

Spring 2020

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Spring Charms L&L

The 17th March marks St Patrick's Day, a day long associated with Ireland, luck and the four-leaf clover. Interestingly Saint Patrick wasn't actually born Irish or born Patrick! He was in fact born in Roman Britain and was given the name Patrick when he became a Bishop in Ireland. He brought Christianity to Ireland, and used the shamrock to explain the Holy Trinity and converted the Irish to this religion. The three-leaf clover represents the Father, the Son and the Holy Ghost.

It is believed that only one in five thousand clovers will have four leaves, this very scarcity just adds to the belief that finding one will bring you a little bit of magical luck!

Celts from Wales were thought to carry these clovers by way of warding off evil spirits. The clover leaves also signify love, hope, faith and the fourth leaf - luck.

It is thought that you are much more likely to find a four-leaf clover when in Ireland, and in doing so get a bit of the 'luck of the Irish', probably because they have more of the clover plant than elsewhere in the British Isles. But folklore suggests that you will never find a four-leaf clover when you are looking for one. It is just something that you happen upon. If you do happen to find one, it is in fact a good idea to search further, as the same plant may well provide more than one four-leaf clover.

The month of March brings with it several other important days:

1st March - St David's Day

St David's Day is celebrated in Wales on 1 March, in honour of Dewi Sant or St David, the patron saint of Wales. St David's Cathedral became a popular centre of pilgrimage, particularly after Dewi was officially recognised as a Catholic saint in 1120.

20th March - Spring Equinox

Spring Equinox marks the beginning of daylight increasing until the amount of daylight becomes longer in relation to the hours of night, culminating in Summer Solstice, the longest day of the year.

22nd March - Mothering Sunday

Mothering Sunday is not on a fixed day each year, but falls on the middle Sunday of Lent, lasting from Ash Wednesday to the day before Easter Sunday.

29th March - Daylight Savings Time begins

In the UK the clocks go forward one hour at 1am on the last Sunday in March. There's more daylight in the evenings and less in the mornings (sometimes called Daylight Saving Time).

Have you ever thought about your attitude to money? By nature, are you a spender or saver? Have you been influenced by how you were raised, your partner, your current job/circumstances? Or, is there something bigger at play...

We take a look at each Star Sign, and their approach to money.

Understanding your zodiac response to finances might just help your future approach to the pounds and pence!

• **Aries**

An Aries is an impulsive spender, they will buy things on a whim because they feel like it, without much thought to the bigger money picture. Generally speaking, Aries have a high-risk strategy to money, so they make good investors. They certainly like the thrill of being able to make large monetary gains. They probably also won't mind the odd gamble, whether on the lottery or a horse race. This does mean that when it comes to using money as safe-guards like insurance, pension and regular run of the mill savings - you are unlikely to spark their interest!

• **Taurus**

This star sign likes to understand money. They are probably more likely to invest in things they can see and understand, houses for example, as opposed to the stock market. Purchases for Taurus are about security. They are more likely to spend on what they consider to be quality items, than to accumulate a lot of cheap possessions. They are not interested in 'get rich' schemes, and will take time to consider any purchases, or financial transactions.

• **Gemini**

Gemini often seem to just come into money. When they need it some appears. If desperation strikes, they will beg and borrow from family and friends. On the plus side, they will return the favour. Getting rich quick schemes are right up their alley, they might go along with things, even if it seems a bit questionable! Having money in the bank, does not make them happy, neither does it seem important. Getting into debt also doesn't bother them, so they are likely to have credit cards and an attitude of buying on the never never!

• **Cancer**

A financial nest egg for the Cancer star sign is essential, without it their sense of security and wellbeing is in jeopardy. They are not against investing, but any move like this will only be done after carefully weighing the pros and cons. It is unlikely they will trust financial advisers, preferring to self-guide their own money decisions. This zodiac sign can be seen as frugal bordering on mean, but they are just careful with money and can still be generous with those that they love. Their natural flair for business and interest in finance should stand them in good stead.



• **Leo**

For Leo, life is for living, in all its expensive glory - they spend accordingly! It seems no sooner that Leo has money, than they have spent it. They often live above their means, even when money is tight. They are generous with their finances (part of the problem), and struggle to pull back when needed. Preferring to maintain the façade of a fantastic lifestyle whatever the cost - literally. On the positive side, Leo always seems to be able to generate more money avenues, and plenty of people support the sign along the way.

• **Virgo**

Virgos are the ultimate savers, not spenders. They love nothing more than seeking out a bargain, and take joy in saving a few pounds wherever possible. They are not frivolous by nature, so they consider what they need. A Virgo hates to feel in debt, and so is more likely to feel cash is king. Bills are opened and statements are poured over. They know what money is coming in and out at all times. They are a cautious sign, and long-term investments will play out in a 'slow and steady' wins the race kind of way.

• **Libra**

This star sign is a mix when it comes to an approach to money. They do like long-term security, and so plan accordingly. But the mood really has to strike them, to sit down and work out the finances. They are not afraid to get into debt, especially if it is to fund their 'good living' lifestyle. Generally, they have good well-paid jobs, so rarely get into financial trouble. Purchases are likely to be in the high-end category, and they are generous with family and friends. Having said that, they will take enjoyment out of just window shopping - and are not immune from getting a bargain!

• **Scorpio**

The Scorpio is a self-preserving sign, and as such they will protect their money. They feel happiest when their finances are orderly and in good-shape. They will spend time and energy on ensuring wealth for now and for the future. That said to accumulate more money, they can be high-risk investors. They have fantastic intuition where money is concerned, and they often go with gut instinct over financial advice. They are not mean, and on occasion can be lavish in their spending.

