

# Love & Light

Spring 2018



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*Past Life Experiences* **L&L**

**H**ave you ever experienced a 'déjà vu' moment? Sometimes it happens when you meet someone for the first time, and yet they feel so familiar to you – and there is a connection as if you can anticipate what they might say or how they might feel... Or you might go to a new place and yet have very strong recognition about where to go and what you might find... Very often these are memories of your past life seeping out from an unconscious level into your conscious mind.

At the time this can actually be quite a spooky experience, and we will likely put it down to having seen a place in a TV programme or that the person just has one of those familiar faces...

But there are times when not ignoring these past moments can be useful, for example if you find you are stuck in a pattern, repeating the same behaviour, perhaps going from one bad relationship to another, then exploring your past life may provide some answers and allow you to approach your current life in a new way.

Many of our readers specialise in past life regression, Ellie (PIN: 1180) for example. Before you have a reading, you may want to try exploring some of the secrets of your previous lives:

### **Through Dreams**

When you go to bed, ask to take a glimpse at your past life – be ready as soon as you wake with a pad and pen to write down anything you remember. You may only get small snippets of information, and it may not all make immediate sense – but it is one of the easiest ways of starting and you can explore more during your psychic reading.

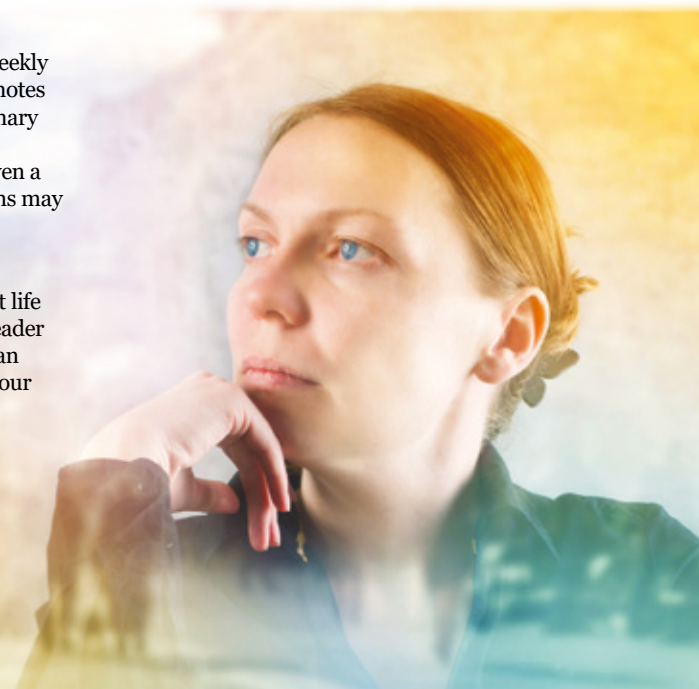
### **Through Meditation**

Meditation is one of the best ways to connect to a higher power and open up your intuition, carry out your normal meditation routine. Once your mind is clear, ask to be shown any signs of a different time period that you might have experienced. Again, these may just be flashes of images – but take note of it at the end of your session for later analysis.

### **Notes**

Why not start a journal? On a daily or weekly basis as you make entries, why not add notes on anything that seemed out of the ordinary to you. For example, if you had a strong reaction to something, or someone or even a place. Eventually a pattern of connections may appear!

If you are struggling to unravel your past life thoughts then why not connect with a reader like Hope (3203) or Paula (5454) who can assist you in unlocking messages from your dreams and meditations.





**2018** brings with it unique moon activity, there were two Full Moons in January, none in February and there will be two Full Moons in March. In March the first Full Moon occurs on the 2nd of the month and the second Full Moon is on the last day (31st), the second Full Moon will often be referred to as a Blue Moon, a nod to it's rare occurrence 'once in a blue moon'...

Generally, in astronomy a Full Moon is seen around two weeks after a New Moon, the moon and sun align, creating a full circle glow as the moon is illuminated by sunlight.

March, is the perfect time to harness the energy that the Full Moon creates. It is also the perfect time to revisit any New Year resolutions you may have made, or goals you set about during a New Moon phase. It is time to think about whether you have made enough positive steps in the right direction to achieve your goals or whether you have skipped a few stages and need to redirect your energies.

**Love**  
The Full Moon is not an ideal time to start a new relationship, although often romance will occur in the days leading up to it. Emotions can run high during a Full Moon, causing tension in partnerships.

It is a good idea to let the illumination of the Full Moon put a spotlight on your relationship, it can highlight any areas that need work – but leave the sorting out until you are more rational and less emotional.

**Work**  
Whilst working on a personal relationship during the Full Moon is not ideal, working on a career problem is just the right time. Changing jobs, signing a new contract, approaching any problems that have been occurring in the workplace should receive a positive outcome, if you take action during this moon phase.

**Health**  
You may find that your mood, sleep patterns and dreams are all impacted by the moon phase. Meditation is a powerful way to utilise the Full Moons energy, check in with each of your chakras, and let the moons energy enlighten you and invigorate you for the phases ahead.

The Full Moon provides a magical time, and of all the lunar phases it is one of the most powerful. On a spiritual level you should find the Full Moon allows you to connect much more easily and on a deeper level.

Find out how the Full Moon and Blue Moon might impact you in your monthly horoscopes by Chrystalte:  
[www.psychicreadings.org.uk/horoscopes](http://www.psychicreadings.org.uk/horoscopes)

There are many reasons why a relationship may come to an end, you might have decided early on that you are not right for each other, you may have been together for a long time and have grown apart, or something may have caused the split such as one-party cheating...

Equally the parting may be amicable, something you have agreed is the best way forward for both people, or it may be a tangled messy affair of emotions.

