

Autumn 2016

Love & Light



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Reflexology L&L

You've probably heard the expression "talk the talk, walk the walk"... And in the case of reflexology, that is exactly it - your feet do the talking and tell your Reflexologist everything they need to know about your body!

Reflexology is actually a type of healing that goes back to Egyptian times; they believed that as we walk on Earth with our feet we connect with the energies of the Universe.



Reflexologists believe that many ailments that we complain of can be traced back to our lifestyles and that the best way to heal them is through the body itself. As you can see on the image, every part of the foot (both left & right) corresponds to either an area of the body, a gland or an organ.

A Reflexologist will manipulate the exact point on the foot to unblock channels in the body that prevent it from healing, they will use the feet and toes reflex points to improve circulation, remove toxins and eliminate poisons and in doing so stress is released as well. A trained professional will know the exact area to pinpoint as well as the amount of pressure to apply.

Here are just a few examples of how the body relates to the feet:

- The toes relate to the top of the head, sinuses and teeth.
- The outer foot correlates to your arm and leg joints
- The inner foot curve is associated with the curve of the spine
- The neck is linked to an area near the big toe
- The heel area connects to the tailbone

Many people are shocked at just how effective and precise the treatment practise can be...

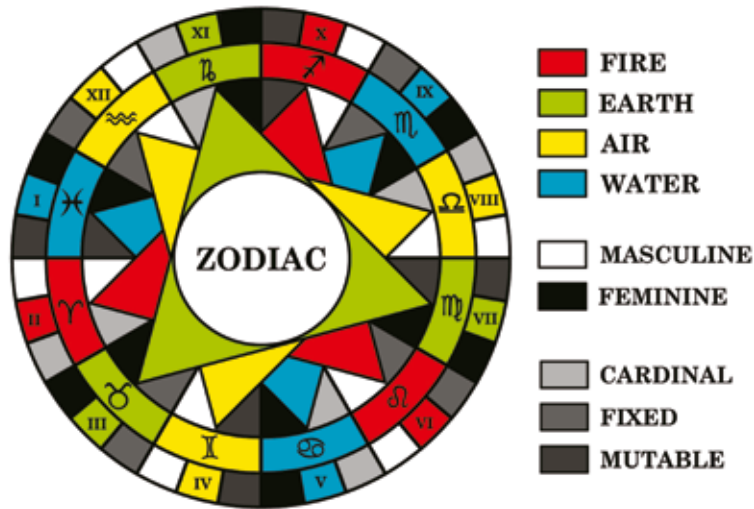
Ref: Encyclopaedia of Mind.Body.Spirit & Earth

L&L Zodiac Element Compatibility

As well as your star sign, the element under which you were born may have a bearing on your compatibility with your partner:

Characteristics of your personality are defined by triplicities (what we commonly refer to as the elements) - made up of fire signs, air signs, water signs and earth signs.

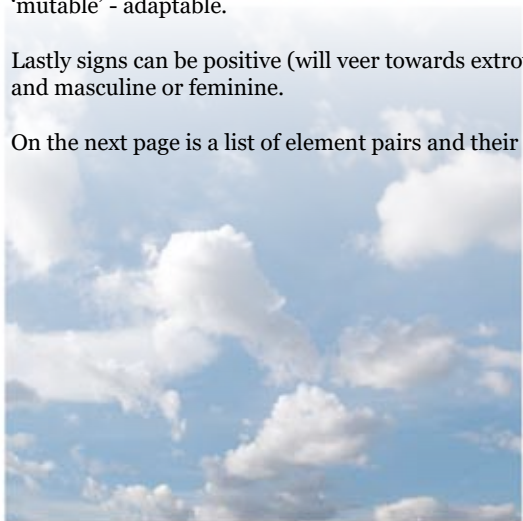
Generally fire signs are enthusiastic, air signs are communicators and are intellectual, water signs are emotional, sensitive and intuitive and earth signs are practical and stable. Those that share a strong emphasis with one sign will be highly compatible.



In this area there is a second component to take in to account called quadruplicities, more simply put this is the qualities a person has, they are defined by: 'cardinal' - outgoing, 'fixed' - rigid opinions and 'mutable' - adaptable.

Lastly signs can be positive (will veer towards extroversion) or negative (will veer towards intro-version) and masculine or feminine.

On the next page is a list of element pairs and their likely compatibility.



Zodiac Element Compatibility L&L

• Fire & Fire

A passionate pairing - especially at the beginning, but be careful - it may just be lust and not love, and the ignited fire may burn out...

• Fire & Earth

The early desire in this pairing burns hot, but earth does not adapt easily and its need for routine is likely to eventually put out the flames...

• Fire & Air

A long-term relationship from this pairing is unlikely or difficult at best - heavy lust at the beginning, but the passion will fade fast, the commitment is probably ruined by air talking too much...

• Fire & Water

This could go either way - either a steamy hot relationship or a damp squid - there's a possibility of hurt feelings, as water finds it hard to cope with fire's independence...

• Earth & Earth

This is a match made in heaven, they may be slow to get together, but a sensual long-term relationship, that doesn't want to part, will be the outcome...

• Earth & Air

This is definitely a case of opposites attract - air may think earth is too serious, and in contrast earth will find air too frivolous, but sometimes these things come together...

