

Autumn 2020

# Love & Light

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*Mindfulness* L&L

### *A few steps to a more mindful you...*

Recent events have created a slower world for many of us. For a while we couldn't make plans, couldn't say yes to every invitation - we had to learn to 'be'.

If part of you has enjoyed not having an endlessly full diary, and a to-do list that never gets smaller. Then you might enjoy these practises as a way of being more mindful on a day-to-day basis.

### *Remember the small pleasures in life*

Take a moment to make a list of 10-20 little things that bring you joy.

It could be putting some bird food in the garden for little friends that visit and sing.

Taking a bubble bath.

A hot drink and a biscuit.

Baking a treat.

A cheeky glass of wine a little earlier than normal.

You'll know what makes you happy...

Then when you are having a bit of a day, and need a welcome lift. Pull out your list and do one of the things - it's as simple as that!

### *Take a break from 'news'*

We live in a cycle of 24-hour news. Whether its on television, via our phones or on social media. It is hard to get away from the constant 'noise'. We are living through heightened times, and sometimes a continual source of information can actually create fear. Rather than feeling reassured you know what's going on, you can be left feeling more anxious.

Every now and then, take a total break from the coverage. You can choose the time frame - you might choose to do 24 hours, or a whole weekend or more.

Hopefully you will find the break gave your mind a breather, freeing you up to feel a little lighter and happier. Having a break can also make it easier to absorb information and determine what you really need to know and what is just media bluster, as you are often more objective when you have not been fully immersed.

### *Stop your inner-critic*

Many of us are our own worse critics. Internally maybe you say things to yourself you would never dream of saying to family or a friend. You may be critical and judgemental of your thoughts, feelings and actions. Perhaps you are always comparing yourself to others, and feel you come up short?

Try breaking the cycle with a 3-minute mini meditation.

Whenever you feel yourself entering a period of negative 'self-talk'. Stop! Take a 3-minute break. If possible, move to a quiet place where you can close your eyes. Breathe! Let the negative emotions just wash over your body. Try to spend those 3-minutes looking at yourself the way you would attend to a friend in need - with compassion and love.

At the end of the 3-minutes, if there was an overwhelming thought - just jot it down on a piece of paper. Over the period of hours, days and weeks you can see if there are any themes, and areas of concerns that genuinely need addressing.



# L&L Quick-Fire Palm Reading

**Y**ou may not have heard the term: Chiromancy, but it is an ancient term used to describe Palmistry or Palm Reading.

The art of reading palms is one that can take many years to fully finesse. A reader will look at many things, like the shape and texture, bumps and mounds of the hand - not just the lines! An experienced reader will also know that the quality of line is very important, and that markings change over time, just as we change and grow.

However, if you would like to develop your psychic skills, or would even just like a great way to get to know a stranger at a party!

**Then there are things to look for easily, as a beginning point:**

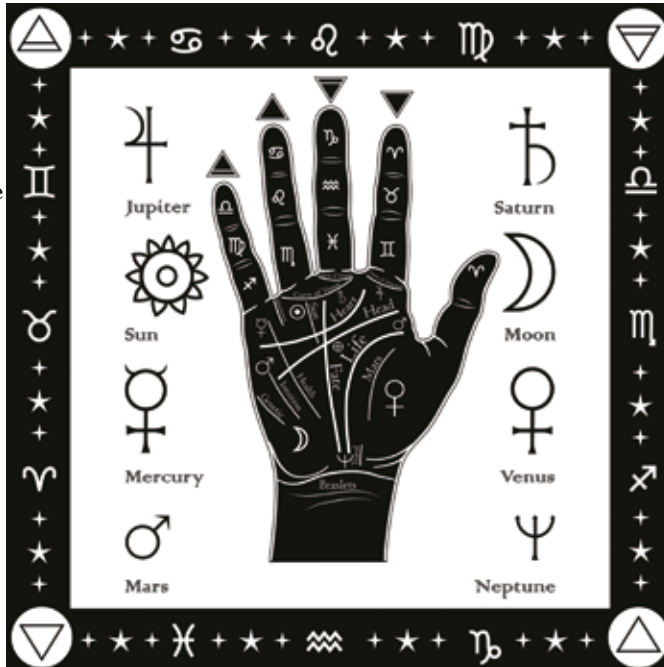
## 5 Easy Steps

- 1 - Check if the person is left or right-handed. A reading of the dominant hand will deal with the past and present, and a reading of the non-dominant hand looks at the future.
- 2 - Assess the size of the hand/palm. Small handed people tend to like big projects not fine details - they are 'doers'! Conversely those with larger hands, enjoy intricate work and are 'thinkers'.
- 3 - Check the shape of the hand - a rectangular shape indicates they are gentle, creative and principled. A square hand suggests the person is grounded and practical with high-energy.
- 4 - Bend their thumb back - if it moves easily the person is laid back, if it doesn't, they probably have stubborn tendencies.
- 5 - Next move to the fingers - short digits indicate they are quick and effectual. Long fingered people like to take their time - they have a lot of patience.

## Mounds

Ask the person to cup their hand, then look at it sideways - this way you will be able to determine which mount is the largest. The mount is the spongy area at the bottom of each finger:

- Thumb** - Love
- Index Finger** - Leadership
- Middle Finger** - Dependability
- Ring Finger** - Imagination
- Little Finger** - Travel & Prosperity



# Quick-Fire Palm Reading L&L

The Moon Mount is a little harder to find - look at the outside of the hand, running down the side of the palm, beginning underneath the little finger. This deals with emotional intelligence as well as creativity. If the bump is quite pronounced the person is likely very imaginative, innovative and resourceful.

## Lines

You will no doubt have heard of the main lines: fate, head, heart and life...

