the eye. In Gilly’s case, it’s slightly distorted, which tells me her digestion is sluggish. It takes a bit longer for her body to break food down, so it sits and ferments, which might make her bloated. When she’s eating, she must chew really well to get her salivary glands



Gilly is prone to liver and tummy troubles

working and aid the digestion process. A good-quality digestive enzyme supplement would also help her body break down food more efficiently.

Gilly has circles called nerve rings deep inside her eyes and these tell me she’s a worrier. Stress makes digestive problems worse, so I advise more calming activities like yoga. Herbal teas will help, too – camomile to aid relaxation, and dandelion as a tonic for the liver and a sluggish system – but Gilly shouldn’t drink an hour before or after eating. Her digestive

enzymes are already weakened, so whatever she’s drinking will dilute them further.

GILLY SAYS

I was fascinated to hear that my eye type indicated diabetes, because I’ve been an insulin-dependent diabetic since childhood. It was also curious that Marcia mentioned my neck, as many years ago I was in a car accident that led to a frozen shoulder. As far as I know, my neck is OK but problems may have spread to that area.

I know I’m dehydrated – I hate to admit it, but I probably drink more than four pints of diet cola a day because I don’t like water. I realise I need to change this. Otherwise, my digestion feels fine. I’m a real foodie and I love to cook delicious organic vegetables. I do want to lose weight so I’ll try the digestive enzyme and see if that helps. It’s true that I’m a worrier, and I’m definitely stressed at the moment. I’m going to give that yoga DVD another go!

GILLY’S VERDICT

I’ve been through a real low patch lately, but these readings have given me a whole new set of ideas and things to think about. The palm reading was incredibly accurate and, best of all, it reminded me to believe in myself. More than ever before, I think I can create the future I want – and I’ll make sure that I introduce a few more herbal teas into my daily life this summer, too! →

'I'm open to the universe, but what is it telling me?'

Melanie Jones, 36, a marketing and communications manager

MELANIE SAYS: After a tough break-up two years ago, I got a new job and moved from the Cotswolds to London. But it was a big shock going from the countryside to the city, and I'm wondering if I made the right decision. I've always wanted to live abroad and it would be nice to know if that's my true path. Life seems to want me to be single but deep down I'd like to find a partner. Can you help me see my way to a brighter future?



PALM READER AMBER SAYS

When I tuned into Melanie clairvoyantly, I had an image of a stork, which suggests she needs to rise above her feelings to start something new. I also got an eagle, which showed me she's independent and seeks new possibilities. She will expand her horizons. Then I saw a pack of playing cards, suggesting an element of chance or luck in the near future will help her on her way. There was also a suitcase, showing travel with new opportunities and people coming into Melanie's life. At the moment, life is trying to bring her these new experiences. Connections around the world will be very important to her.

Looking at Melanie's palm, I saw a very rare marking indeed. It's called the guru loop and this shows someone with enormous charisma, who can get people to fall in line with them and support them. Amazingly, Melanie has this loop on both of her hands. This means she is someone who can mix easily in high-powered circles.

Melanie needs to give her feelings more space. Her life



1 The rare guru loop on both hands signifies charisma 2 The print on the little finger shows a talent for communication 3 A rounded area at the base of the palm signifies an affinity with nature 4 This sweeping branch represents travel

purpose is to learn through her relationships with friends and partners. She's here to share her emotions and learn about love.

Regarding Melanie's destiny, her palm tells me her purpose is to be successful. Melanie should aim high and confidently go forward towards her goals. She has a particular gift in the area of communication. I see this in the markings on her right little finger. Working in this field will make her feel confident, fulfilled and happy.

Melanie's lifeline shows a strong affinity with the natural world and that she feels uplifted by being outdoors. Her palm also shows me that there's a strong chance she'll live abroad at some point, although I'm not able to say when that may be.

In terms of her personal life, I can see that there were some difficulties around the age of 35. Melanie is still working through these at the moment and the cloudiness will be lifting soon. I know that this will happen because Melanie has a little

island shape in her lifeline and then a clear and straight line.

In Melanie's Osho Zen tarot reading, the completion card was at the centre of the spread. This is an indication that a chapter is drawing to a close and new energy is coming into her life. There are many more opportunities for her in the next three months. At the centre of her reading was the existence card, which symbolises the need to take a step back and spend time in a natural environment. This is so Melanie can decide which direction to go in next. There's something very special being prepared for Melanie. She needs to trust and be confident about the future.