• **Sagittarius**

Sagittarians are gamblers by nature, they will take risks with money. Whether that is taking a loan, running up debt, or just having a blasé attitude to financial planning. Bank statements, pension forecasts etc hold zero interest to them. They are quite likely to trust others with their money, and take advice on finances from the most unlikely of sources! Ultimately this sign likes and enjoys money, they want to spend whether they have the funds available or not...

• **Capricorn**

For Capricorns the thought of not having enough money is terrible. As such they plan for short, medium and long term. They have great respect for finances. They purchase what they need, with good research and an eye for something that will last and be of quality. They feel financially secure and much happier in general when everything is in order. So, you can expect them to look at insurance, pensions, savings, borrowings and more. They will take expert advice and a low risk strategy with careful considering is key.

• **Aquarius**

For this zodiac sign, they are highly influenced by the planets, especially where finances are concerned. They are equally interested in the moral side of any investments, so where to place their money would need to be considered ethical. They will understand what money comes in and what goes out on a month by month basis, but Aquarians will never be driven by money. Those that make a lot of it, probably do so more by chance than design. They can be eccentric and impulsive by nature, and this runs to money as well.

• **Pisces**

A Pisces is definitely vulnerable to a financial scam, or even just being taken advantage of by a friend or family member. They are not clued up when it comes to money, they are just not wired that way. They know money comes in and money has to go out, beyond that they fail to get to grips with budgeting. Talking about the future, and making provision for the long terms scare them. Paperwork is often overlooked, so a money disaster could be just around the corner!



January to March are key months for people to focus on their health and wellbeing, probably as a result of New Year Resolutions.

If, by now your enthusiasm is starting to wane. It may help to have a fresh take on this. For example, thinking about the way you nourish your body, with plenty of fresh and unprocessed foods not only helps you become a healthier you, but it also assists in awakening your spirituality.

Certain foods enhance your intuition while helping you focus your energy so you are on the right spiritual path. Without these foods you may feel unstable, stressed, shaky and even start to experience vivid dreams.

Why not read through the foods and drinks that will support you on your spiritual path below, and see what you can introduce to your lifestyle?

Water

Water not only keeps you hydrated and clears toxins; it can also help detox any negative energy and emotions that have made their way into your body.

Staying hydrated allows your brain to stay focused and keeps energy moving through your body. You may notice an increase in energy levels and a more positive outlook on life.

During times of spiritual growth, you begin to let go of emotions that have been holding you back, so having full strength is key to healing any wounds of the past.

Beetroot

Beetroot is a key food to eat when you are surrounded by people who are impacting your life in a negative way.

Not only does it detox and cleanse your body of heavy metals, it also has the ability to make you feel more balanced. This is key for when you are feeling out of touch with reality.

Coconut and Olive Oil

Coconut oil and extra virgin olive oil are healthy fats that your body needs to keep balanced. Both of these oils support your nervous system and brain function which is vital for spiritual growth.

During your journey to spiritual growth, you may feel a little anxious as you are adapting to changes; these healthy fats help keep you calm and focused.

After consuming coconut or olive oil, you may notice a positive change in your intuition which in turn will help you connect with Mother Earth.

Cacao

Raw Cacao assists in elevating your mood and calming your thoughts, which aids in stabilising your daily energy levels.

Its ability to detox and remove toxic energy allows you to fully experience meditation and keep an open mind for any challenges that come your way.

Herbs

Herbal teas and fresh herbs give your body and mind powerful vibrations that expand your consciousness and assist in healing your body.

One main spiritual benefit of herbs, is that they can help you transfer to a higher level of consciousness. This means your intuition will awaken, resulting in you being more in control of your life and in certain situations you are facing.



The I Ching describes the concept of 'chi' as an invisible force, essentially three energies unified: earth, heaven and human. The I Ching embraces Chinese philosophy in many forms, from Confucianism to Taoism.

Mind, Body & Spirit

Taoist theory says that Chi manifests through Yin and Yang, Traditional Chinese Medicine works on the basis that mind, body and spirit and the interplay of yin/yang impact, health, disease and wellbeing.

Symbolism

You are no doubt familiar with the symbol of yin/yang - generally a black and white t'ai chi symbol, representing complementary halves that are never ending. Yin is denoted by the black half, and yang is the white half. The



The small circles in each half symbolise the dynamism of the energies and that nothing is static. The whole icon demonstrates that yin and yang have elements of each other, they make life interesting and it is a balancing force.

Positive/Negative

Another side to yin and yang is that one is negative and one is positive. Yin is considered feminine; it controls earth. It is a darker, colder, still, but soft, inner-energy. That also governs non-living entities. Yang is a more positive active energy, controlling heaven. It's

outside circle has meaning - essentially a void or 'Tao', where the two opposing energies emerge.

considered to be masculine, and provides a warm, light, unyielding, moving and living outer-energy.

To make these opposites easier to understand, here are some examples:

Yang

Male	Female
Hot	Cold
Summer	Winter
Day	Night
Light	Dark
Sun	Moon
Up	Down
Active	Passive

Yin

Principles

The principles of yin and yang are seen in the Chinese Book of Changes (I Ching), the idea being that we can read the yin/yang and male/female energies through the 64 hexagrams. The qualities of yin/yang do wax and wane, and so any situation being consulted at a particular time will be a careful balance of these energies. Because of course, when yang is achieved as a total state, it will change to yin! Thus, demonstrating the complexities and ever-changing nature of human beings and the flux of their lives.



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