Whatever the circumstances, a certain period of healing is necessary. The death of a relationship is a grieving process of sorts, where you have to come to terms with the fact your future life is not going to look as you had planned and you are not going to grow old with the person you imagined.

It is likely that your emotions will swing from great sadness, to anger to positive feelings about the future, and some excitement and trepidation in equal measure as to what the new love landscape might look like for you. These are some of the things that will support you, as you transition into the next phase:

### **Family**

No one knows you like family, and loves you unconditionally. They will take your side, and support you and listen to you when you need to talk and vent about what has transpired. Don't keep everything bottled up – lean on your family when you need them most, let them guide you and buoy your spirits.

### **Time**

They say that 'time heals all wounds', but very often we are impatient to feel better, we want to step over the grieving process and just get on with life and not feel hurt, angry and upset all of the time. But part of moving on, is coming to terms with what has happened. Jumping into a new relationship too fast, or just gliding over things is likely to set you up for failure down the line, so whilst dwelling on the past and hashing things over time and time again is not helpful, allowing yourself some time to heal properly and gain some closure is a great idea.

### **Career**

Your career can be a great saving factor during a breakup period, whilst you do need to do a certain amount of analysis on why things went wrong, sometimes it is great to distract yourself, and throw yourself into a new project or get re-energised at work. If you don't work, then a similar result can be found in a hobby.

### **Declutter**

Whether a relationship has been short or long, there are bound to be items that you have held onto – gifts, mementoes, pictures and so on. In order to move forward, you need to remove reminders of your relationship/past. If you find the thought of throwing away items to be difficult, then as a first step try boxing things up and putting into an attic or ask family/friends to hold onto them for a while until you feel stronger and more able to dispose of them properly. It is also a good idea to do an online cleanse, perhaps stop following your ex on social media etc, so you are not tempted to see what they are doing.

### **Speak to a Psychic**

Going through a break-up can be emotionally draining, and at times you may struggle to see how you are supposed to move forward. At times like these it can be really useful to speak to an external person such as a psychic reader, who is a neutral party, where you can speak openly and without any judgement and gain clarity on your past relationship as well as find positive ways to move forward.





**M**ost of us will have experienced heightened moments of intuition, but very often we might dismiss things as just a weird feeling, or a coincidence...

Equally many of us will have had something happen that feels like a visit from Spirit, or a ghost or angel, but we may have chalked it up to a bad phase we were going through in life, perhaps post bereavement.

But in reality, there are many times when perhaps a loved one may have tried to communicate with you, but you dismissed the signs. Here are some of the ways that might be familiar to you:

## Sweet Dreams

Dreams are perhaps the most common way that you may experience spiritual communication. Unlike normal dreams, these are likely to feel highly vivid and you will remember the details. Very often you will feel very serene and comforted as if everything is going to be alright.

## Drafts

Have you experienced a cold spot that can't be explained, for example standing in a room on a warm sunny day, with no window nearby, or air-conditioning, only to suddenly feel a very cold spot? Then it is very likely that a spirit is trying to reach out to the natural world...

## Aromas

Smell as one of the five senses, is something that we are highly attuned to. Have you been in the scenario when suddenly you have a very strong sense of smelling something familiar, it might be a favourite flower or herb like lavender, or a special perfume that a loved one used to wear. When this happens, it is usually spirits trying to offer comfort; it acts as reminder that whilst they may not be physically present they are still close by.

## Things that go bump...

This sounds funny, but can be scary at the time. It ranges from lights going on and off, a TV coming on, phones ringing with no one on the line, to hearing footsteps when you are unaccompanied. The intention of these actions is not to worry you, but just a way of spirit making themselves known.

The last category is '**sensations**', this can be felt by you – things like goose bumps, chills or shivers with no explained reason. But equally you may notice odd behaviour in a pet. It is likely that you have been thinking about someone, and these sensations are active confirmations that you are being watched over.



**A**quamarine comes from the Latin wording 'aqua marina', which translates as 'sea water'. So, not surprisingly it was used as a talisman of sailors to calm the seas, prevent sea-sickness and offer protection, its other qualities are courage, fidelity, tranquillity and inner peace. Legend says that Aquamarine gems were treasure belonging to mermaids!

As part of the Beryl family, Aquamarine is related to the green gem Emerald, unlike the Emerald you can find Aquamarine in a wide range of 'sea' type colours of blue and green hues. In fact, the more vibrant the colours and the higher the clarity the more prized the crystal is.

## Fun Facts about Aquamarine

- Aquamarine is the birthstone for those born in the month of March.
- The gem is also used to celebrate 19th wedding anniversaries. The crystal in general is thought to enhance the happiness in marriage.
- For healing purposes, the serenity the stone provides make it perfect for those dealing with anger issues.
- Aquamarine is often used during meditation or chakra healing focusing on the 5th chakra region to assist sore throats, thyroid issues and swollen glands.
- The stone is connected to Pisces, but not just those born under Pisces would benefit, if you have Pisces anywhere in your astrological chart it is still worth having Aquamarine as part of your collection – it provides warm-hearted energy and is a soothing stone, great for pacifying nerves.
- Ancient Romans believed that the god of the sea – Neptune had a special connection with Aquamarine, legend says that Neptune acquired the stone as one had fallen from a 'Sirens' jewellery box and washed up on the sea shore. Neptune did not want the stones to fall back into the sea, where their saviour characteristics would be lost, instead he wished for them to carry on protecting sailors and other sea-fairing folk.
- Aquamarine is the go to gem for mystics, it will sharpen intuition, whilst balancing mind, body and soul. The crystal allows you to enter a higher state of awareness, letting you bring truth forward. It protects against gossip and provides wisdom and happiness.





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