



*Love &  
Light*

*DECEMBER '12 / JANUARY '13*

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L&L *Reader Profile*

**Ella.**  
**Enter PIN 7125**  
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Hello my name is Ella. I have been a Tarot, Angel card reader and healer giving guidance for over 25 years. My spiritual path began with an encounter with a spirit at the age of 12 years old and subsequently I developed the gift through sitting in a circle at my local spiritualist church from the year 1978 to the present where I enjoy giving messages and healing. I consider myself to be caring, empathetic and open minded reader who provides accurate readings with loyal clients returning to confirm accuracy. My readings start with putting the clients at ease to ensure a good connection, followed by linking in with my divination tools. I believe I inherited my gift from my grandmother who was a white witch and feel blessed to be able to help others feel better about coping with their difficulties. My aim is to give positive and uplifting readings to all my clients. I look forward to speaking to you soon. Love and light always, Ella



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*Happy Christmas* L&L



**kissing Ball**

Mistletoe was a magical plant to the Celts, Romans and Greeks. It is a parasitic plant with evergreen leaves which usually grows on deciduous trees. Unfortunately it is in decline as intensive apple production have seen orchards dwindle in places like Shropshire, Herefordshire, Somerset and Worcestershire where traditionally there would have been plenty of fruit trees for it to live on. The National Trust is trying to help restore orchards which would enable mistletoe to thrive once again.

For many of us mistletoe is an integral part of Christmas and kissing bushes hanging in rooms where people will frequently pass each other and share a kiss have been custom for many years. Washington Irving (American historian) described young men kissing girls beneath the bush and plucking a berry each time, when the berries were all plucked the kissing privilege ceased.

If you want to make a kissing mistletoe ball or decoration this year try to ensure that the mistletoe you buy is British and sustainably managed [www.buy.mistletoe.org.uk](http://www.buy.mistletoe.org.uk) You can help to ensure a future for mistletoe's main habitat, the traditional orchard, by supporting producers of juice, cider and fruit from these smaller orchards. For future years you could grow your own mistletoe. It's easy to do if you have the host tree (apple, lime or hawthorn).



**Like mulled wine?...then just wait until you try**



**Basic Recipe:**

1 cup water

Raisins (handful)

2 cinnamon sticks

6-10 cloves – to taste

Flaked almonds (handful)

Sugar to taste (around 85g)

1 bottle of red wine (750 ml)

2-3 pieces of dried or fresh orange peel

2-3 pieces root ginger (around 100g total)

6-10 whole cardamom pods (split in half) – to taste

**Variations:**

In addition to the above basic recipe, many people add port, brandy or vodka (quantity to taste). Why not split the basic recipe and try variations until you find what you like.

Put the wine, sugar and spices in to a pan – bring to the boil and then simmer for about 20 minutes. If you are using port or brandy you can add that at the beginning. If you are adding vodka you can do this off the heat. Cover the pan to keep the drink warm and allow the flavours to infuse further. Serve in warmed glasses with a few flaked almonds and raisins. In some recipes the raisins are soaked in the vodka and then when plump with alcohol are added to the cooking mixture.

**Glogg**

There are many people who believe in psychic phenomena. This belief is stronger in those who have personally experienced such a wonder. There are many who believe in telepathy and many who say that they get visual illusions. Psychic illusion is a psychic marvel where the person experiences an illusion that requires psychic interpretation. This experience is quite real as the person who experiences it generally sees it in two-dimensional figures.

There are many types of psychic illusions. For a better understanding of the concept, let's discuss some of the different types of psychic illusions in detail.

**Illusions of connection:** In simple terms it can be described as an experience of precognition or telepathy where a person already is vaguely aware of some event that is going to occur. Such an event cannot be categorized as a coincidence. For example the person dreams about a friend meeting with an accident and it actually happens or the person gets a gut feeling that they are going to win the lottery and buys a ticket and wins. So the illusion is about any person related to him or himself. People say that such an experience is too good to have happened just by chance and some accept this kind of an experience as ESP too.

