

# Love & Light

Summer 2018

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*Nature Spirits* L&L

**N**ature spirits are both magical and ethereal beings, that in northern Europe we labelled 'Fairies'. They are associated with the four elements: earth, fire, water and air; they are thought of as immortal beings that occupy a place in-between Earth and the Spirit world.

Whilst the name might differ, many cultures have an elemental being in their teachings, you might have heard of brownies, devas, dryads, elves, gnomes, leprechauns, nymphs, pixies and sprites. Maybe in your family you use a totally different name altogether?

In Celtic folklore they are thought of as petite winged creatures, that are strong and beautiful, that carry out magical and heroic deeds (which they are proficient in).

We tend to think of fairies as very sweet influences, which is interesting as many believe that they are actually fallen angels, those that are not sufficiently good to stay in heaven, but equally are not evil enough to be dismissed. But others disagree and believe that fairies are the children of Eve, or that they were created in order to explain misfortunes.

It is believed that only someone with clairvoyant abilities can naturally see a fairy, although on their choosing a fairy can make themselves visible to anyone. In fairy-tales they are generally depicted living in a timeless underground of nature where they dance sing and play. They may now make themselves evident through visions, in order to pass on messages asking us to treat the natural world more generously.

Sadly, since the 18th century folklore has recorded a decline in the belief of fairies, which may be explained by pollution, technological advances and urbanisation, but whatever the reason, many of us will still enjoy passing down stories of magical fairy creatures living at the bottom of the garden.

The Encyclopaedia of Mind Body Spirit



**Aries**

**Icon: Ram Element: Fire Planet: Mars**

**Summed up in one word: Assertive**

**Traits:** Aries is the first sign of the zodiac and carries high intuitive energy. They are individual and free spirited, forthright, sometimes bordering on aggressive. They have a need to be right, and drive to win! They are enterprising, entrepreneurial and innovative but can be self-centred. Their emotions are not easily shared – they are complex people.



**Taurus**

**Icon: Bull Element: Earth Planet: Venus**

**Summed up in one word: Persistent**

**Traits:** Taurus can be vain, they are preoccupied with beauty in themselves, others as well as in their possessions. Fashion and design are important to them. They love to relax, although can be into sports and being active once they get moving. They are patient people, practical and loyal but there is an underlying stubbornness. They have a tendency to procrastinate and feel happier when they are in their comfort zone.



**Gemini**

**Icon: Heavenly Twins Element: Air Planet: Mercury**

**Summed up in one word: Communicative**

**Traits:** Gemini can be restless souls, they have a tendency to flit from one relationship to another, always searching for the next best thing. They are not easily pleased; their mind runs away at a rate of knots with their bodies sometimes struggling to keep up. They love science, technology, puzzles, games – any matters of the mind. Tying them into a commitment will be tough going!



**Cancer**

**Icon: Crab Element: Water Planet: The Moon**

**Summed up in one word: Sensitive**

**Traits:** Cancer sign folk are highly sensitive, they feel others pain and disappointments deeply. They are nurturing and want to carve out emotional security, sometimes they need a place to escape to – they will react badly to anyone causing disharmony on the home-front. They can be secretive, and their sensibilities make them struggle with criticism.



**Leo**

**Icon: Lion Element: Fire Planet: The Sun**

**Summed up in one word: Powerful**

**Traits:** As you might expect from Leo the Lion, they are proud, loyal and courageous and born leaders, who are respectful of others and follow through on what they promise. But they thrive when being adored by others. They are passionate and are prepared to fight for what they want when needed – they don't like being denied what they desire!

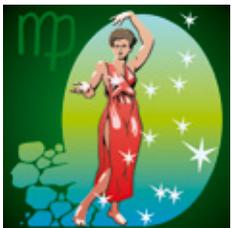


**Virgo**

**Icon: Maiden Element: Earth Planet: Mercury**

**Summed up in one word: Perfectionists**

**Traits:** Virgos are the very definition of perfectionists, they are efficient and methodical and strive to have everything just so. They are worriers by nature and will fret over the details, they are their own worst enemy in terms of self-criticism. Their private lives are just that – private, they do have a secretive element to their personalities.



