A young man and woman are shown in a celebratory mood, smiling and holding champagne glasses. They are surrounded by a shower of colorful confetti. The man is on the left, wearing a dark jacket, and the woman is on the right, wearing a light-colored striped shirt. The background is dark with many small, colorful particles floating around them.

# Love & Light

*Winter 2014*

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The Winter Solstice and Yule periods are a lovely festive time, but the lack of daylight and sometimes cold dreary weather can dampen our spirits. Christmas often leads to rushing around and can be quite an intensive time, so here are some crystals that will keep you grounded, focused and are heart centred offering protection:

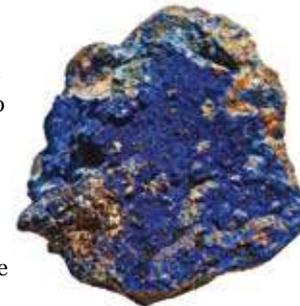
Amber is very often found in jewellery and so is easy to wear in everyday life. You can use the gem to help you feel steady, confident, grounded and at peace. For challenging periods of change, Amber can bring balance between the Sacral and Solar Plexus Chakras. Pick honey colour gems if you want to attract sweetness in to your life, red tones are better for revving up your love life and Green Amber is the ultimate choice for developing your psychic skills.



Clear Quartz is known as the 'Master Healer', it stimulates clear thinking, amplifies energy and most importantly it is programmable. The Clear Quartz crystal can be charged with any energy we ask it to hold, and will hold your intentions longer than other stones. The crystal will open your mind and heart to higher guidance and will protect you against negative energy - put your trust in your crystal and in your feelings.



Azurite is an amazing stress buster, so if you feel overwhelmed by the cooking, shopping and entertaining then hold an Azurite crystal close and let its calming energies flow over you. Christmas often involves seeing and socialising with family and perhaps tempers get frayed, Azurite can help strengthen your compassionate abilities, meaning you are much less likely to lose your temper. This crystal can help you in the run up to Christmas in selecting presents; it aids decision making abilities and rids confusion, so when you are struggling over a choice the crystal will help.



Garnet is a protection stone, it balances emotions, lifts depression and allows you to sort out emotional disharmony. Its fiery redness illuminates dark souls, bringing light and brightness, hope and joy. Its colour also has strong connections to desire and love; it enhances feelings of love and can restore passion. Working with Garnet will let your confidence grow, anger will dissipate (especially anger you hold towards yourself), courage and survival instincts will also kick in.

# The 12 Days of Christmas...

absolutely love Christmas; the anticipation, the cold crisp air, scarfs and mittens, home baking, present shopping and wrapping, family, friends - warmth and laughter - the whole thing...

But I am also a very organised person (annoyingly so to some people), I start present shopping in September some years, generally I will have picked up most of my wrapping and many cards in the January sales the year past and will write cards and letters early, but post them in December. My sister on the other hand is firmly in the camp that Christmas starts way too early, and that the shops only make things worse - she is not happy unless she is manically shopping, wrapping and decorating on Christmas Eve!

The fact is it takes all sorts, but whatever style you have - a bit of planning never hurt anyone, so to this end we look at the 12 days of Christmas and what we can do to make the event peaceful and as enjoyable as possible:



It is easy at this time of year to burn the candle at both ends, work deadlines, preparing for time off, office parties etc. can take their toll. So boost your immune system before the holiday season really kicks in. If applicable and you haven't done so already - get your flu jab. Stock up on cold remedies, so you can stop any sniffles in their tracks. Eat really well - plenty of fruits and vegetables - garlic, mushrooms and onions all have great anti-viral properties. Try incorporating seasonal produce into your diet. If you know your diet is going to suffer, consider taking a multivitamin or immune support tincture like Echinacea.

Exercise is often one of the first things to suffer when our schedules get tight. But regular exercise is essential for reducing our stress levels as it produces endorphins (feel good chemicals). It doesn't have to be at the gym - park a little further away from the shops, take the stairs instead of the lift, walk the dog for a little bit longer, do some extra housework in preparation for Christmas decorating...



The increased social calendar often means we get less sleep in the lead up to Christmas. Make a concerted effort to keep to a sleep routine. Only accept invitations to events that you really want to go to and know you will enjoy. Even if you save time by on-line shopping, make sure you are getting a rest from blue light - leave your laptop/phone and other blue light emitting devices out of the bedroom!