• Earth & Water

There will be no arguments with this pairing, but that's not necessarily a good thing, it could be the relationship is the real deal, but it could also be a mess, but neither party will raise the difficult questions...

• Air & Air

Talking, talking, talking - it's all they do - perhaps better friends than lovers? The sex could be great, but the need to both be heard is deafening...

• Air & Water

Water is all about how they feel, but air is all about explaining what they think - it could work, but it's a problematic combination.

• Water & Water

This is the equivalent of a soul-mate partnering, they are meant to be together and their relationship is everlasting. They are empathetic, emotional and bound by their ties to each other...



How to invoke your Guardian Angel:

- Fully relax and focus just on your breath - falling gently in and out
 - Speaking quietly, whilst breathing softly into your heart centre, ask your angel to come in close and make themselves known to you
- You will feel the angels healing energy envelope you - lean into this restorative feeling, and let yourself feel protected by your guardian
 - Once you feel totally calm, let yourself ask for the help and guidance that you need
- Be open to the energy you feel, let it absorb into your soul until you feel completely at peace. Often at this point people feel an overwhelming need to give thanks to their angel - just go with how you feel
 - When you are ready, bring yourself round to your normal state of consciousness, you should have a sense of unconditional love surrounding you

When you need the guidance of an Archangel - **who should you choose?**

Uriel:

Like many of our straight-talking readers, Uriel - tells it like it is...When confusion sets in, use Uriel for enlightenment and to reset your moral compass.

Metatron:

The recorder of everything that has happened, unites male and female principles, a mentor and teacher of those seeking spiritual guidance.

Raquel:

When you are unsure of what to do, when the waters seem muddied between right and wrong, Raquel will give you the right course of action.

Saraqel:

An angel that understands what it is to do wrong, repent like he did and seek forgiveness, to restore a sense of peace.

Michael:

Is for when you are at your lowest point, he fights for justice and integrity he gives courage and strength to carry on.

Raphael:

A restorer of health, when you are ill turn to him for restorative energy.

Gabriel:

Represents female power, the bringer of news and of divine comfort.

Reincarnation is a foundation of many religions, but even nonreligious people find some comfort in the thought there is a continuation after death. In its simplest terms reincarnation means an individual's 'soul' or 'essence' is reborn into the flesh of another body.

It is natural then to want to explore what has happened in a 'past life' and see if it holds the answers to some of our problems in a current life...

There are three main forms of past-life therapy:

- **Past-life regression**
- **Life-between-lives regression**
- **Past-life reading**

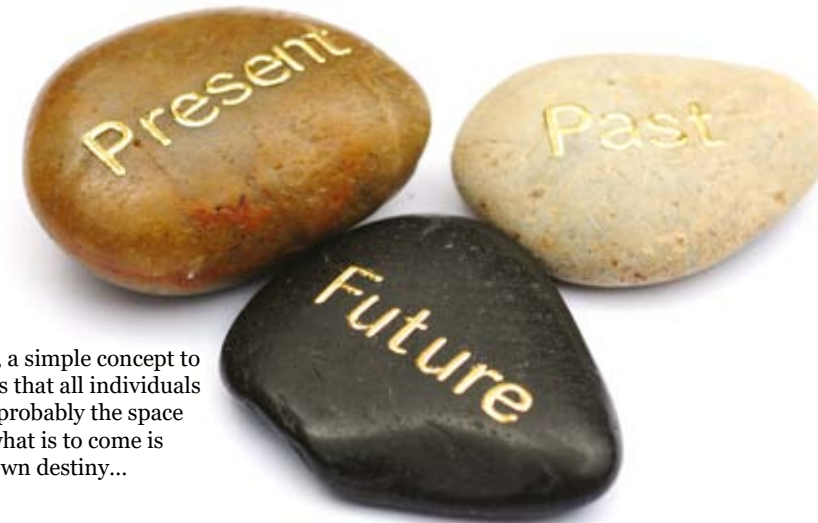
For past-life regression a therapist may use hypnotherapy, bodywork or guided imagery to allow the client to activate memories of a past life. This is often used as a way to discover patterns of behaviour or establish where negative thoughts have crept in. Current problems are resolved by 're-framing' past issues.

Life-between-lives regression is exactly as it sounds; using hypnotherapy a therapist will take a client to a place between two lives. It is sometimes called spiritual regression and is often used to correct imbalances between the client's soul and spirit. Spirit guides may help in the experience and perhaps a client will recognise strength from a past life and choose to take it forward with them on their current journey.

For a past-life reading, a therapist will focus on just one period of time and one past life. This is particularly useful if the client feels that there is a blockage in a former life that is really causing them difficulties from leading a happy life now. Pausing in a certain time frame, focusing on an event can allow past issues to be resolved.

It is difficult to talk about past lives without acknowledging 'karma', the idea that how we act in one life will have a direct impact on the next is an integral part of the concept. The understanding is that we very much live moment to moment but that all of our decisions put in motion, will affect how we live and feel and that the process of 'good' and 'bad' will impact us, not just now but potentially in the future as well.

Whether you try past life therapy or not, a simple concept to remember and live by is that all individuals have free will and that probably the space between the past and what is to come is where you make your own destiny...





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