Am I going about dealing with my health the right way? Will my sons find work that they will be happy with? I'm always nervous about the future. Deborgh, vig email

MITCHELL SAYS I feel there is a lot of healing energy being sent to you from your angels right now. I'm told that you are on the right path of healing, not just physically – but emotionally and spiritually as well. The holistic approach you are taking towards your health in collaboration with your doctor's advice will bring about the breakthrough you are hoping for. Both of your sons will find employment they are happy with, but your youngest son tends to lose interest quickly and he needs to be in a job with lots of variety to keep him focused and interested in whatever he ends up doing.

I lost my husband eight years ago. I was sitting beside his bed with my son when he passed away. Can you tell me if anyone came for him? Is he out of pain?

Marina, via email

mitchell says Your beautiful husband tells me that there was a gathering of family and friends on the other side to greet him when he passed. He also says he knew you were with him by his side with your son – he remembers you holding his right hand. Your husband says that he often sits on the end of your bed and is watching over you. He is your personal guardian angel and he says he loves you very much. He tells me he has no pain, saying, "I can walk properly again." Your husband says your son Richard has some wonderful opportunities on the horizon that will bring him a lot of happiness.



Please send both your photo and question for Mitchell to Woman's Day, GPO Box 5245, Sydney, NSW 2001, or email womansday@bauer-media. com.au. Keep questions under 80 words. Sorry, no personal replies.





custom abstract + botanical art

foldcreatives.com









Scout's verdict on Judge Judy

AMANDA SAYS Judge Judy's little one comes through immediately and tells me she is still only young - about three years old. Her name is Scout and she is a shih tzu. Judy's other two dogs, Bogey and Diva, are from the same litter. Scout gets on OK with the others, but wishes they were a little more lively and a lot less anxious. However, she is not complaining about her life as she knows her mum gives her plenty of attention. Scout is very much like Judge Judy – a no-nonsense kind of girl. I have to laugh as she says to me, "I wonder where I get that from?" Scout shows me she has no fear of anything and she sees a very different side of her mum than most people do. "My mum is so very kind and loving. When she gets home we all gather around and spend time together," says Scout.



Visit amandade

warren.com for

event info.

ox 5245, Sydney, NSW 200°

or email womansday@

bauer-media.com.au with

our name, photo and number

Horoscopes

Pisces

FEB 20 - MAR 20

Life may feel like a giant talkfest this week, but it's all therapeutic.

Adding to the buzz, Venus is attracting stimulating people into your sphere, and for singles, a friendly set-up might become more. On a practical note, why not plant a few autumn vegies under Friday's wonderfully fertile moon?

Aries MAR 21 – APR 20

Your inventive approach is inspiring, not just at work but on the home and money fronts, too. You might even dream up a canny business idea. March could bring opportunities for romance as well, so if you're looking for love, start circulating. Under Sunday's fantasy-filled sky, a dream could become a reality.

CULUS APR 21 - MAY 21

Feel that old zest for life returning? As Venus spins into your sign, everything should look shinier – including you. People will be drawn into your orbit – you might even attract a gift. If worries are dragging you down, these social stars may be just what you need.

Gemini MAY 22 – JUN 21

Don't feel guilty about having fun – this month it's all about balancing work and play. If your energy levels are flagging, music and cultural events should recharge your batteries in a flash. OK, the good life may not come cheap, but the memories will be priceless.

Cancer JUN 22 – JUL 23

New experiences should act like an elixir, so switch off those screens and get inventive.

Anything adventurous should hit the spot – your social side will need satisfying, so get some friends involved. If travel fantasies are escalating, get your finances in order now.

Ready to reinvent yourself? Autumn's transformational stars could spark a health and fitness overhaul. Your newfound enthusiasm could impact your finances, or a charitable project might find wings. With Venus enhancing your sense of style, clear out your wardrobe and try some creative mixing and matching.

JENNY BLUME

predicts your destiny for MAR 2-8

Virgo AUG 24 – SEP 23

Not only are old friends about to liven things up, couples could find themselves rekindling sparks as they launch into a shared project or new phase. The high voltage vibes could spill over onto the dating scene, too – in fact as autumn unfolds, singles might be spoilt for choice.

Psychics

Libra SEP 24 - OCT 23

Need a celestial pick-me-up? If you've been suffering emotional overload, earth yourself by getting back to the basics. Simple pleasures like cooking and gardening should feel therapeutic, so pop in a few herbs under Friday's fertile moon then do some decluttering. Selling your surplus stuff might prove profitable!

Scorpio oct 24 – NOV 22

Venus is ready to spoil you rotten. A series of concerts, catch-ups and social events should help you to relax and unwind. These feel-good patterns might even conjure up a touch of romance, and a yearning to express yourself could tap into hidden talents.

Sagittarius NOV 23 - DEC 22

As fortuitous stars align, a money-making idea could move a step closer or a venture you feel passionately about might lift off. Whatever your situation, inspiration should flow like good champagne. Seeds sown under these conditions could produce fruit for years to come.

Capricorn DEC 23 – JAN 20

With your energy levels climbing ever higher, it's time to push ahead and tackle something you've been afraid to face. Whether it's a social, personal or work-related goal, the cosmos is working in your favour. Style-wise, why not consider a new 'do?

Aquarius JAN 21 – FEB 19

A health-related matter could improve in leaps and bounds, or a vision involving your home might really work. Inspiration is flowing freely now, and for couples, so is the romance. Finances may be playing on your mind, but at the heart of matters, it's love that matters most.