



GUIDANCE AND INSIGHT

Sara, Psychic & Astrology Readings

The Spiritual Energy of the Days

by Sara



www.stargold.com.au



INSIGHT & GUIDANCE
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Sara, Psychic & Astrology Readings

Accurate psychic guidance and insight to empower and support you, giving peace of mind and clarity. Over 30 years experience helping people make positive choices, heal, be strong and lead happy and fulfilling lives.



Hi I'm Sara – a psychic and astrologer living and working in Hobart, Australia.

I have 30 years' experience giving accurate and informative readings combining practical advice with spiritual guidance and insight. I have helped thousands of people find peace and clarity and a positive way forward through the ups and downs of love, money, family and career – anything that life can send you.

I hope you enjoy this guide to the spiritual energy of the days and that it is helpful for you in tuning into the energies of each day.

Member's Community

I'd love to invite you to my online Member's Community – Completely free and no spam ever! Many women are isolated in their interests in Astrology, Psychic Spirituality, positive living and more, so I have created this community as a safe and supportive space for women like you to get resources, meet others and share.

Completely free, when you sign up you will immediately receive a 20-page e-book 5 Ways to Develop Your Psychic Potential, a relaxation audio, and a link to sign up to my online members group where you can introduce yourself and start making new friends.

From then on you will receive my monthly Newsletter – exclusive to members only, plus my monthly psychic reading and weekly horoscopes straight to your inbox – never miss one again!

Sign up here: <https://www.stargold.com.au/maillinglist-landing-page>

Go to <https://www.stargold.com.au/email-psychic-readings> for more information or to book and pay.

Email Psychic Readings

Are you worried, confused, don't know what to do next? Or are you faced with a choice between two directions, decisions, or paths? Is a relationship or loved one causing you anxiety and confusion, are you waiting for the right person or wondering if you should leave? Are you having issues with career or health, or do you just want some spiritual insight and guidance along your life path?

I offer my psychic readings by email giving insight and guidance into love, life path, health, family and career, but I am happy to answer questions about anything which is concerning you.

I am well known for my accuracy and psychic ability and have had a long career writing horoscopes and psychic advice columns for many newspapers and magazines including Good Medicine, Elle, Take 5 and Grazia, and making radio and television appearances since 1993.

I write each reading individually – no scripts- using the same techniques I used in face-to-face readings. Convenient and private, book online 24/7 and receive your email psychic reading direct to your inbox within 48 hours or less (weekdays).

My email psychic readings range in price from \$50 to \$225.

Please go to www.stargold.com.au/email-psychic-readings for more information or to book and pay.

Email Astrology Readings

I am a very experienced astrologer with 30 years' experience in helping 100's of clients throughout the world. After many years of study, I graduated as an astrologer with the Federation of Australian Astrologers in 1992. I began giving astrology readings and quickly developed a reputation for accuracy, leading to a 20-year media career writing horoscopes and feature articles for newspapers including *The Herald Sun*, *The Telegraph*, *West Australian* and magazines *Nature & Health*, *Elle*, *Good Medicine*, *Take 5*, and *Grazia* among many others, plus writing and appearing on television and radio.

An astrology reading is perfect for when you want to get to the bottom of major life themes and issues, what path you are best suited for, behaviour patterns and your overall spiritual and life journey. Unlike my psychic readings which are better suited to specific problems in the shorter term, astrology shows the whole life and the whole person.

Unlike many email astrology readings, I write each reading individually – no scripts and no computer-generated text is used in the analysis of your chart – you are getting a proper astrology reading the same as face to face, but written down for you to keep. As such the delivery time frame is within 48 hours.

My email astrology readings range in price from \$150 to \$450.

Please go to www.stargold.com.au/email-astrology-readings for more information or to book and pay.



The Spiritual Energy of the Days

The days of the week have spiritual and magical energies which if harnessed can be used to bring better results for your plans and activities. Each day is ruled by one of the traditional planets of our solar system and has attributes beyond just a day on the calendar.

Each day has a psychic vibration which works on the spiritual as well as physical plane. These vibrations or energies in the day can be used to boost the area of your life you want to focus on. You can harness a particular day's energy by using its ruling colour to decorate your home, using coloured note paper and pens to write affirmations with, wearing clothes in your chosen colour and energy rituals.

A simple way of tuning into the energy of the day is through candles and visualisation. Light a candle in the colour you want to use (like yellow on Sunday before an exam for example). Focus on the flame as you slowly and deeply breathe in and out. Visualise yourself breathing in the positive energy and focus your mind on the area you want to improve – love, money, spiritual growth etc. Do this for as long as you can – be patient if you can't hold it for long to begin with, it will become easier with practice.

Below is a list of days and their psychic attributes and colour. I recommend always using white in addition to any other colour to keep the energy aligned with the positive and for protection – especially when using candles.



Planet: Moon

Metal: Silver

Deities: Thoth, Selene

Gemstones: Pearl, Opal, Moonstone

Herbs & Plants: Wintergreen and other mints, catnip, comfrey, sage, chamomile

Associations: Childbearing and family life, purity and virginity, healing, wisdom, intuition
Monday is dedicated to the moon and all her magic and mystery. Mondays are for women's mysteries, illusion, prophetic dreaming, emotions, travel, and fertility. Wearing silver or pearl jewellery will help you to attract the Moon's energies.