Wherever possible plan - perhaps put a family calendar together so you all know where you have to be on any given day/evening. Start trying to purchase bits of extra food each week so that you haven't got to do such a massive food shop in the run up to Christmas. Make a Christmas card and present list and start ticking people off as you get things for them. Look at any big commitments you've got, such as cooking Christmas dinner for eight and start looking at what you can do in advance - then delegate, delegate and delegate some more. Women in particular tend to take on the lion's share of responsibility for all things Christmas - delegate jobs to your colleagues, children and loved ones where possible so you all feel like you have contributed and you are not exhausted come the day.



Christmas isn't going to be any fun if it breaks the bank - talk to family and friends in advance, agree who you are and who you are not going to buy presents for and set monetary limits. Don't be afraid to re-gift, and use any creative skills you have to make gifts - there is nothing more thoughtful than a homemade present. Set limits for food, booze, socialising and presents and stick to them - your bank balance will thank you come the New Year.

# ...Survival Guide



Christmas can be a hazardous time - deep fat frying (boxing day chips anyone?), fairy lights, an abundance of new electrical gadgets, candle decorations, present wrapping scissors etc. Read the safety instructions, don't overload your sockets, pay attention and where needed use a qualified professional.



Staying with the theme of risk - look carefully at your cooking, as the risk of food poisoning increases during the holiday season. In regards to turkey the Food Standards Agency recommends that we defrost turkey in the fridge, 5-6 hours per pound of weight. Don't wash raw meat as it spreads bacteria. Cook until the juices run clear. Wash your hands thoroughly, use antibacterial gel, have a separate hand towel and lastly do not eat leftovers after 48 hours.

Food poisoning is not the only risk to our poor stomachs during the festive period, overindulgence in rich foods we don't often eat can lead to heartburn and or indigestion. Obviously the best advice is to not overdo it...but if you think you will then it may be worth considering a pro-biotic supplement throughout December. These can boost the immune system and aid digestion. Failing that have some antacids on standby as part of your holiday first aid kit.



Of course the other element of over indulgence is alcohol. Many of us increase our consumption around this time of year. If you are going to drink then it is a good idea to eat before you go out. Try to alternate alcohol with soft drinks, this will minimise how much alcohol you consume and will also guard against dehydration. Alcohol causes blood sugar levels to plummet, so do yourself a favour and have a protein filled breakfast the next day like scrambled eggs on toast. Drinking depletes your potassium levels so eating kiwis and bananas the next day may also help.

Nobody wants to think about weight-gain, but on average we gain between 1 and 7lbs in 'holiday weight'. Try and stick to an 80/20 or even 70/30 rule - eat normally and sensibly most of the time and the rest of the time you can have the treats on offer. Try to avoid constant picking - it is easy to do with mince pies, sausage rolls, cakes and chocolates all around - but your waistline will thank you later.



Keep things in perspective, very often we have a 'celebrity chef' idea of what our Christmas dinner/day should look like. In reality we are not celebrities or chefs and we don't need to aim for perfection. You don't have to make everything from scratch - bought cranberry sauce is just fine! Take shortcuts when possible to make your life easier. Be realistic about what you can achieve in the time and with your skills.

The last step is very closely linked to letting go of perfection, get back in touch with the real meaning of Christmas, spend quality time with the ones you love - relax and enjoy yourself!



## Christmas Traditions as a Couple

Whether you live together, are married or are still boyfriend and girlfriend, Christmas is not always easy to navigate.

If you have children then it is expected that you will celebrate at your own house - opening your presents with your family. But if you have not got to that stage yet, then often you are expected to do the visiting. These days with fragmented families, you can be run ragged by making sure you spend quality time with everyone, sharing meals and giving gifts.

It is important that in amongst the visiting you carve out time just for the two of you. It is also really nice if you can start to build in traditions of your own for the festive season. Both of you will no doubt come to the table with ideas passed down from your families about how a house should be decorated, what food should be served, what you do on Christmas Eve, Christmas Day and beyond...But now that you are a couple, it is okay to realise that you can break the rules and all previous traditions if you want to. The important thing is that you come together and celebrate in a way that makes you both happy, combining the things that you love from family Christmases of old, whilst bringing new traditions of your own:

Here are some lovely ideas that could become your new traditions:

- Perhaps you would like to have a 'real' tree, rather than a fake one. Set a date, find a place that sells them and go out to choose the perfect tree.