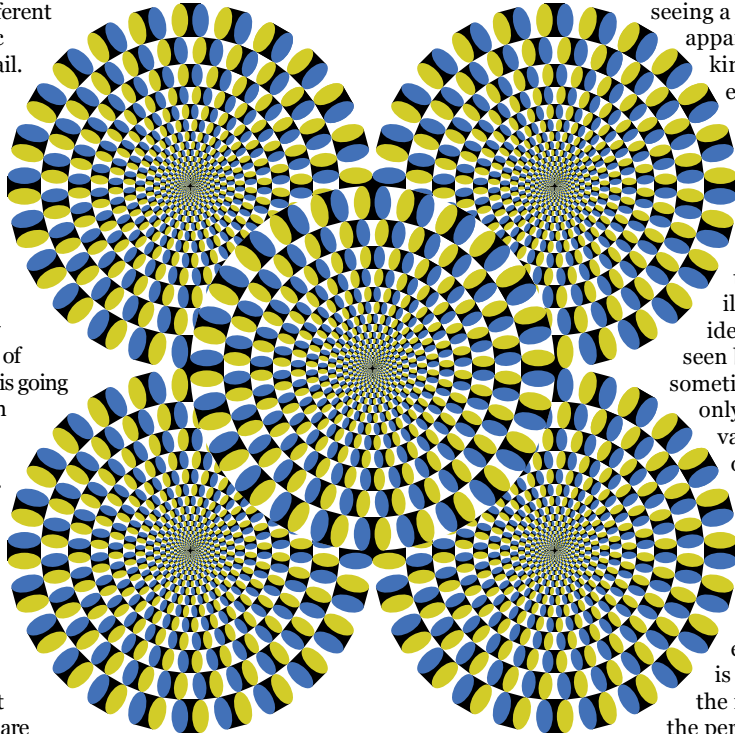
**Illusions of control:** An experience or a coincidence between the action of a person and an incident external to them is called the illusion of control. Those who believe in such psychic experiences are said to have more illusion of control than non-believers.

**Illusions of pattern and randomness:** Sometimes events occur in pattern but people fail to notice that and sometimes there are no patterns in the coincidences but people try to extract a pattern from it. Actually it is very difficult to clearly distinguish both randomness and patterns. The people who try to find a pattern in coincidences experience the illusion of patterns and randomness more often.

**Illusions of form:** You must have heard people saying that they have experienced meeting or seeing a ghost or apparition. This kind of psychic experience can be categorized in the illusions of form. Sometimes the person who experiences this kind of illusion is able to identify the form seen by them and sometimes they are only able to give a vague description of the form.

**Illusions of memory:** As the name suggests, this kind of psychic experience is related to the memory of the person who experiences it. Some people believe that selective memory is the reason behind making the person feel that such a coincidence occurred more than it actually happens.

These are some common types of psychic illusions; such experiences are an unavoidable outcome of the way we think. The person who has these encounters has an effective relationship within an extremely complex world.



For centuries society has been using dream interpretation to determine the meanings behind dreams. There are a lot of different theories about how to interpret dreams and what they mean. From the ancient Greeks and Egyptians to more modern psychological theories, the idea of interpreting dreams has been around a long time.

Dream interpretation started in ancient times when the Greeks and Egyptians believed that dreams were supernatural and only those with 'certain powers' could decipher the meanings. The ancient Greeks tried to use dreams to cure their sick. Sick individuals were sent to healing temples called Asclepieions to incubate dreams. Incubating refers to the belief that one can will himself to dream a divine dream and thus cure himself of any ailments. The ancient Egyptians used priests to interpret dreams as it was believed dreams came from God.

In today's world most people refer to psychology to interpret dreams. Sigmund Freud believed that dreams were simply a visual representation of wish-fulfillment. Freud's works on understanding dreams - 'The Interpretation of Dreams', was published in 1899. He argued that dreams occurred the day after humans experienced a desire for an object or idea. According to Freud, children's dreams

reflect exactly what they desire without the need to mask it with symbolism. Adults' dreams, however, become distorted. The original meaning of the dream is lost in imagery and symbolism making dream interpretation much harder.

