

Autumn 2019

Love & Light



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Quick Dice Reading L&L

If you are looking for a speedy and effective reading, then why not turn to Dice Divination. It is a practise that both Egyptians and Romans used to decipher what lay ahead for them. It is a great divination method when you have a simple question to ask.

Prepare for your reading

- Whilst this is a quick reading, it still helps if you prepare properly and get in the right frame of mind. You might have a ritual of lighting a candle, or a quick meditation – anything that grounds you and connects you to Spirit.
- Have a dice shaker at the ready - and you need 3 dice.
- Lay a small cloth on to a flat surface, to roll the dice on.

The Reading

- Ask your question out loud
- Throw the dice
- Add the three numbers together

Interpret the Numbers

- 3** – A surprise awaits you – don't worry it will be pleasing.
- 4** – A setback or argument will occur, it will be disappointing, but act cautiously.
- 5** – Your plans are fulfilled; now new openings and chances arise.
- 6** – A minor misfortune is likely.
- 7** – Gossip is never nice, make sure you are not the one doing the spreading.
- 8** – Work hard for what you want, being underhanded will only cause regrets.
- 9** – Romance is in the air – it could be new love or a reconciliation.
- 10** – Fresh starts and new beginnings are a sure thing.
- 11** – A friendship parting will cause you sadness, but it will just be for a short while.
- 12** – A message is coming; you've been patient and waited a long time for it.
- 13** – Staying on the path you've been on will cause unhappiness – face your fears!
- 14** – A new relationship in your life will flourish – friends or lovers – bring excitement.
- 15** – You really should trust your intuition. Be cautious of trouble brought from others.
- 16** – Travel is in your future – short or long, it should be fun and may be lucrative.
- 17** – You will be starting a new phase in your life journey – embrace it, it is welcome.
- 18** – Contentment, achievement and prosperity are yours for the taking.



There are eight Moon Phases within the Lunar Cycle, we explore each one - so that you can work with, rather than against the moon rhythms as you make your life decisions.

New Moon

The New Moon begins the lunar cycle, and it's therefore no surprise that it represents fresh starts – this is the time when anything is possible! Metaphorically this is a great time to sow seeds of ideas, that can come to fruition later in the moon phases. Equally if you have been working on a project, and things are flagging or you feel stuck – the New Moon can provide a powerful boost of energy to get you over the hump. Whilst it is a time for new beginnings, the New Moon can also offer a period of reflection. A time to consider whether past choices are coming home to roost! If you have any doubts – use the New Moons vigour to chart a new path.

Waxing Crescent Moon

This moon phase is fantastic for manifesting what you want for your future. Each moon phase builds on the last, so this time is all about the finer details for your long-term plans. You can use this time to build your strength, get healthy, fit and ready to tackle new projects. Equally you can start researching and gathering information needed. Remember that small steps lead to bigger things.

First Quarter Moon

It is not unusual during a First Quarter Moon to feel pulled in different directions. You might be excited about what the future holds, but also a bit scared. So, your past, and things that are familiar have a strong draw. This is a consideration phase. It's good to embrace new things, but only if they are right for you. Plan ahead, and be sure in your own mind that what you are working towards is what you want. There is no need to rush, you have time to consider your actions and to take small steps towards your future.

Gibbous Moon

The Gibbous Moon phase provides another opportunity for reflection. Take a breath and look at how far you have come. Sometimes that's just as important as looking at what you have left to achieve. It is also a great time for adjustments. If things are not going exactly to plan, then now is the time to slow-down and analyse your choices moving forward. There is no shame in a change of direction – just keep moving forward towards your goals.

Full Moon

The Full Moon is a magical time. You may well be close to reaching one or more of your goals or aspirations. Assuming you have put in the hard graft needed to get there...The Full Moon should be illuminating for you, guiding and putting a spotlight on your successes.