The **Fate Line** looks at how influenced the person is by outside forces! Career and job success show through a straight and strong fate line. A line that stops, suggests the person likes to move from one thing to the next.

Interestingly not everyone has a fate line! Those that don't are literally masters of their own destinies...

The **Head Line** is all about intellectual abilities and communication skills. If this line is curved, the person is likely imaginative, colourful and a little bit showy. A straighter line, means the person is quite down to earth and very practical about how they live their day-to-day lives.

Broken lines suggest a mind that is all too busy - it's time to relax!

The **Heart Line** deals with emotional matters, not just romance, but how someone demonstrates sensitivities like compassion, kindness and understanding. It is likely that the longer the line the more nurturing the character.

Breaks in the line do usually mean an unsettled romantic life. A line that goes up to the life line crease suggests that they don't cope well with stress and get upset easily.

The **Life Line** is about self-worth and confidence, drive, passion and energy for life. It's not in fact as many imagine a line that predicts how long you will live! A wavy and thick line suggests that the person will be happy and fulfilled - approaching life with gusto. In contrast a thinner and finer line suggest that the individual is not as happy as they could be. They need to stop letting other people influence their thoughts and actions!

Gaps in a life line usually indicate that abrupt and unexpected changes in a relationship are afoot.

## What else to look for?

A hand that does not have many lines is one that is living a life free of anxiety!

You might have also heard of 'Worry Lines', these lines can be seen at the base of the thumb, towards the life line.

The concern here is really whether the worry line, crosses the life line. If it does - it really is time to slow down, ease concerns and enjoy life more for the here and now!





**Aries**

Aries like the thrill of the chase! They can show jealous and possessive tendencies. They have a natural energy that makes them attractive, and they are romantics at heart. They want to be loved exclusively.



**Taurus**

Taureans want love to last forever. They like stable relationships and they fall hard and fast. They are attracted to physical beauty and glamour. They will not accept a betrayal!



**Gemini**

Geminis may have many flirtations and relationships, as they go on an eternal search for their soul-mate! They can blow hot and cold in love, as they struggle with their confusing emotions.



**Cancer**

Cancerians craves constant affection and are romantics at heart. They refuse to fall in love with anyone that puts their prosperity at risk. They are always worried about rejection and getting hurt, so rarely make the first move.



**Leo**

Attracting a mate is rarely a problem for this lively sign. However, they often create a dramatic idea of what love should look like, making it hard to attain in reality. Once in love Leos are loyal, generous, supportive, proud and romantic.



**Virgo**

Virgos are not romantic or emotional about love, for them it is more pragmatic. Love equals devotion. They will wait as long as it takes to meet the right person. They are warm and steady in a relationship and not jealous by nature.



**Libra**

Librans love 'love'! They have a rose-tinted view of romance, and want a dreamy movie-style relationship. They are not necessarily into public displays of affection, but want their loved one's complete attention.



**Scorpio**

For a Scorpio, there can be no love without intense passion. As a sign they are possessive and can be domineering in a relationship. They are driven by love and become deeply attached to their partners, although they will try to hide it!



**Sagittarius**

To Sag - love is an adventure, like many aspects of their lives, a journey to be enjoyed. They love nothing more than combining interests like travel and a holiday romance. They are happy when in love, but need an intellectual equal to get there.



**Capricorn**

By nature, Capricorns are shy and private. The art of flirting and dating is difficult for them. However, once coupled up - they are loyal to love. They like long-term relationships, faithfulness and are willing to settle down and create a family.



**Aquarius**

Aquarians are friendly and open and as such rarely have difficulties in attracting suitors. Deep down they are quite afraid of commitment and will guard their independence. A happy relationship for Aquarius is one that starts as friends.



**Pisces**

To be truly happy a Pisces needs love, romance and affection. When in love a Pisces life is better overall, they are more able to cope with the ups and downs. They are keen to please their partners and will be flexible to make things work.

An image of a psychic portrayed scrying into a crystal ball is fairly stereotypical. However, that shouldn't take away from the value that 'Crystallomancy' has. This term describes the ancient practise of using a reflective surface, such as a crystal ball, mirror or even water to provide guidance to events through internal images that are interpreted by the reader.

**Choosing a Crystal**

You might imagine that the perfect crystal ball would be completely clear - blemish and imperfection free. But, in fact - it is better to choose a natural quartz ball (as opposed to one made from glass or lead crystal). That has some inner markings, that allow your eyes to gaze in and around.

Aim for a ball that fits into the palm of your hand, roughly the size of an orange. It needn't be expensive, but you should feel drawn to it. Look for something with depth and variety, to assist your clairvoyant feelings as you start out.

**Beginners**

You might be surprised to hear that you don't need to have any special psychic abilities when you first start reading with a crystal ball.

Rather, you need to be attuned to your inner-thoughts, and able to rely on your intuition and have keen observation gifts.

Over time you can start a reading with a question in mind, and interpret what you see as it relates to the situation, relationship etc. In the meantime, concentrate on getting to the point of seeing things within the ball:

- Look at the ball, then imagine that it is filled with a spectrum of colour.
- Over the course of a few minutes, the colours

should dissipate leaving you with a softer hue of white.

- Close your eyes briefly, then open and stare straight into the centre of the ball. Do you get a clear image? If not, rotate the ball and see if any shapes form.
- At the beginning the images may not be sharp, but over time you will be able to determine them with more detail, they should be come three dimensional and they may even move!
- Note down any thoughts, phrases or words that come to mind as you look at the image/ball. No matter how random. Later you can reflect if the images or messages in any way relate to the question in hand.
- If you struggle to see anything to begin with, you can try staring at the ball with an intense gaze, literally until your eyes feel sleepy and as if they want to shut. Let them close, and then open and re-look at the ball - what do you see and sense?





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