

Love & Light

Autumn 2018



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The Stone of Awakening **L&L**

Have you ever heard of the Auralite 23 crystal? It was actually formed over 1.2 billion years ago in the Mesoproterozoic era. It is a form of Amethyst, that comes from Thunder Bay in Canada, mined in the Cave of Wonders. It is thought that meteoric strikes create rare minerals to form on the Earth's surface, and when they combine they create new crystals that are made up of many minerals. Native Americans have called the stone 'The Dancing of the Spirits', largely due to the fact the gem is made up of 23 minerals. In fact, Auralite 23 gets its name from Aurora Borealis – the phenomenon we call Northern Lights!

Some of the minerals you may be familiar with that make up Auralite 23 are gold, silver, platinum, nickel, copper, iron, smoky quartz in Amethyst and more...

The crystal is very powerful for its uses on the mind, body and spirit – and for this reason it is sometimes referred to as the 'paradigm-shifter'. It also works well alongside other high-vibration crystals to boost the power they create.

From a physiological standpoint, Auralite 23 works on the bio magnetic sheath surrounding the body, so is an excellent crystal to choose for chakra work.

• **For the body** – it is most beneficial for reducing stress and tension, which allows the body to fully relax. It is thought to aid vascular health, as well as muscle aches, eye strain, migraines and headaches.

• **For the mind** – it is all about opening up to a higher level of consciousness. When you increase your awareness, your thoughts can shift, allowing new possibilities in. The crystal can help you to block out internal and external chatter – to still the mind, to allow you to listen and really hear. Be prepared for the power of the energy this crystal can provide, when you fully open yourself up to the experience, serenity is not far behind.

In fact, if you find it very difficult to turn off and gain clarity, placing the stone on your forehead, can assist you in bringing whirling thoughts to a close, so that you can have a more mindful approach to life.

• **For the soul** – frayed tempers are calmed, running emotions are cooled, and a sense of peace is distilled. Let any emotional life-debris fall away...

• **For the spirit** – You can use the crystal to deepen your meditation practises. The stone can act as a bridge between you and the divine. Spiritual growth is yours for the taking, let your guardian beings mentor you to a stronger metaphysical future.



Reference: The Little Book Of Crystals - Judy Hall

You may be familiar with the term 'retrograde' in relation to planets when reading your horoscopes, here we explore more about what it means and how best to harness these changes to improve your day-to-day life.

Starting with Mercury – As Mercury has a shorter year than Earth, it moves backwards (or retrograde) 3-4 times per year, generally for around 3 weeks at a time. During these periods you may find there is more tension in your life, communication in general at home, at work and with loved ones is more fraught. You may find that travel plans are interrupted, and technological devices will give you trouble!

When Mercury is in retrograde action, it can be helpful to avoid certain things – it is not a great time to either start or end a relationship, equally you might want to avoid beginning or ending a big task/project. Making big decisions should be avoided and signing important documents at another time may be best.

But you can use the Mercury retrograde period to embrace all things, art, craft and creative. It is also a brilliant time for brain-storming and to formulate new ideas (just hold off on executing them).

Jupiter Retrograde

You can use Jupiter's retrograde period to start a charitable endeavour, but it is best to avoid beginning a profit-making business. This is a time of enhanced spirituality, it is a great time to use for exploration of all things philosophical.

Mars Retrograde

Mars retrograde creates space for introspection, take time out to assess your life and any major projects you are involved in. Be aware that anger levels can run higher during this period. Major relationship, career or business decisions should wait.



Neptune Retrograde

Any issues that come up during a Neptune retrograde should be dealt with at the time, delaying dealing with things will store up trouble for later. You should feel extra perceptive at this time, so sorting through things may be easier.

Pluto Retrograde

Utilise the Pluto retrograde for cleansing your mind, body and soul. You will feel inspired and insightful during this period. You are more able to let go of things – whether that is personal projects, or even relationships – release yourself from old attachments.

Saturn Retrograde

A Saturn retrograde is the perfect time to assess any agreements you have in place or projects you have on the go. You may even find it necessary to renegotiate elements. These decisions will help you on your future life path, which comes under scrutiny during this period.