MELANIE SAYS

Amber's reading has given me an enormous boost. It sounds as if luck is on my side, and Amber has reassured me that public relations is the right career and I can rise to the top. I'm thrilled to hear my destiny is to be truly successful as I'm very ambitious.

I grew up in the Bahamas and the Far East and have always wanted to live in the Caribbean again, or the USA, so I'm pleased my palm says I will live abroad again at some point.

Amber has also confirmed something I am aware of but tend to ignore – I do need to spend time in nature, as it relaxes me and helps me reassess my life. I work long hours in the city, so I'll have to try and strike a balance.

I was impressed that Amber managed to pick up on my relationship break-up, and I'm glad that the residual feelings of disappointment around it ending will soon fade away.



Melanie's eyes reveal strong personality traits



IRIDOLOGIST MARCIA SAYS

Melanie has predominantly brown eyes, which suggests that she's susceptible to blood conditions, such as anaemia. She also has a high level of blood fats. This tells me that her gall bladder isn't doing its job properly. I can see a mark on the gall bladder area of her eyes, so I know there is a problem with this organ. I can also tell that Melanie is affected by smoke and needs to get lots of fresh air into her lungs.

Personality-wise, the markings on her iris also indicate that she's a glamorous, dynamic and adventurous person who strives to go beyond the norm but has deep respect for the environment.

MELANIE SAYS

It's amazing that Marcia focused on my gall bladder. I had it removed when I was 11, which means I do have high levels of blood fat. I also suffered from anaemia as a child, so it's true that blood conditions are a weakness.

My breathing is aggravated by smoky atmospheres. Although I live in a city, the more time I spend in the beautiful countryside, the better



People with brown eyes can be susceptible to blood conditions

I feel. And I'm flattered that Marcia says I'm glamorous. I do take pride in my appearance and love reading celebrity magazines to see what the latest fashion trends are, but I'm just as passionate about doing my bit for the environment.

I would definitely describe myself as adventurous. I've travelled all over the world and would give any extreme sport a try. I'm fiercely independent, as I like to do my own thing in my own way. I find it incredible that Marcia gleaned so much just by looking at my eyes.



FOOT READER SYLVIA SAYS

The fact that Melanie's big toes are smaller than her second toes tells me she's a multitasker who does three or four things at once. Her feet reveal she's very much a people person and highly sociable. She has narrow or what we call 'princess' feet, which means she'd like to be waited on hand and foot. She's a natural leader and can manage people with ease. While she's very organised at work, in her home life she tends to hold on to things and her space can be

quite cluttered, even though she regularly has good intentions about clearing stuff out.

Looking at the underneath of Melanie's feet (representing her inner world), her second toe on her right foot is hooked down slightly, suggesting she has a whirr of thoughts about relationships but she's not speaking about them. It would be good for her to talk this over.

But Melanie doesn't beat around the bush when it comes to her work life, and she's sharp and intelligent. She doesn't have spaces between her toes, which means she can achieve a huge amount – much more than most people. If someone asks her to

do something and she says yes, she'll get it done.

Given the length of her third toe on her left foot, Melanie has the ability to reach the top. She's strong-minded, and it's only the hurt she feels in her heart at the moment that's holding her back. She's been separated from a partner recently because there's a hard ridge running down the length of her little toe, which signifies a specific division in relationships.

MELANIE SAYS

I'm amazed at how spot on Sylvia's foot reading was. I'm delighted she thinks I have the potential to excel in my career, because that's always been important to me, especially since my relationship break-up. Although I ended things, we were together for seven years, so he's naturally left a gap in my life. I don't want us to get back together but I still feel sad from time to time.

As Sylvia says, I am a real multitasker and I have lots of ideas, which is a good thing when you work in PR. I'm very organised and pride myself



on getting the job done. But every time I resolve to have a clear-out at home, I find it hard to part with almost anything. Sylvia's right that I love socialising and meeting people. And I'll take her advice and talk to my friends about my feelings, rather than brushing them aside as I do now.

The only thing I don't agree with is wanting to be waited on. I have lots of energy and can't stand still, so I'd rather make a cup of coffee than wait for someone else to do it.



Left: The narrowness of Melanie's feet indicates a 'princess' quality as well as natural leadership skills. Right: The soles of her feet represent her inner world, and the hard ridge on her little toe points to a relationship break-up

MELANIE'S VERDICT

My readings were fascinating and a real ego boost. They've given me inspiration for the future but also reminded me to step back

from the rat race and make time for getting into nature this summer. I'm really looking forward to putting all the experts' advice into action. And I especially enjoyed the foot reading – I'll be checking out my toes every time I slip my sandals on! **SPIRIT&DESTINY**