

# Love & Light

A full-page photograph of two young women with long, wavy brown hair, smiling and laughing joyfully. They are wearing bohemian-style clothing: white lace dresses with long fringe and large, wide-brimmed straw hats adorned with feathers. They are standing in a field of tall, dry grass with a blue ocean and sky in the background. The overall mood is happy and carefree.

Summer 2019



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**Embrace Summer** **L&L**

The summer solstice is upon us, arriving on Friday 21st June.  
Why not use this date as a jumping off point to embrace all that the summer months have to offer?

• **Unplug**

If you are guilty of a bit too much social media and screen time generally, then now may be the perfect time to switch off devices and notifications and really connect with your family, loved ones and friends on a face-to-face basis. You might be really surprised by how much more you feel 'connected' for stepping into the real world once more, and not spending so much time virtually.

• **Sunrise/Sunset**

There is something very spiritual about witnessing a sunrise and sunset. Try to find time to experience both, and feel re-energised by the magic.

• **Picnic**

Is there really anything better than a picnic? Home made food, fresh air, good company – makes for a relaxing and fun-filled time. Why not try to have several, so you can experience different times of day. An evening picnic can be a substitute for a date night, making the most of the summer's late evenings.

• **Sand in your toes**

You don't need to go on holiday in the UK or abroad, to feel the sand in your toes. Why not plan a day trip to visit your nearest beach. Nothing takes you back to childhood quite like sea, sand, ice cream and donkeys at the beach!

• **Plan a road trip**

Why not plan a road trip? Maybe you would like to take a solo trip to catch up with a long-standing friend, and get a bit of 'alone' time along the way. Or perhaps you would prefer a group getaway to meet up with further afield family and friends. It needn't be an expensive trip or a holiday exactly, perhaps a long weekend over the August bank holiday...

• **Get in the garden**

It can be incredibly therapeutic to spend time in your own garden. Whether that is catching a few sun-rays whilst reading the latest novel. Preparing a BBQ or spending time planting flowers, mowing the lawn and weeding. You might even want to start a new project. Like growing some strawberries, or planting some herbs.

• **Try something new**

Summer can be a great time to have a new experience, you might want to try some sort of outdoor exercise, like Tai chi, meditation or yoga with lemurs! Or perhaps you'd like a night camping under the stars. Maybe go to a lido and swim outdoors...Or find a 'Pick Your Own' farm and gather up soft fruits. Anything that is new, fun and exciting to you!





# L&L Numerology – It's all in a Name!

**Y**ou have probably heard of Numerology, an ancient form of foretelling the future. The Ancient Egyptians assigned magic numbers to certain letters, but the real science behind numerology was captured by the Hebrews and Greeks, who assigned a specific number to each of the 22 letters of the Hebrew alphabet. Allowing any word to be defined as a number and given a special meaning.

Ofentimes, Numerology is used in conjunction with your birthdate. As this is a fixed date, specific to you, the meaning represents your character, attributes and nature.

But there is also a way to use the calculation to identify the secrets behind your name; it may provide insights into why your parents named you so!

**You will need the Cabbala, the Hebrew chart of numbers/letters:**



**Now you need to reduce your name to a number:**

For example, if your name was **Rachel**:

$$9 + 1 + 3 + 8 + 5 + 3 = 29$$

$$2 + 9 = 11$$

If you arrive at the number 11 or 22 – do not break it down further.  
All other numbers should be reduced until you arrive at 1-9.

# L&L Numerology – It's all in a Name!

**Now you can interpret the meaning:**



You are self-sufficient, persistent, focussed and independent. Be careful that you do not demonstrate traits of being narrow-minded, stubborn and self-important.



Easy-going with a sociable nature. You are fair and selfless. Try hard to not be seen as indifferent, unsure or weak willed.



Adventurous, out-going, and a bright free spirit describes you well. But you can be impatient, unconcerned and too sure of yourself.



Practical, loyal, unflappable and strong-willed are some of your best features. On the downside you can be inflexible and conservative.



You have a vivacious, adventurous spirit, you are empathetic to others as well as courageous. But you can be rash, even thoughtless and unreliable.



Your stand-up characteristics are honesty, selflessness and charitability. Just be careful that being responsible doesn't turn into being submissive or impractical.



You are a deep-thinker. Wise, discerning and philosophical. Be wary of letting these traits be seen as anti-social or morose.



You are both practical and decisive. Professional and in-control. You don't want to come across as too blunt, unapproachable or controlling.



Understanding and brilliance are main traits, you have artistic flair and are tactful. Don't let these crossover into being too day-dreamy or aimless.



You are regarded as a genius, with a higher intelligence! You are eternally lucky... But, change may be in your future.