**Libra**

**Icon: Scales Element: Air Planet: Venus**

**Summed up in one word: Harmonious**

**Traits:** As you might expect from the 'scales', Libra are well-balanced with a strong sense of what is right and what is wrong. They like things best when everything is in harmony, and this leads them to jobs where this can be a virtue. Whilst they are quite solitary people, they are good at dealing with others and they make friends and understand the complexities of human nature.



**Scorpio**

**Icon: Scorpion Element: Water Planet: Pluto & Mars (co-ruler)**

**Summed up in one word: Intense**

**Traits:** Scorpios can be charming, their inclination is to be alone, when in relationships they can literally leave a sting in the tail with their capacity to inflict pain and to be vengeful. They cultivate a mystical air around them, they are attracted to power and money, they act purposefully, but it is kindness and gentleness that alludes them, that they need to be taught by other signs.



**Sagittarius**

**Icon: Archer Element: Fire Planet: Jupiter**

**Summed up in one word: Expansive**

**Traits:** Sagittarians are extroverted and optimistic, and they seek the truth. They will champion the underdog every time. Sometimes their outspoken nature gets them into trouble. They do believe that anything is possible – you just have to dream it and want it badly enough, but they can let themselves down with a lack of staying-power. They will judge people not on their actions, but in their perceived motivations.



**Capricorn**

**Icon: Goat Element: Earth Planet: Saturn**

**Summed up in one word: Prudent**

**Traits:** Capricorns are serious individuals, they might be conventional but that doesn't stop them being ambitious. Their quietly resolute personality and self-discipline gets the job done. As part of a group, they will often be told to 'lighten up', their domineering and highly responsible attitude makes this tough going. They are relied upon for their pragmatic attitude, but sometimes their inflexibility trips them up.



**Aquarius**

**Icon: Water Carrier Element: Air Planet: Uranus & Saturn (co-ruler)**

**Summed up in one word: Idealist**

**Traits:** Aquarians might be described as 'eccentric', they are certainly forward looking and individual. They are intellectual, independent and accepting of others in all guises. A long-term relationship with Aquarius is not easy, as they often neglect human feelings, but those that are willing to overlook such a trait find their inquiring unusual minds highly attractive.



**Pisces**

**Icon: Fish Element: Water Planet: Neptune & Jupiter (co-ruler)**

**Summed up in one word: Intuitive**

**Traits:** Pisces folk are impressionable, imaginative and highly spiritual. They feel deeply, and emotions in a relationship is everything to them. They do not take or deal with rejection well. They are sensual people, connected to the arts and music – they are tactile people needing to see and touch everything in life. They have a tendency towards self-pity and occasionally they lose touch with reality of the moment.



**M**ascots and items that bring you luck generally fall into two categories, an amulet which helps to ward off evil energies and has a protective action. Or talismans that act as charms to bring good fortune.

Many amulets and talismans are actually animals; folk find ways to bring these animals into their lives for the protection they bring, maybe as a piece of jewellery, a charm to hang on a bracelet or even a handbag, as an ornament, as pictures or even as designs on clothing...

### **Cat**

Black cats are thought to be lucky but are also feared by some. Ancient Egyptians have long revered the cat and believe it was sacred and represented the moon, you will need to trust your intuition here as to whether they feel like they are a protector for you or something to avoid!

### **Dragon**

There is a choice in how you use the power of the dragon, to conquer enemies, or to enhance peace!

### **Fish**

Fish represent many things, as a Christian symbol of creation and fertility and now to many they attract riches and abundance.

### **Frog**

The frog is a great charm for use in relationships, ensuring a happy union with mutual affection and faithfulness. It is also used for a long-life blessed with wealth and health.

### **Lamb**

Again, a lamb is a Christian emblem, this time as a 'redeemer', it also offers protection from disease, accidents and storms.

### **Lizard**

Lizard designs would have been painted on the outside of houses to bring in good luck. They provide good eyesight and are inspirers of wisdom.