Freud's theory on dream interpretation takes into account the ego and super-ego. The unconscious mind is thought to hold desires that never make it to the conscious mind thus emerging in dreams. Because the unconscious does not necessarily want the waking mind or the conscious mind to know its true desires, the dreams original latent content is hidden using symbols and other images to represent the true desire.

Freud's former student, Carl Jung, disagreed somewhat with Freud's theories on dream interpretation citing them as "simplistic and naïve". Jung believed that dreams could represent some wish-fulfillment, but also represented attitudes held by the unconscious that the conscious mind was not aware of. He felt that it would be difficult to thoroughly interpret someone's dreams without understanding what they were experiencing in life at that moment, since people's attitudes can change based on their current situation.

Calvin S. Hall (another American Psychologist) offered a different meaning to dreams. He felt that dreams were a collection of thoughts or just one thought that occurred during sleep. Dreams would be a representation of this person's perception of that thought or group of thoughts.

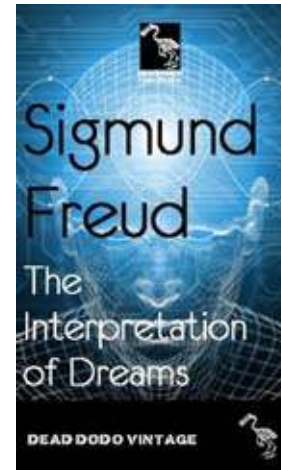
Yet another opinion on dream interpretation comes from Ann Faraday who in the 1970s published several books on dream interpretation and how to do-it-yourself. Faraday believed that dreams served as warnings of future events or prophecies.

People today often seek meanings to their dreams. Many people feel that there is definite meaning to their dreams and often find guidance in this meaning. There are many published books on dream interpretation that help individuals determine what their dreams mean according to the symbols in the dreams.

The Interpretation of Dreams by Sigmund Freud is available as a Kindle Download: The book introduces Freud's theory of the unconscious with respect to dream interpretation.

Here is another book on the topic that might interest you:

*A to Z of Dream Interpretation: What Dreams Reveal About Our Lives, Loves and Deepest Fears* by Pamela Ball - This book gives the reader a rounded appreciation of the role dreams play in their lives and how they can use the information they carry.



# L&L Relationship Compatibility in 2013

Knowing a person's zodiac sign can give you a lot of information about that individual and how they might function in a relationship. Each of the star signs have character traits that will come to the fore when they are in love or even in lust! Understanding the dynamics of each sign may allow you to analyse whether a relationship will work or at least understand some of your partner's behaviours. For example some signs just have to flirt – but it won't mean anything to them. But partnered with an insecure sign they are likely to be hurt by the behaviour. In other cases their suspicions of infidelity may be well-founded.

A person's sun sign should be able to indicate whether they are likely to be the sort of person that wants to settle down and have a monogamist relationship or whether they live for the moment and believe that nothing lasts forever. You will also be able to tell their personality qualities such as whether they are romantic, passionate, faithful and so on. As well as their goals, sexual style and life expectations.

Whilst you do not want to change your own personality to please a partner, it can help to understand the characteristics of your significant other especially if they are very different to your own. In certain circumstances you may be able to adapt and adjust in order for each of you to maximise the potential within your relationship and understanding your similarities and differences can help you to experience a relationship on a whole new level. When both parties know what each other really means and really wants, it can make for a very safe, comfortable and long lasting partnership.

The best way to determine compatibility is through Synastry; this is where the charts of two people are compared to ascertain how their relationships operates and themes and potentials will emerge. The natal