Disseminating Moon

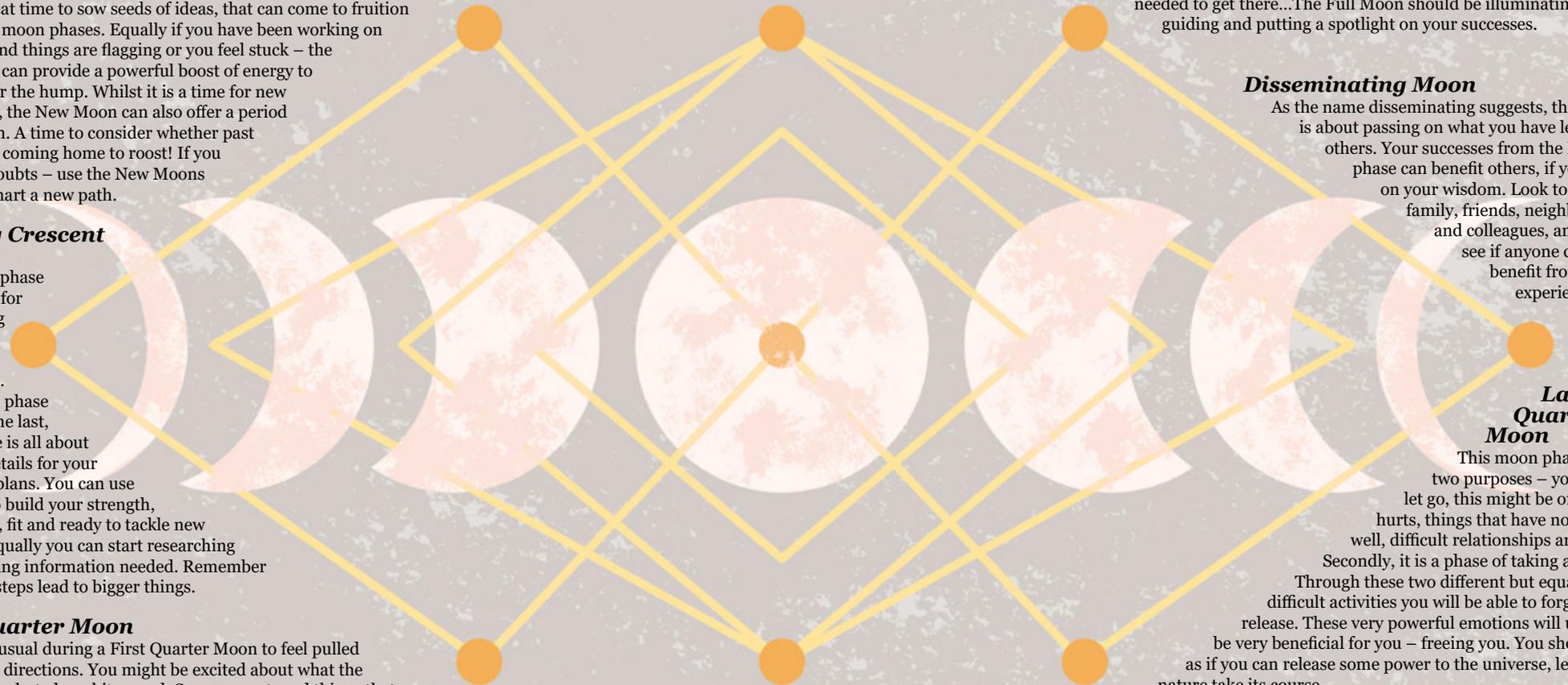
As the name disseminating suggests, this phase is about passing on what you have learnt to others. Your successes from the Full Moon phase can benefit others, if you pass on your wisdom. Look to your family, friends, neighbours and colleagues, and see if anyone could benefit from your experiences.

Last Quarter Moon

This moon phase has two purposes – you must let go, this might be of past hurts, things that have not gone well, difficult relationships and more. Secondly, it is a phase of taking action. Through these two different but equally difficult activities you will be able to forgive and release. These very powerful emotions will ultimately be very beneficial for you – freeing you. You should feel as if you can release some power to the universe, letting nature take its course.

Balsamic Moon

The final phase comes in the form of the Balsamic Moon which is all about revitalisation. Focus on healing and restorative time. So that you will be ready again for the fresh starts of the New Moon. This is not a time for action or of planning. Let your mind be at peace – embrace the stillness. Of course, being the last Moon of the cycle, this is also a period of endings. You may need to surrender to any sad feelings that these finales bring – release your emotions, so you are ready to start afresh.



L&L Spotlight on Turmeric

You have probably noticed more and more people discussing turmeric, it is being added to recipes, and is even available in hot drinks!

But just what is so special about this herbaceous plant?

Well, in South Asia where it is grown, it has long been revered for its health-giving properties, sometimes referred to as the 'Golden Goddess' – a super spice.

It has been used in Indian cooking for centuries, and its medicinal heritage goes back over 4000 years. It's used in Chinese medicine and is a staple in Ayurvedic practises.

But now, it is more main-stream, largely for its 'curcumin' compound which is anti-inflammatory, antibacterial, antimicrobial and antioxidising!

What's it been used for? Caution Needed

- Muscle and joint aches and pains
- Boosting brain function
- Improving mood
- Metabolic health
- Breath freshness
- Cancer fighting potential

To name a few...

As with many ingredients/supplements, it can be difficult to translate scientific research into a human cure, especially for more serious diseases such as cancer.

