



Love &
Light

Winter 2016

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L&L Balance Your Chakras



Root Chakra:
GARNET

Use this gem to set aside bad habits, balance things by setting goals to help you break cravings, dependencies or infatuations. Using the stone will help you to feel grounded, restored and invigorated.



Sacral Chakra:
CARNELIAN

Use this crystal when you need to make a stand - when you need to assert your independence. There is a difference between being strong and independent and being controlling, once balanced - you will feel the difference. When this chakra is off kilter, you can feel needy and emotional, once it is stabilised you will be much more able to let the small things go.



Solar Plexus Chakra:
CITRINE

If you feel like you are struggling to listen to your intuition, then this is the gem for you - it will heighten your senses in this regard, and you will trust your gut feelings more. When this chakra is out of balance it is easy to feel moody, often this is because you are taking on the energy of others. Balance the chakra and watch your spirits lift.

When you clear your chakras your mind and body benefit - your emotions will lift and your spiritual centre will open. Think about which chakra needs support and bring the relevant colour into your life - use meditation, mantras, yoga, crystals and essential oils to renew your energy.

Try the following crystals during meditation by placing them on the energy points relevant to the chakra:



Heart Chakra:
EMERALD

This is a lovely gem to work with at this time of year as it epitomises all that is the season, increasing happiness, joy and understanding. An unbalanced heart chakra can leave you feeling isolated - work on it now!



Throat Chakra:
BLUE TOPAZ

Blue Topaz could help you at work if you need to do a presentation, at church if you are singing in the choir - or just if you need to speak to strangers and socialise at a party. This chakra is about 'having a voice' - speak out and do it confidently. When balanced your inner-strength will feel powerful and strong.



Third Eye Chakra:
AMETHYST

As you might expect by its name, this chakra helps you to open up your third eye, and lets you connect to other worlds, it is probably best used through meditation. Your imagination is very connected to this chakra, as is your intuition so it's important to keep it balanced.



Crown Chakra:
MOONSTONE

The Moonstones magical properties are incredibly important for balancing the crown chakra so that your psychic abilities will stay connected. It's an important chakra for understanding the concept of time and is involved in all aspects of spiritual development.

Christmas Super Foods L&L

It is not unusual for many of us to consume an extra 500 calories a day during the holiday season, a few crisps/peanuts here, a couple of chocolates there, throw in a sausage roll and a glass of bubbly and before you know it the damage is done. But you don't need to turn into a diet bore, just take advantage of what happens to be in abundance at this time of year.

Turkey is one of the richest sources of tryptophan, which is an amino acid - essential for producing serotonin (the happy hormone). Making it perfect to combat the stress that comes with the festive season! It is also high in protein, whilst being lean in fat and includes many B vitamins that protect the nervous system.

Cranberries have twice the amount of antioxidant activity than is contained in raspberries, strawberries, blueberries or blackberries and they are packed with vitamin C.

Brazil Nuts are incredibly special for their high selenium levels; you only need to eat 2 nuts to get your recommended daily intake! They are heart friendly and help to reduce 'bad' cholesterol.

Chestnuts are of course popular at this time and they are great at counteracting salty snacks, the potassium they contain balances the effect that too much salt has by lowering your heart rate and blood pressure.

Sprouts come in the camp of 'love them' or 'hate them', but they do contain very powerful anti-cancer properties, so that might just convince you to include them in your diet. It's hard to believe, but they actually contain more vitamin C than oranges.

Carrots contain beta-carotene which the body needs to make vitamin A, and they are fantastic for our skin, which can often worsen in the winter and if we over-indulge.

Dark Chocolate in small doses - 1 or 2 squares, (70% or higher) has been shown to help lower blood pressure due to the high content of flavanols (another antioxidant). But do keep to a small amount as the high fat and sugar content can cancel out the benefits.

Red Wine has heart-protecting antioxidants, but similar to the advice on chocolate - consume too much and you undo the good. You could also try it as a mulled wine; the added cinnamon can help to reduce blood sugar levels.

Satsumas are not just for the bottom of a stocking! Two satsumas count as one of your five a day and will give you a decent amount of folate and vitamin C, especially helpful at a time when coughs and colds are more prevalent.

Other great choices would be **Salmon** (Omega 3 fats), **Game** (B Vitamins & Zinc) and **Dried Figs** (Magnesium, Copper, Iron, Potassium and Calcium). A good rule of thumb to live by is 'Everything in Moderation' - enjoy the Holiday Season!



L&L Planet Hieroglyphs

The planet hieroglyphs are a type of astrology shorthand, learning the origins of each symbol allows you to gain a better understanding of the energy behind each planet and how it affects you.



The Sun: The outer circle represents infinity and the dot in the middle stands for a will to exist. The Sun's principles are: self-development, uniqueness and character. As a focal point in horoscopes it is central to personality. It is about what makes us - us! It directs our self-confidence and self-esteem, our spirit and creative energy.



The Moon: The symbol behind this planet represents the soul, as well as darkness and night, it is feminine in energy. Mostly the Moon deals with our reactions, but is also keeper of our memories. The waxing and waning of the Moon is representative of our changing mood as we alter phases, it is about emotions and instinct.



Mercury: The meaning behind this symbol is split, a) a receptor for the mind, and b) the force behind the mind. As a whole Mercury deals with your thought processes and how you communicate, it is all about perception and a logical mind.

Venus: If you consider the Sun and the Moon as parents, then Venus would be the daughter. This planet is all concerned with relationships, harmony and unity. It is recognised as a symbol for women, and is sensual and romantic with a love of beauty, but ultimately togetherness is its goal.



Mars: "Women are from Venus, men are from Mars," or so the saying goes, so Mars is the male energy in this partnership. In astrology, it demonstrates braveness, ambition, initiative and strong energy. The symbol represents procreation and potency and being ready for action.



Planet Hieroglyphs L&L

Pluto: In Pluto there is a re-newer, the symbol is about the cycle of life, from birth, to death to rebirth. It has powerful principles, of survival and regeneration - it will triumph! Of course it is also associated with the underworld and as such secrets and darkness are part of its makeup. Within the context of horoscopes it is ruthless and empowered.



Neptune: Sacrifice is the overriding symbol of Neptune. There is a quest for enlightenment - a search for the 'Holy Grail'. In contrast to Saturn - here boundaries are not welcome. It is about encouraging a certain amount of chaos, of escapism - being swept away by ideas. The focus in horoscopes is of dreamers, full of empathy and compassion.



Uranus: At the heart of Uranus is truth and freedom. It celebrates individuality and innovation. Its symbol is about tuning in - finding insights, and a link between humankind and the divine. In terms of horoscopes a person may show rebellion, but also genius and forward-thinking.



Saturn: In contrast to Jupiter, Saturn is the last planet that we can see with the naked eye. Its energy is draining, it is all about limits, staying within a system and having boundaries. As a symbol it is considered 'the end'. It represents hard work, knowing when to make compromises, commitment and ultimately 'what must be overcome'.



Jupiter: Is the largest planet in our solar system and as such has some of the grandest concepts - abundance, universal laws and philosophy... From an astrological standpoint it is the ruler of spirituality and higher-learning. The symbol is about the soul's journey on this earthly plane.



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