WOMEN \ MEN	Aries	Taurus	Gemini	Cancer	Leo	Virgo
Aries	♥♥♥♥	♥	♥♥♥♥	♥♥♥♥	♥♥♥♥♥	♥
Taurus	♥	♥♥♥♥♥	♥	♥♥	♥♥♥♥	♥♥♥♥♥
Gemini	♥♥♥♥	♥♥♥♥	♥♥♥♥♥	♥	♥♥♥♥	♥
Cancer	♥♥	♥	♥	♥♥♥♥♥	♥	♥♥♥♥
Leo	♥♥♥♥♥	♥♥♥♥	♥♥♥♥	♥	♥♥	♥
Virgo	♥♥♥♥	♥♥♥♥♥	♥♥♥♥	♥♥♥♥	♥♥	♥♥♥♥♥
Libra	♥♥♥♥♥	♥♥	♥♥♥♥	♥♥♥♥	♥♥♥♥♥	♥
Scorpio	♥♥♥♥	♥♥♥♥♥	♥	♥♥♥♥♥	♥♥♥♥	♥♥♥♥
Sagittarius	♥♥♥♥♥	♥♥	♥♥♥♥♥	♥	♥♥♥♥♥	♥♥♥♥
Capricorn	♥♥♥♥	♥♥♥♥♥	♥♥	♥♥♥♥	♥♥	♥♥♥♥♥
Aquarius	♥♥	♥♥♥♥	♥♥♥♥	♥♥♥♥	♥♥♥♥♥	♥♥♥♥
Pisces	♥	♥♥♥♥	♥	♥♥♥♥♥	♥♥	♥♥♥♥

# Relationship Compatibility in 2013 L&L

charts are set up and the geometric relationships between planets and the charts (interaspects) are calculated. Planets that fall in to each other's houses will also be considered for significance.

At the end of the process you should know whether you are attracted enough to each other and will be able to form a harmonious long lasting relationship. Or whether initial attraction was felt but has turned to irritation. The charts may show that lust or love may be felt but living together day to day is just too difficult. In some circumstances it will be that the long terms aspirations of the couple differ – these are life aspects that are felt at a soul-level, such as wanting children and will be hard to resolve if each person wants something different.

If you are interested in a telephone relationship reading with an astrological component then you may like to try **Jou-EL, Pin: 7176** "I feel I have a special affinities including; Karma (both personal and relationships), dream interpretation and symbolism, personal power and development, creating life goals and achieving them, connecting with personal guides and understanding the potential of the Astrology chart".

Or an **email reading with Astrologer Chrystalyte** – Feedback she receives often highlights natural intuition, psychic perception and grounded, but gentle and understanding approach. Diana has a rare ability to get to the heart of a problem, whilst providing a sense of calm and trust when dealing with sensitive and critical issues. Her attitude is sufficiently young and vibrant to share excitement, enthusiasm and inspiration for new ventures whilst being mature enough to tap into the wisdom and reality in any situation.

Just for fun why not have a look at our compatibility chart:

WOMEN \ MEN	Libra	Scorpio	Sagittarius	Capricorn	Aquarius	Pisces
Aries	♥♥♥♥♥	♥♥♥♥♥	♥♥♥♥♥	♥♥♥♥	♥♥♥♥♥	♥
Taurus	♥♥♥♥	♥♥♥♥♥	♥♥	♥♥♥♥♥	♥♥♥♥	♥♥♥♥
Gemini	♥♥	♥♥	♥♥♥♥♥	♥	♥♥♥♥	♥♥
Cancer	♥	♥♥♥♥	♥	♥♥♥♥♥	♥♥♥♥	♥♥♥♥♥
Leo	♥♥♥♥♥	♥♥♥♥	♥♥♥♥♥	♥	♥♥♥♥♥	♥♥♥♥
Virgo	♥♥	♥♥	♥♥	♥♥♥♥	♥♥♥♥	♥♥♥♥♥
Libra	♥♥♥♥♥	♥♥	♥♥♥♥♥	♥♥♥♥	♥♥♥♥	♥♥♥♥
Scorpio	♥♥	♥♥♥♥	♥	♥♥	♥♥♥♥	♥♥♥♥
Sagittarius	♥♥♥♥♥	♥	♥♥♥♥♥	♥	♥♥♥♥	♥
Capricorn	♥♥♥♥	♥♥♥♥	♥	♥♥♥♥♥	♥	♥
Aquarius	♥♥♥♥	♥♥♥♥	♥♥♥♥	♥	♥♥♥♥♥	♥
Pisces	♥♥♥♥	♥♥♥♥♥	♥	♥♥	♥	♥♥♥♥

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