Some of the challenges in the health field is how quickly the human body metabolises curcumin, thereby reducing its bioavailability for healing.

One thing that has been shown to increase absorption is black pepper. Which is why you will often find supplements or healthful recipes combining the two ingredients.

Including in your Diet

Scientists seem to agree that consuming regular amounts of turmeric, for example through cooking, does seem to positively affect our bodies on a genetic level over time. So, finding ways to add it to your recipes, seems like a good idea.

Try adding this yellow spice to soups, stews and curries. But don't forget that it can also be added to things like warm milk – chai turmeric latte anyone? Or even desserts like rice pudding.



Aura Colours L&L

What does your Aura colour say about you?

An Aura is a human energy field, that is made up of wavy colourful outlines surrounding the body. The shape and colour will change often, impacted by your mood, thoughts and feelings.

Colours are not always seen as bright hues, sometimes they may be very light/pale, other times a bit murky or blurred.

Here are some interpretations for the rainbow of colours, that you might see in other people's auras, and that will make up your own:

Red: Anxiety, anger, obsession, unforgiving and finance concerns.

Pink: Romance, compassion, dishonesty, immaturity and clairaudient abilities.

Orange: Creative, intense, social, stressed and possibly struggling with addictions.

Yellow: Positive, hopeful, fear of someone else having control, and psychic awareness.

Gold: Inspired, a spiritual awakening is likely.

Brown: Analytical, self-critical, stressed and possibly undergoing training/studying.

Green: A bright green denotes a healer of some kind, they are loving and centred.

Green: A dark or murky green represents jealousy, low self-esteem and insecurities.

Blue: Intuitive, expressive, honest, generous, spiritual with clairvoyant abilities.

Purple: Fear – of the future, of speaking out, of self-expression and mystical with clairaudient gifts.

Grey: There is a strong need for attention and a desperation for love.

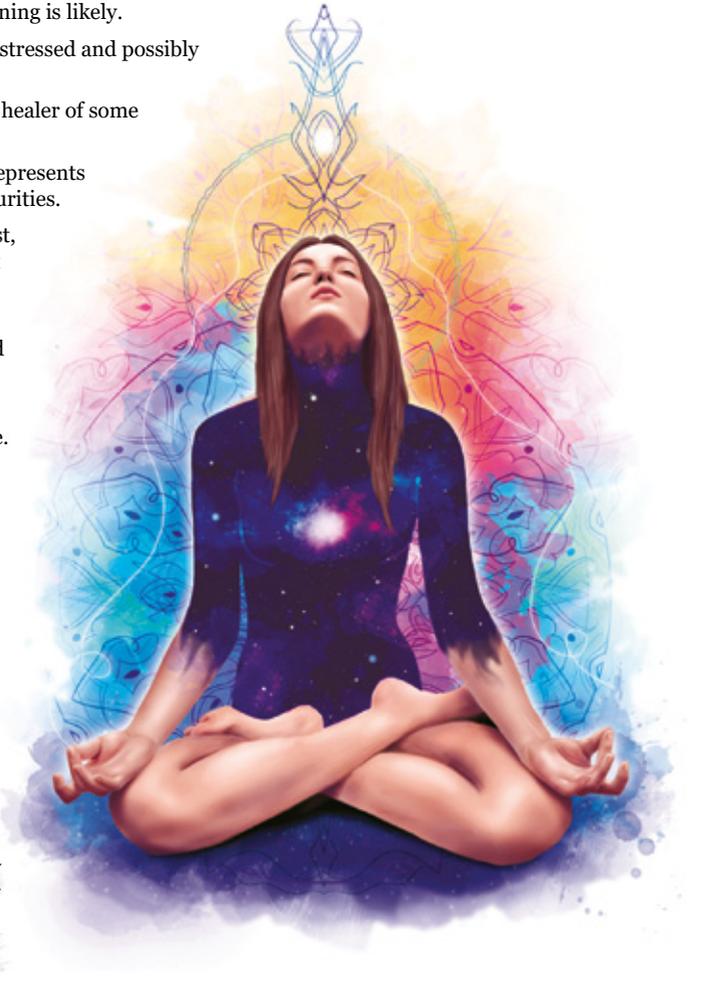
White: Purity and truth.

Black: Negativity, someone or something needs to be forgiven. There are past hurts. There may be feelings of grief.

Other colour combinations to look out for:

Some people feel that Archangel Michael is standing close to the Aura field, if a combination hue of blue/purple is seen.

If a rainbow of colourful stripes is seen around the body, or head or even hands – then the person likely has healing qualities, although they may not be aware of them.





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