- Every year purchase a tree ornament together, over the years you will be able to look back on a tree full of memories.
- Perhaps you could design your own Christmas card, get in the Christmas spirit, take a photo of the two of you, add it to a card using a site like Moon Pig and send that as your card to all of your friends and family.
- Set a date each year in the run up to Christmas - as a 'date night', you could go out, but equally you could stay at home and have a nice cooked meal - spend time doing what you like - slob around in pyjamas, play board games, have a cocktail night - whatever suits you.
- Perhaps every year you could have a romantic comedy 'movie night', get some chocolaty treats, turn off your phones, and cuddle on the sofa and indulge in all that romanticness.
- You could go to a Carol Service, go to Church, skip a lot of cooking - and have Chinese takeaway, bake cookies together, make Christmas crackers, open your presents at midnight (no one will know), the list is literally endless...



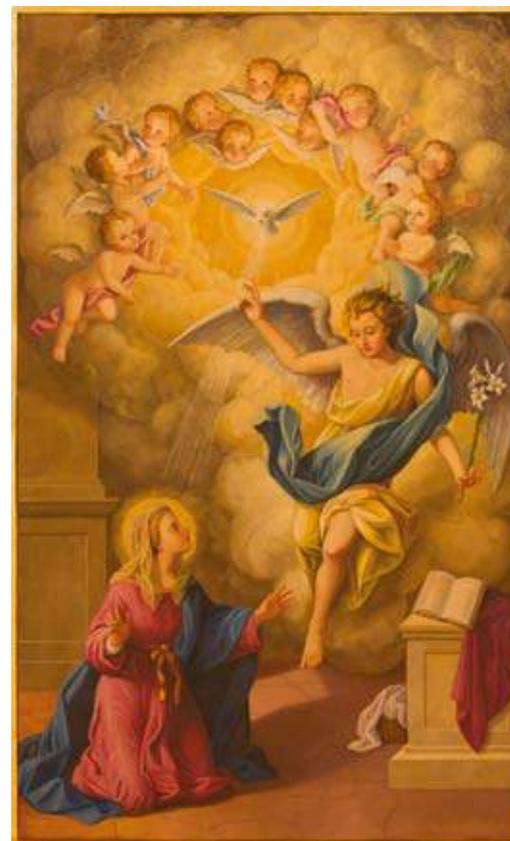
Whatever you do, everyone at The Circle of Professional Clairvoyants wishes you are very Happy Christmas and a Healthy & Prosperous New Year.

## Christmas Angel - Archangel Gabriel L&L

think Archangel Gabriel is a very fitting angel for Christmas as in the gospel of Luke, Gabriel is the angel that appears before the Virgin Mary and foretells of the birth of Jesus.

You may not know that it is only Archangel Gabriel and Archangel Michael that are mentioned by name in the Old Testament. Gabriel appears in many religious texts, not just the Bible; in each case there is a reoccurring theme - one of a prophet and messenger of God. The name Gabriel means 'God is my strength'.

Interestingly there is discussion about whether Archangel Gabriel is male or female in spirit. Some people believe that angels have no gender, but others believe that the depiction of the angels demonstrates whether they have male or female energies. Certainly in paintings of the Annunciation Gabriel is often depicted in quite a feminine way with a long gown, long flowing hair and soft female features. This is in sharp contrast to other angels such as Archangel Michael who generally is depicted with bulging muscles and armour.



I personally believe that Archangel Gabriel is not necessarily female, but that the angel balances both female and male energies but is often called upon to deliver feminine strength, matriarchal support and comfort.

Gabriel inspires spirituality, hope and happiness in all of us. Call upon Gabriel when you need help with your life purpose or if you feel you have strayed from your true pathway. The Archangel deals with anything to do with communication - if you are struggling to express yourself at work or in a relationship. If you are fearful of the future or have a big decision to make, such as starting a family. Or if a change is on the horizon such as moving house...

Archangel Gabriel often visits us during dreams; some say providing valuable guidance from God. If you see a copper aura or a trumpet (Gabriel is often depicted blowing a horn - signifying the Lord returning to earth), then you may have been visited by the angel. Take heed in the advice - you can guarantee it was significant!

*And the angel answered him, "I am Gabriel. I stand in the presence of God, and I was sent to speak to you and to bring you this good news".*

*Luke 1:19 The Holy Bible, English Standard Version*



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