

Love & Light

Spring 2016

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Spring Equinox **L&L**

The Spring Equinox is sometimes referred to as the Vernal Equinox or Ostara, and marks a transition point between the light and dark halves of the year. It takes place three days from sunset; in 2016 in the UK this occurs on Sunday 20th March. The sun will rise due east and will set in due west, providing exactly twelve hours of daylight and officially marks the first day of spring. If you look back at Celtic tradition, the equinox signifies when The God of Light overcame his brother - The God of Darkness and as such made the coming days longer than night.

Because Easter is early this year, Good Friday will take place just a few days after the Spring Equinox on the 25th March. Easter is named after the festival of Eostre; it is a time when hens would begin laying eggs for the first time after winter. Eggs would be painted and offered as a gift at the shrine of Goddess Eostre; the hare was sacred to the Norse Ostara and is believed to be the origin of the Easter rabbit.

Many rituals used to take place at this time of year, such as burning corn dolly's from the past year's harvest and scattering the ashes in the fields. This act was supposed to promote fertility for the year to come. It is at this time of year that the Blessed Virgin Mary told Angel Gabriel that she would conceive a son. The period celebrates rebirth, energy and new beginnings in all forms.

If you found that New Year resolutions passed you by, or you started some and broke them quickly, then the Spring Equinox could represent a new opportunity to follow a different path. You may find that you are more determined and more capable of making changes during this equinox period. To focus your energy you could try lighting yellow and green candles to represent optimism and clear thinking. There are also many flowers with special meaning to this time of year: Daffodils herald the triumph of the sun with their bright yellow trumpet shaped blooms. Yellow centred daisies - like us they rest at night and spring wide awake during the day; the name daisy means 'day's eye'. Lathyrus vernus or sweet pea to you and me truly signifies spring, flowering from March to May. And of course lilies that will decorate many church alters during the Easter period to symbolise the Annunciation and the Immaculate Conception.



Many of us will have a belonging that we consider to be a good luck charm or perhaps even an item of clothing or a ritual that we carry out whenever we are in need of an extra sprinkling of luck.

In the psychic world, objects that have powerful qualities attached to them are called Talismans or Amulets, they are used to provide extra psychic strength when needed, and each has a different purpose. An amulet is used when the person wants to ward off danger and negative energy; they provide protection from the 'evil eye'. Whereas a Talisman is there to draw in luck and good fortune.

Companies such as Pandora are making charm bracelets popular once more, along with brightly coloured beads they offer an array of charms that could be used as amulets or talismans.

If you are intuitively drawn to a particular object, then you should trust your instinct, keep the items close to you either by wearing it or carrying it close to get a sense of protection and luck.

Here are some popular Talismans and Amulets and what they mean:

Coin: Traditionally the coin would be silver - but any coin that you feel connected to would work to provide wealth and health.

Horseshoe: Horseshoes are used to bring wealth and happiness to a home, to do this they should be nailed to the door of the house in question in an upwards direction.

Four-Leaf Clover: These leaves are renowned for bringing luck - but work particularly for money, gambling or love.

Rabbits Foot: This is a very popular choice and in general is used to boost your fortunes, but is also particularly helpful in fertility.

Wishbone: This will help you realise your dreams as well as generally bring you good luck.

Heart: As you might expect the heart is worn to attract love, but also to prevent evil spells being cast on the wearer.

Fish: A fish charm attracts riches, abundance, fertility and also represents creation.

Lotus: The lotus flower has many different meanings - as an emblem of the sun it can bring wisdom and clarity; as an amulet it can protect against accidents and illness and as a flower it means beauty and fortune.

White Heather: The wearer will find true love.



If I said communication to you - you would probably think of one person talking and another person listening, but communicating on a deep level especially with your loved one is so much more than just talking and listening!

The purpose of a Tantric Soul Gazing exercise is to communicate with your partner on an intimate and emotional level that is non-verbal.

Whilst this exercise is simple, it is not easy, but for the closeness that can be achieved, it is worth persevering. Although we look at our partners many times in any given day, we don't very often spend prolonged periods of time making eye contact. Some people will feel shy and like they are being stared at and intruded on, others may get a fit of the giggles - but go with it, resist the urge to look away, let the feelings in, acknowledge them and then work through it...

So, first of all prepare a space that is conducive to the exercise - whatever works for you: light a fire, dim the lights, put on some music, light candles, set aside work, chores etc. and turn off technology.

This is not an exercise to embark on when you are stressed or lacking in time - schedule it in if needs be, but ideally come to the exercise when you have already unwound and can focus on the point of it.

You and your partner should sit opposite each other; you want to create an energy circuit between you by joining hands (left palm up and right palm down), your palms should be touching.