Colour: White. White is all of the colours in the spectrum combined, and is a purifying, cleansing and restorative colour. A lot of people recommend using a white candle in addition to every other colour to keep the energy positive and for its protective qualities. It is the multi-purpose colour – when in doubt use white! Use white to nurture creativity, bring optimism and success, and bring light and positive energy to all those around you.



Tuesday

Planet: Mars

Metal: Iron

Deities: Lilith, Mars, Aries, the Morrighan

Gemstones: Garnets, ruby

Herbs & Plants: Thistles, holly, coneflower, cactus

Associations: War and conflict, enemies, initiation, ambition and protection

Tuesday is a Mars' day, and the best time for calling on the Universe for strength and courage. If you are facing a challenge of any kind, need a boost to your courage, or want to enhance your passions, Tuesday is the best day of the week for this.

Colour: Red. Red is a potent symbol for courage, passion and love, although don't use it when angry! Use to give yourself a boost of courage when facing a new challenge, to give you energy and when starting a new project.



Wednesday

Planet: Mercury

Metal: Mercury (Quicksilver)

Deities: Odin, Hermes, Mercury, Athena, Lugh

Gemstones: Aventurine, agate

Herbs & Plants: Aspen trees, lilies, lavender, ferns

Associations: Business and job-related issues, communication, loss and debt, traveling and journeys. Wednesdays are ruled by Mercury the God of communication and trickery.

Wednesdays can be changeable and unpredictable but are excellent for communication, change, cunning, and the arts. This day is full of contradictions, change, and excitement.

Colour: Purple. Purple's psychic energies are very strong. It is the colour of the 7th chakra and is used to increase psychic abilities, psychic healing, psychic power, inspiration, meditation, spirituality. Using a purple candle with a white candle while meditating can open up the spirit to higher dimensions.

4 Thursday

Planet: Jupiter

Metal: Tin

Deities: Thor, Zeus, Jupiter, Juno

Gemstones: Turquoise, amethyst, lapis lazuli

Herbs & Plants: Honeysuckle, oak trees, cinquefoil

Associations: Honour and family loyalty, harvests, clothing and riches, loyalty Thursday is Jupiter's day. Jupiter is the ruler of prosperity, abundance, and good health. A good day for all financial matters and for anything you want to grow and increase. Travel and exploration either physically or through higher learning is favoured.

Colour: Deep Blues. Blue is a cool colour that soothes and relaxes. Blue is a primary spiritual colour, used psychically to obtain wisdom, tranquillity, harmony, peace, inner light and truth. Connects the person to inspiration, occult power, protection, understanding, good health, patience and loyalty.

♀ Friday

Planet: Venus

Metal: Copper

Deities: Freya, Venus, Aphrodite

Gemstones: Coral, emerald, rose quartz

Herbs & Plants: Strawberries, apple blossoms, feverfew

Associations: Family life and fertility, sexuality, love and marriage harmony, friendship, growth. Friday belongs to Venus, but is sacred to many other gods and goddesses of love such as Eros, Venus, Aphrodite, and the Norse goddess Freya. This day of the week is for all romantic and love matters such as relationships, new beginnings, marriage, fertility, and romance.

Colour: Green. Green is the psychic colour for fertility, abundance, money and warm love. Ruled by Venus planet of love, green is THE colour for growth and abundance. It also has very strong energies for healthy, healing love.



Saturday

Planet: Saturn

Metal: Lead

Deities: Saturn, Hecate

Gemstones: Apache tear, obsidian, hematite

Herbs & Plants: Thyme, mullein, cypress

Associations: Fortune and hope, protection and banishment of negativity, endings both positive and negative. Saturday got its name from the god of karma and time, Saturn. Traditionally Saturdays are great days for protection, banishing a negative situation, and generally a good time to clean up any messes or bringing an end to a bad situation.

Colour: Black. When used for positive purposes, black is excellent for ending anything that is bad for you – like an addiction to cigarettes or not being able to free yourself emotionally from a past relationship for example. It should always be used with white to keep the energy positive and must not be used against anyone ever.



Sunday

Planet: Sun

Metal: Gold

Deities: Brighid, Helios, Ra

Gemstones: Quartz crystal, Diamond, Amber, Carnelian

Herbs & Plants: Marigold, Sunflower, Cinnamon

Associations: Agriculture, beauty, hope, victory, self-expression and creativity
Sunday corresponds to the sun. This a high energy day and contains all sorts of potential for success, wealth, and fame. Sundays are for personal achievements of any kind such as preparing for an interview or promotion at work, seeking fame and wealth, or being acknowledged for your achievements.

Colour: Yellow. Yellow brings warmth and inspiration and sparks creativity. Use at a psychic level to help with boosting study or artistic work. Wearing something yellow will bring clarity in exams.



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I hope you have enjoyed this guide to the Spiritual Energy of the Days and that it is useful for you. Check out my other freebies, horoscopes and psychic articles - and remember you can join my Member's Community as well all free of charge.

Love and Best Wishes

*Sara*_{xx}

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