### **Peacock**

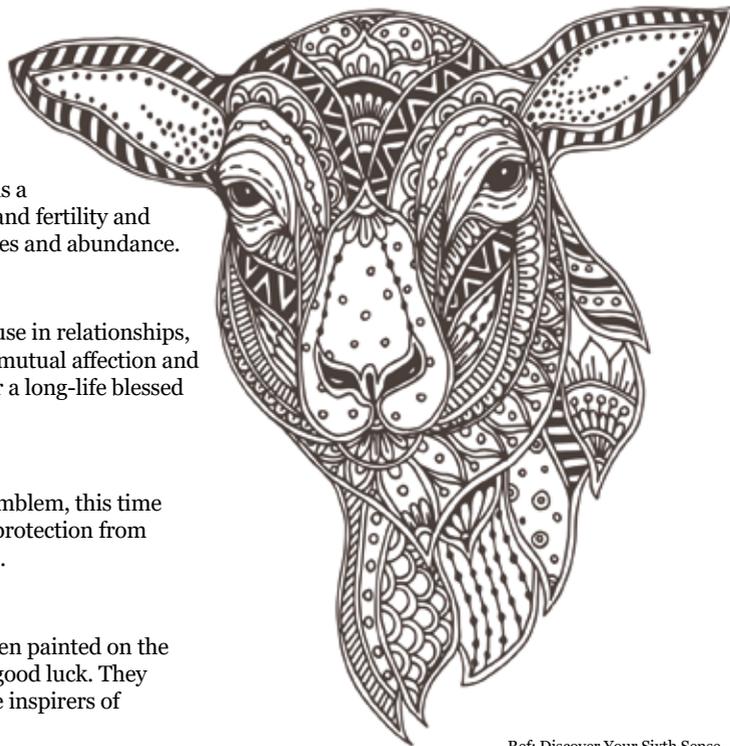
In times gone by a peacock feather may have adorned your house by way of decoration, but in fact their feathers are considered to bring in bad luck. But the birds themselves are very lucky and signify triumph over death and eternal life.

### **Spider**

You might not want to try this now, but in medieval times a spider was placed inside a nutshell to be worn around the neck providing protection from illness. They are also considered bringers of success in money and business matters.

### **Tortoise**

The humble tortoise represents Earth and is a very strong protector against spells, evil spirits and bad energy.



Ref: Discover Your Sixth Sense

### **Yellow Jasper**

The yellow jasper is known and sought after for being 'spiritually charged', it belongs to a group of stones that are appreciated for their nurturing qualities. Its healing properties vibrate with love, protection, courage, hope and vitality. The crystal is used by those journeying and travelling, whether that is in a literal sense of exploring and holidays, or in the more lateral sense of a spiritual voyage. This is because it guards against misfortune and offers safety whilst stimulating learning and personal growth. If tensions are running high in your relationship, then let the yellow jasper bring healing peace to you both. It is an energising gem that increases self-confidence and guides you through periods of change – helping you to transform. Why not place a crystal at the heart of your home to rise up the energy, revitalise emotions and bring cheerfulness all around!

### **Opal**

The opal is an emotional and spiritual crystal, it is perfect for when you need to let go of something hurtful, and when you want to feel a new lust for life with an ability to move forward with confidence. If you want to try something new this summer, the opal gem can help – it really boosts creativity and inspiration and is particularly useful for arts and crafts, but also writing, acting, singing, cooking and more... Opal will encourage you to be free and release your inhibitions. You will be more open to a higher consciousness and mystical visions may be more forthcoming. You will feel loyal, faithful, self-assured and will release any anger you have been hanging on to.



### **Ametrine**

Ametrine is a powerful crystal, pushing you to pursue and achieve your wildest dreams. It encourages you to accept yourself faults and all! Every now and then in life something happens that pulls us up short and reminds us of how fragile and brief life can be, and we promise we will 'seize the day', but somewhere along the lines life gets busy and we lose are impetus to reach for the stars and moon and get bogged down in the mundane. This is when this gem is needed most. To act as a reminder and a catalyst that you only get one life and you must live it to the fullest.

### **Moonstone**

As the name might suggest moonstone is connected to the magic of the moon, so your moods and actions may well alter depending on the waxing and waning of the moon as the tides of change alter in your life. Your body will harmonise with the lunar cycle when using this gem, which will only help in the love and romance department as your heart chakra opens. If you have been feeling under the weather moonstone is great for balancing your mind, body and soul – it is very much a source of evaluating your life purpose here on Earth. Emotionally it is a soothing and calming crystal, it will enhance your self-acceptance, whilst encouraging a more open-minded approach to tasks and people – with this stone you will probably find you are more generous of spirit. This is a perfect journeying stone, take a small crystal with you to encourage you to live in the present and really see what the world has to offer with all its mystery and wonder.



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