

# Psychic Solutions

Is a spiritual psychic reading the way to finding a solution to a problem? **Maryam Shah** lets **Zoe** from **The Lighthouse** read for her

There are times when you just need a little guidance in life and, at those times, it would be great if there was someone with a direct line to the Source who could shed some light on the hard decisions. The Lighthouse can do written and phone readings and I decided to have an email reading with Zoe (pictured). I emailed three questions about some things that are currently concerning me. One question was on whether or not anything would come of an on-off relationship I had been insistently pursuing for the last nine years. Another was a very practical question about whether I'd ever be able to get a dog (I currently live with someone who is allergic to cats and dogs). The third was about feeling like I was in a rut and all my pals were off having kids and settling down. I felt like I'd stalled at a teenager stage and wasn't really progressing at all.

A few days later I got a lengthy email reading. Zoe started with the image of a little fish away from her shoal, feeling isolated. I hadn't told her this but I had indeed been feeling very isolated of late; finding it hard to talk about your emotions can be a bit crippling when you're going through difficult things like a break-up or grief. Mostly though, while the external reason is quite clear – the end of a relationship – the internal pain and isolation I'm going through is on a more existential level (something that many people interested in spirituality occasionally go through). Zoe used the word 'pain' a lot and encouraged me to not be afraid of feeling it. I was reminded of the lines from Ibsen's *Peer Gynt*:

*We are tears  
Which were never shed  
The cutting ice  
Which all hearts dread  
We could have melted  
But now its dart  
Is frozen  
Into a stubborn heart*

## Predicting panic

Most of the reading evoked deep thoughts about how I live my life and why I behave as I do. I've probably never had a psychic reading that was also so philosophical and thoughtful. Zoe said she felt 'suffocated as I sit with you'. I did have an unexpected panic attack the weekend after I received the reading and her description of 'panicky effort' was exactly right. Because I had had the reading, I allowed myself to have a little cry and not worry about 'being strong'. Her prediction that by doing this – by allowing myself to feel pain – I'd 'stop grasping for air' and that I'd be able to breathe again was also accurate which was a great relief.

She mentioned how I distract myself from pain by having an internal conversation that goes like this: "come now, get stuck into this work, this friendship, this meditation, affirmation, prayer, new pair of shoes etc." Funnily enough, I did just order a new pair of shoes the very week of the reading and I could certainly relate to trying to fill my days with things and distractions to avoid the depression of loss and isolation.

Amusingly, she picked up on the fact that all the spiritual techniques I have learnt to date didn't exactly help me when I was in the midst of this angst. It was true that I did feel as though these ideas were great in theory but hard to put into practice. Once I had applied some of the suggestions she gave in her reading though, I found that the other practices opened up to me again.


She was wrong about me owning crystals (I don't have any) but her suggestion that I have twice daily baths to clear and reset my energy was very helpful. My habit of comparing myself to others was pulled up for how unhelpful it really is and I was made aware of how my notion of everyone else being happy might just be a surface gloss.

The dog question was answered and she said she saw a toffee coloured cute little dog appearing around autumn/winter time. This is



a spot-on description of my friend's dog so I don't know if that was what she was seeing but we shall see...

Toward the end of the reading, Spirit intervened to say I wanted a clear answer on whether I would meet my soul mate and have children. Yay for Spirit! Yes, I would apparently, and Zoe described the man I'd meet and the child I'll have. No idea if this is accurate but I did meet someone matching the description Zoe gave quite soon after the reading. Still too early days to say if this will prove another aspect of her reading correct but I am hopeful.

My overall impression of the reading was that it was ethical, in-depth and helpful. The aftercare was quite impressive too with any further questions answered by email quickly and clearly. I'd definitely recommend Zoe for not just her psychic ability but her kind and careful guidance. 

## More information

A full written reading with Zoe costs £70. After the initial reading, you are welcome to ask further questions for clarification. You can also ask three questions and get a minimum 300 word answer in total for £33. Readings with Rosie are done over the telephone: they call you and that costs £40 for 20 minutes and £1.60 a minute thereafter. You can call 10am to 6pm Mon-Fri. Visit [www.thelighthousewebworld.com](http://www.thelighthousewebworld.com) or call local rate number 0844 770 3344 for more information.