Uranus Retrograde

You may feel out of control during a Uranus retrograde phase, like you want to act on all of your impulses. It is a great time for new discoveries and you can embrace your rebellious streak by being inventive. But be careful to control your urges, as you may have to take back silly decisions at a later date!

Venus Retrograde

Taking a serious step like getting married during a Venus retrograde should be avoided. Equally ending a relationship during this time is not the best idea. This is a time for slowing things down – love included. Make more time for life pleasures, see the art and beauty in everything.

Don't forget to check your **FREE monthly horoscopes**, and get information on any planet behaviour that may impact you:
www.psychicreadings.org.uk/horoscopes

L&L The Magic of Trees

Sacred trees are found in most cultures, just think about bringing in evergreens into our homes for Christmas each year. So, below we explore some of the trees with their Ogham name, alongside their magical associations.

Alder (Fearn) is known as the 'tree of fire', but also as 'Bran the Blessed', named for the eldest son of Llyr – the Oak Father. Its magical abilities are tied up in controlling the elements, specifically the four winds. Traditionally wooden whistles were carved from its wood, and were used to summon its security and control against the weather.

Ash (Nuinn) is associated with seafaring and deities of the sea, and was even used as a charm to guard against drowning. Staves of the tree have been used to keep snakes away, as well as to treat sick farm animals. But the tree has also been used for protection on the land, with Irish immigrants taking it with them to America to offer protection, following the potato famine.

Birch (Beith); this tree is sacred to Mother Goddess, symbolising spring, new beginnings and re-birth. It is believed that this is the first tree to grow again after the Ice Age, so is long revered. In some countries like Russia at times of the year such as Whitsun a birch tree will be dressed in female clothing, to pay homage to the Goddess and the coming of summer.

Elder (Ruis) is connected to 'other

dimensions' and the seeing of other-worldly, ghosts and magical creatures, especially around May eve, and if wearing a crown of elder twigs. If fact the tree has long been used as a guise by witches! But for others like Native North American Indians the elder is simply a tree of music.

Hawthorn (Huathe) is associated with Mars, Thor and Thunder Gods! It was planted around sacred boundaries to act as a shield from both psychic and physical harm. That said it is considered to bring very bad luck, if you bring Hawthorn blossoms into a home other than on May morning. But the twigs are thought to have exceptional healing powers, but only if gathered on Ascension Day.

Hazel (Coll); hazel rods have been used for many reasons – the Druids believed they were symbolic of wise judgement and authority. But Irishmen that had settled

in America used them to keep snakes away. Staves were used in Viking courts to mark the perimeter. In Wales a hazel cap was fashioned, when worn it was said to bring about wishes. The nuts have long been considered a sign of fertility and traditionally brides were given a bag, and it was not unheard of for people to use them almost like confetti.

Holly (Tinne); according to Welsh legend, the Oak and Holly King fought on the 1st May for supremacy. Of course, the Holly King rules the waning period from midsummer to midwinter solstice. Many of us will associate holly with the symbol of Christ, and it is also a popular decoration for Christmas. But originally holly was sacred to the Celts and Celtic God Taranis who would have carried a club made of holly, representing his power as a Thunder Giant.