You may have great power, dominance and superiority in life. Use your abilities well, to avoid a tremendous downfall!

# L&L Mermaids

You might wonder where the word Mermaid comes from, it is believed to have derived from an Old English word 'mere', meaning lake or sea, and was coupled with the word 'maid', as you'd expect meaning woman.

## Half Woman/Half Fish

Mermaids are almost always depicted as women, who are human on the top half, and fish on the bottom half. You have to go back to ca. 1,000 BC for the first reference to a mermaid type creature, in the form of a Goddess – Atargatis.

## Myths

Whilst there are many myths and folklore surrounding the mermaid around the globe, a common theme amongst them is romantic love and relationships. This is perhaps not as surprising as you imagine, when you consider Mermaids and the association of water as an element.

## Romance

The water element can be mirrored in many emotional aspects, bodies of water can be both calm and rocky – mimicking the up and downs that relationships have. Equally seas, lakes, streams etc, can be shallow or run very deep. Just like our depth of feelings for another.

## Animal Spirit

It may be that you feel a connection to Mermaids, perhaps they are even your spirit animal. Possibly you even have an element of Mermaid within you?

Read on to find out...

- Are you drawn to water? Whether you swim regularly in a pool, or outdoors, or yearn to be by the beach. Perhaps you feel at your best and heal emotionally when you are near water. It could be as simple as hearing a stream trickle, to sitting by a fountain.
- Do you like being the centre of attention, is dressing up all shiny and glossy like a Mermaid right up your street? Maybe you have a bit of mermaid in your soul. Letting you feel radiant and glowing with confidence when you have an adoring audience.
- Do you have the emotions of a Mermaid, they are often portrayed as being highly sensitive to others pain and feelings and of being very compassionate? Do you regularly put others first, and take on the feelings of others to soothe away their problems?



# Star Signs as Romantic Partners L&L

Have you ever wondered what influence your zodiac sign has on your romantic life? Well, read on as we explore the common love traits for each sign...



- **Aries** are demanding in relationships; they like to keep close tabs on their partners. That's not to say that they are not independent, just that they want daily contact. They don't want to be seen as needy, but ultimately, they are dependent on their romantic other half's.
- **Taurus** can be possessive when it comes to love; they almost want to own their partners. It is not always easy to exert your own personality and freedoms when dating a Taurus. It's just that when their feelings run deep, they don't want to share you.
- **Gemini** are unpredictable in life and in matters of the heart, so they will certainly keep you on your toes. If you like the chase, then a Gemini is perfect. Don't be surprised if they change or cancel plans, it doesn't necessarily mean they don't like you – just they are flighty that way!
- **Cancer** is not a sign that wants to analyse their feelings too closely. They are more likely to keep emotional issues close to their chest. You will be the one that needs to raise any problems. Being objective and keeping calm will help smooth the way.
- **Leos** are committed once in a relationship, although they do like time to themselves. They are enthusiastic about plans together, but avoid getting into a situation where you ask them to choose you over some other engagement. Leos always imagine they will have no trouble finding another mate if needed!
- **Virgos** are the ultimate planners, and relationships are no different. You can expect time together, holidays etc. to be planned with military precision. But the upside is that they make a lot of room in their lives for their partners and invest time and trouble in keeping things on track.
- **Libra** likes to show their partner a good time, but they will expect that you look and act the part! They are loving and giving once in a relationship, but they do like to be showered with appreciation. If a union starts to get into trouble – it is best to act fast, before Libra lets things get out of hand.
- **Scorpio** do indeed have a sting in their tail, they are possessive and show jealousy easily. If there is even a whiff of their partner showing interest in someone else, they will lash out. They are very protective, and loyal to their chosen one, and show great caring in times of need.
- **Sagittarius** are humorous, relaxed and enjoy another's company, but they can also be rather intense in a relationship. Their positive outlook on life makes them a great life-partner, but they can quickly spiral if things are going badly, rejection in particular is not handled well.
- **Capricorns** are more sexual than romantic, having said that if they are invested in the relationship, they will work hard on the getting to know you part. They seem to have an in-built idea of what they want from a partnership and don't waste time on unions they think won't go the distance.
- **Aquarians** will not be everyone's idea of a good romantic partner, any passing touch and show of affection is quite likely accompanied by a healthy dose of sarcasm. It's not that they don't love, just they are cool and undemonstrative. Once you get to know them, you will instantly understand the significance of genuine gestures.
- **Pisces** often enter quickly into full-blown relationships, leaving the partner in a state of whirlwind disbelief. They are passionate and seductive, but can also be controlling and demanding. A Pisces relationship can leave little room for anything or anyone else.





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