

Love & Light

Winter 2017



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Following on from our spring, summer and autumn magazines, we finalise our series on the Major Arcana Cards in Tarot. If you missed the earlier articles, then you can catch up by visiting our blog:

- psychicreadings.org.uk/blog/the-major-arcana-part-1
- psychicreadings.org.uk/blog/the-major-arcana-part-2
- psychicreadings.org.uk/blog/the-major-arcana-part-3
- psychicreadings.org.uk/blog/the-major-arcana-part-4
- psychicreadings.org.uk/blog/the-major-arcana-part-5

So, now we move on to the final five cards:



The Star (XVII)

One of the meanings of The Star card is regarding spiritual enrichment, you will feel spiritually nourished by a relationship or enterprise, on an emotional level this will be very satisfying, but it is important to remember that this is just one aspect of your life and you should not focus on this solely. The second aspect of this card is 'wishes', placing this card can mean that a wish you have cherished will be granted. If you have been unwell or are just experiencing difficulties in your life, then this card signifies an end is coming and you can look forward to better times. The card is about having faith, trust and optimism – it is time to look at the good side of life, everything will turn out okay in the end.

The Moon (XVIII)

Do you feel confused, in a tangle or just perplexed? Then it is no surprise this card should be in your spread, it very much describes muddles that need to be sorted through. It is time to face facts – only when you separate fact from fiction will the situation be clarified and understood. The Moon can represent a situation unfolding in ways that you were not expecting, it is possible that some trickery is involved – perhaps someone is trying a double-deal on you or some sort of deceit is taking place. But this may be more in your imagination and it is case of take off the 'rose tinted glasses' and see the real light. Now is no time for hiding – better to see the truth!



The Sun (XIX)

This is the card that we want to see in a spread we draw, as you would imagine The Sun card represents happiness, joy and contentment. The feelings of joy can come from all sorts of places, a loving relationship, a fulfilling job, a creative pastime and more... Occasionally the card may predict the arrival of a baby! But equally can foretell travel – likely somewhere hot. Whatever your situation you can rest assured that any difficult aspects of your life will soon be coming to a conclusion.

Judgement (XX)

One meaning of Judgement is exactly as you might expect, it is all about thinking about how we review and judge others. Are we judging someone too harshly and asking them to meet impossible standards? Are we blaming them as it is easier to apportion blame than to look at ourselves and any failings we might have? The second meaning is connected, in the sense that it is about giving someone a second chance, or giving the benefit of the doubt. The card also suggests that you should keep going with challenges, nothing good comes from falling at the first hurdle. Lastly the card can represent a form of re-birth.



The World (XXI)

As the card title suggests The World is connected to travel, but it is likely to represent a more significant journey than just a holiday. Perhaps you are emigrating to another country or embarking on a gap-year? Fittingly the card also describes the closing of one aspect of your life and the beginning of another – it will mark a major change. When you get this card, you should know it means you have many options and solutions at your fingertips – probably far more than you realise. Success and Triumph is yours for the taking!





Let's face it, most of us like the odd tittle - but the festive period can bring its share of hangover potential, with office parties, nights out with friends and plentiful meals and drinks shared with family over the holiday season.

But do you know what actually happens to your body when you consume alcohol?

So, first - you take a drink

When you drink, the alcohol will reach your stomach and from there it is quickly absorbed into your bloodstream. The process only takes about twenty minutes, and there is a 20/80 split between alcohol absorbed in the stomach/small intestine. Food eaten recently will slow down the absorption, and rates are also dependant on what you are drinking (the percentage of alcohol in the drink), as well as how fast you drink. There is something called BAC - the blood alcohol concentration, this determines the effect at which you notice changes in your body from consuming alcohol. Roughly speaking the body can process one unit of alcohol per hour, if you consume more than that then the effects will rise (this is not to be confused with drink drive limits).

The Brain Reaction

When you drink you will no doubt feel more relaxed, many of us will drink for this very reason, especially in social situations. This is because alcohol has a relaxing impact on both the brain and the nervous system. Your inhibitions lower, you feel happy, calm and confident - all of which come about as a result of extra dopamine being produced (the feel good chemical). But there is a fine line to this situation - too much alcohol and judgement can become impaired, mood levels can fall, balance issues kick in and reaction times slow to name a few things.

The Body Reaction

Initially drinking alcohol relaxes the blood vessels and as such your blood pressure lowers, but your heart rate rises to pump enough blood to your organs. In turn blood flow to your muscles weakens, which is partly why when you are hung over you can feel achy. For many people alcohol irritates the stomach, and when too much is consumed vomiting occurs. It can also cause sweating, and acts as a diuretic, hence why again when hung over you seem to need to pee often, but cannot quench your thirst. Only 10% of alcohol is expelled from your urine and breath, leaving 90% of the breaking down work to your liver.

That Drunken Feeling...

Some people naturally get more 'drunk' than others, women generally feel the effects before men - due to the higher levels of fat in their body (which alcohol doesn't absorb). Of course it also depends on your size, what you have eaten, what you are drinking and how fast.

The Guidelines

Whilst it might seem boring, have enough alcohol to feel merry, but not so much that you are going to feel unwell at the event and suffer a raging hangover the next day. Intersperse alcohol with water and soft drinks and have some alcohol free days every week. Government guidelines are 14 units per alcohol per week.

www.drinkaware.co.uk
www.nhs.uk/oneyou/drinking

If you feel like getting back to nature this year, then why not embrace the essence of the carol "Deck the halls with boughs of holly..." The Christmas period and winter in general is the perfect time to emanate a more traditional time when elements of the outside would be brought inside by way of Yuletide decorations with trees, branches, holly, mistletoe and more all playing a magical part.

Tree

Why not consider a living tree as your Christmas tree this year, when the festivities are through you can plant the tree in your garden. Garden centres and even supermarkets often have living trees available at this time of year. A Spruce is a noble tree representing peace and generosity - fantastic sentiments at this time of year. A Fir stands for energy, clarity and achievement and a Pine symbolises Earth and immortality.

If you don't fancy the pine drop from a living tree, then perhaps you could craft one from driftwood or create a hazel twig tree...

Decorations

On the tree and around the house, you can decorate with lots of elements of nature such as acorns which would bring luck and prosperity, feathers representing Spirit, any kind of healing crystals you like, pine cones for enlightenment, dried oranges symbolising good fortune and cinnamon sticks for protection to name a few.

Wreath

There is nothing more festive than seeing a wreath hanging on a front door, often they are fashioned from a base of holly, but you could mix things up by creating one from healthy herbs instead.

- Basil:** a traditional herb of Candlemas, representing love.
- Bay:** often used for mid-winter solstice, a healing herb offer protection and healing.
- Cloves:** banish negativity from entering your house.
- Cranberries:** abundance and gratitude.
- Dill:** passion, money and luck.
- Fennel:** courage, purity and protection.
- Lavender:** peace and happiness.
- Parsley:** for divination.
- Sage:** for long life and to grant wishes.

Plants

Poinsettia are the perfect Christmas plant, with their green foliage and red petals bringing seasonal cheer, joy and hope.

Holly used somewhere within your decorations (particularly corners of a room) will act as a symbol of protection. Ivy represents your future potential and growth - try draping it in long strands, perhaps along a fire place, around a mirror or bannister.

Lastly, no natural Christmas would be complete without mistletoe; it is of course associated with kissing and with good reason as the plant is associated with sexuality and fertility. Those who kiss under the mistletoe should bring healing to a relationship, as well as protection, luck, blessings and longevity - what more could you ask for?





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