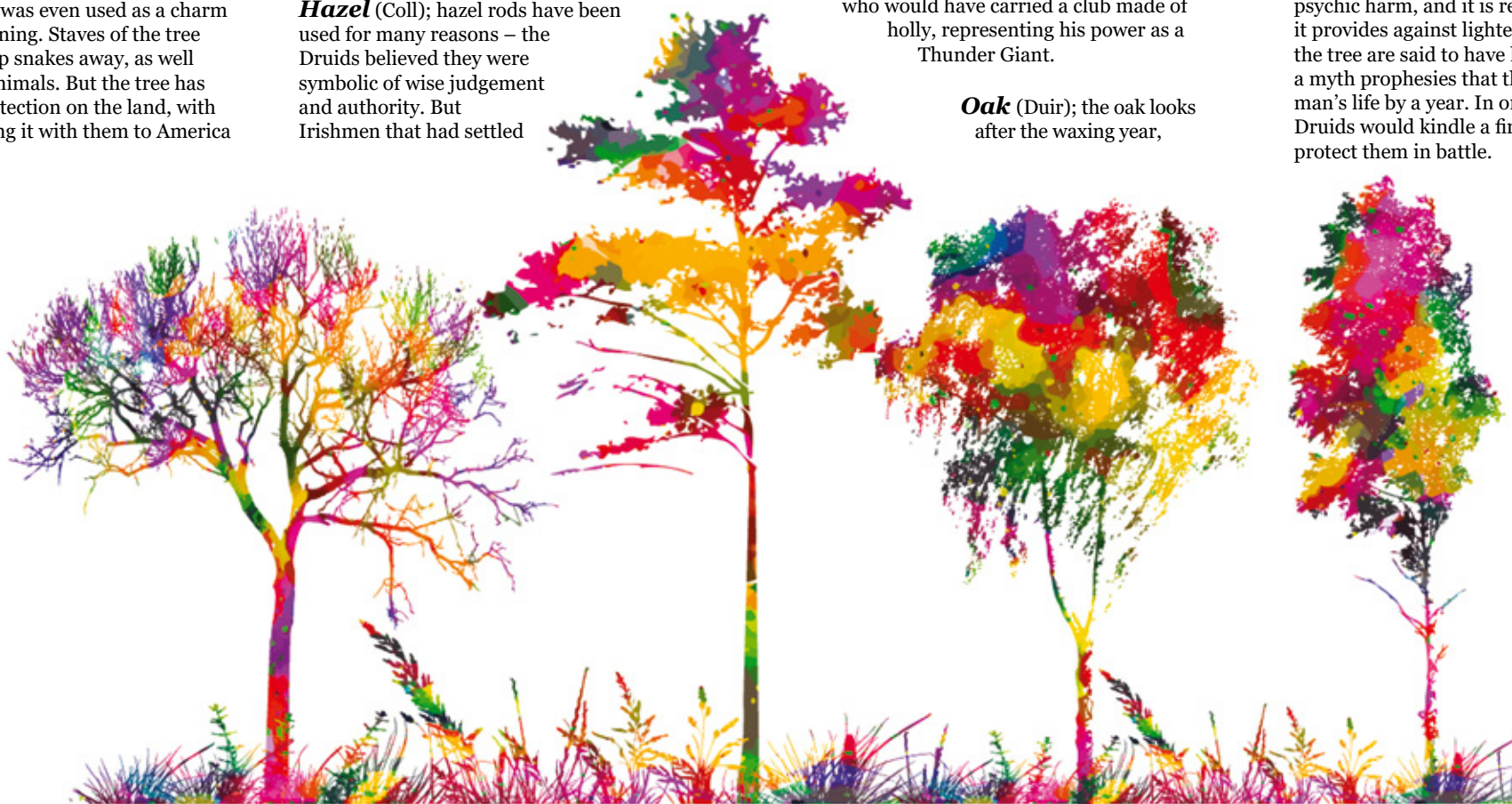
Oak (Duir); the oak looks after the waxing year,

The Magic of Trees L&L

covering midwinter solstice (approx. 21st Dec), to summer solstice and the longest day of the year (21st June). At the midsummer point great fires made from oak would be lit, to represent the power of the sun. The oak tree is also seen as a very spiritual tree, much like the Elder as a realm to fairies and other dimensions. In fact, the doorway to such realms is said to be the space between two oak trees! Their connection to Earth, Heaven and the Underworld is based on embracing realms both above and below ground as the roots of an oak tree are believed to extend underground as far as its branches reach out.

Rowan (Luis), the rowan is sometimes called 'mountain ash', 'quickbeam' or 'Tree of Life' and it is sacred to the moon. It protects against psychic harm, and it is revered for the protection it provides against lightening. The berries from the tree are said to have healing properties, a myth prophesies that they would extend a man's life by a year. In order to summon spirits, Druids would kindle a fire made from rowan, to protect them in battle.

Yew (Ido); in European countries the yew tree is actually considered to be the tree of death! This association has come about due to the longevity of the tree, with it being able to live to 2000 years or more, along with the fact it is often planted in graveyards. It is a very interesting tree, that essentially rebuilds itself, as it decays a new trunk forms inside of the old one, and new branches grow in a downwards direction allowing them to form new interconnecting stems.





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