The exercise begins with both of you closing your eyes and breathing deeply. Let any tensions, thoughts and feelings come to the surface, remembering all of the time to take deep breaths. When you feel like your emotions have ebbed, send a signal to your partner (perhaps a hand squeeze).

When both of you are ready, you can open your eyes and gaze in to each other's faces. All distractions should melt away, let the past go, don't think about the future - just be totally present in the moment. You can continue to gaze for as long as you both feel comfortable (ideally at least 5 minutes), the stillness should gradually quiet your minds and you should feel intimately connected to each other, it is likely that your breathing will synchronise as you move in harmony towards each other.

You should repeat the exercise regularly, it is particularly good if one of you is feeling taken for granted, or just that life is going at 100 miles per hour and you feel disconnected romantically.

Ref: The Personal Revolution



Most of us think of Fairies as ethereal magical beings from children's story books and fables told at the end of the garden, but in fact they have been common in many cultures as immortal earth spirits that occupy a space somewhere between the spirit world and Earth, sprinkling their magical powers as they go...

Often Fairies (sometimes called Faeries) are closely associated with the elements and the natural world - Earth, Fire, Water and Air - as if they come from an elemental realm.

The winged type creatures that fairies are depicted as are most associated with northern European countries and places where Celtic folklore was abound, such as Brittany, Cornwall, Wales and Ireland. If folklore is to be believed then fairies can make themselves visible to anyone if they choose, but as a general rule only those with the gift of clairvoyance would see them.

There are different ideas about the origins of fairies, one idea is that they represent descendants of the children of Eve, on the other hand many believe that they are fallen angels - perhaps having been dismissed from heaven, or they could be spirits of those that have passed over but remain restless.

Perhaps the unknown origins is what gives people the impressions that fairies can either be a blessing and bestow good luck, health and happiness upon a person, or equally can cast a darker side over life if they desire...This may also account for the different names that they have accrued along the way: Nymphs, Pixies, Sprites to name a few - all of which conjure up mischievous connotations.

Many stories suggest that fairies occupy a different perception of time to us, living in a timeless underground world, stepping out at night to make mischief, to sing, to dance and to travel.

Whatever the case the 18th century onwards has seen the belief in fairies leaving our world; but perhaps the passage of time has the fairies making their message of being kind to nature in new ways such as through visions. There is certainly no harm in honouring the spirits of fairies as a metaphor for respecting Earth and the animal kingdom.



Before we can explore Karmic Astrology, we should first of all explore what we mean by Karma. At its most basic, karma is having the thoughts and feelings that you have directed on to others (both good and bad), sent back you at some point in equal measure. Many understand karma as fate, i.e. something that we can actually affect.

Our karma may evolve over many past lives, but it is always operating in the here and now and as such we are a total of our lifetimes experiences; wholly responsible for our actions.

The hope is that with each incarnation we grow and learn and see the cause and effect of many situations over our lifetimes. Over time understanding how powerful karma is allows us to make a decision to change our karma for the better at any time.

Where karma is concerned, there is no 'wrong place and the wrong time', it may feel relentless, but karma is above all compassionate and fair - all you have to do is consider any and all events both good and bad in your life in terms of their karmic destiny.

A Karmic Astrologer will look at past lives to answer today's problems; the astrological chart will pinpoint patterns in life, things that have gone well, things that have gone bad, issues that reoccur and generally looks at the emotional expectations that the person carries from life to life. This type of astrological reading is particular helpful in isolating recurring negative patterns and repeated damaging behaviour, so that the client can make changes moving forward so history does not repeat itself. It is particularly helpful

with family dynamics and relationship issues.

Saturn is at the route of cause and effect - the belief is that the soul's journey is not a random process, but a journey based on previous actions. As such Saturn's desire is to shape the future, balance actions - repair and reward. Karmic justice means to take responsibility and to create a positive future.

Moon Nodes play a large part in Karmic Astrology, the South Node represents a way of being that has been created out of the past, and in this place the soul is at peace, everything is comfortable and familiar. The North Node is the path of evolution, the potential and what can be chosen for the present life. Of course in day to day life these two Nodes jar with each other, the secret to a karmic life is restoring the balance, learning from the past and moving forward and being prepared to step outside of our comfort zone when we have outgrown the past.

The twelfth house is a house of secrets! It is of course where past actions, past lives and karma meet... Planets in this area will tell the astrologer what type of karma is involved, what is driving the unconscious mind and what steps should be taken next:

The Sun = The Father / The Moon = The Mother

Mercury = The Mind / Venus = Love

Mars = Aggression / Chiron = Wounding

Uranus = Upheaval / Neptune = Illusions

Pluto = Power / Jupiter = Excess

Saturn = Heavy Karmic Load





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