

# Love & Light

Winter 2015



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## ARIES

Aries have powerful egos and are self-assured; the great thing is that they are honest and direct - what they say they mean. They are natural born leaders, although they have a tendency to always think they are right! Life with an Aries is exciting...they are dynamic and want to win. They are optimistic and don't dwell on the past.

Gift ideas for Aries: Anything personalised or monogrammed will appeal to Aries. The gift should be the top of the range - whether it is power tools, designer clothes or the latest must have gadget. They like expensive flowers like roses, sportswear, and a ride in a fast car, health club passes or a weekend adventure break...



## TAURUS

A Taurus personality is risk-averse, they can be inflexible - but are very determined. They feel happiest when a routine is in place, so they can get stuck in a rut. But they are loyal partners and friends, and their sense of duty makes them reliable and devoted. They are good under pressure; and will relax with arts and music.

Gift ideas for Taurus: A gift that will stand the test of time is a good idea for a Taurus, such as a gold watch or a piece of fine jewellery. They appreciate the finer things in life - so good quality perfume, chocolates; silk pj's would all go down well. Presentation is key - so take time on the wrapping!



## GEMINI

Ideas flow quickly for Geminis but they don't always see them through. The nature of the dual personality can make Gemini charming at times and sullen at others. But without doubt they are the most talkative and have sociable personalities. They are not afraid to play like children; in their minds Geminis will never be old.

Gift ideas for Gemini: Board games, puzzles and jigsaw's will delight their inquisitive minds. They would be very happy with an activity - such as theatre tickets. But above all they love gadgets, they will use any type - for the kitchen, for the TV, for the car - anywhere they can include technology. If the budget runs to it the latest phone will make you a winner.



## CANCER

It is easy to overlook a Cancer sign, as they are very un-showy and can be hard to decipher. Family and community is very important to this sign. In order to do well at work and in relationships they must feel happy and stable at home. Cancer can be prone to mood swings, so sometimes they will be compassionate and kind and at other times they can be a bit prickly and full of self-pity.

Gift ideas for Cancer: The way to a Cancer sign's heart is through shared memories, pick them up something that will remind them of a holiday you took, or a story they shared. Antiques, print a photo and put it in a frame or treat them to a vintage night watching an old movie.



## LEO

Leo's are charming, but they want to rule the world! Their love of life is infectious, but if you do not rein them in, only their demands will matter, and they will take centre stage. As the sign suggests they have enormous pride, they believe they are special and as such should get special treatment. Their temperament can plummet if this special treatment is not received.

Gift ideas for Leo: Anything expensive, flashy and even a bit ostentatious will please a Leo. Think a night in an expensive hotel, something made of cashmere, opera tickets, a gold pen...



## VIRGO

Virgos are efficient, quiet and keep themselves to themselves. They find it difficult to say no, and can be workaholics. They are born worriers and can be critical of others that don't meet their high standards. But if you can let this go you will find a very sensual Earth sign.

Gift ideas for Virgo: Practical presents are the order of the day for a Virgo. A magazine subscription, luxury bath oils, perhaps a massage voucher - anything that would be relaxing. Or something relating to a pastime of theirs: a cook book, yoga kit, Moleskine notebook...



## LIBRA

Libras are seen as the most balanced sign, but this can sometimes mean they tend to sit on the fence, which can be frustrating when you just want a 'yes' or 'no' answer! Libras are adaptive and tough; they will compromise to keep the peace as they are born people-pleasers. Libras need to be in a relationship, loneliness is too much to bear for them.

Gift ideas for Libra: Libras have great taste, so avoid any gifts that would be considered tacky, even if just for fun - they won't appreciate the gesture! Anything beautiful or exquisite would work - a painting, an ornament, a silk scarf. If in doubt get a gift-card for an exclusive store.



## SCORPIO

Scorpios are both intuitive and logical, their opinions are quite rigid and if needed they will spend time trying to change another's mind rather than come round to their way of thinking. This is not a sign that easily forgets; they may dwell on the past and be slow to trust. But they love powerfully and with incredible emotion, and they like the mysterious.

Gift ideas for Scorpio: Scorpios like magic, mysteries, the psychic world, dangerous sports and thrillers. So any gift that can in anyway embody those themes would fit the bill. Think a murder mystery weekend, or a book on the occult!



## SAGITTARIUS

Sagittarius signs tend to live in the moment; they are always poised ready for the next adventure, especially if it involves travel. As such they also tend to be last minute people, why book now when you can do it later...Their opinions can be seen as tactless, but it's just that they believe in honesty. They don't want to stand still and they will firmly believe that any action is better than no action.

Gift ideas for Sagittarius: This sign often has a gambler at heart, so a trip to Vegas would be perfect, if that stretches the budget to far then a day at the races. Something to do, rather than a physical present will probably suit better. Plus anything connected to travel from maps to luggage.



## CAPRICORN

Capricorns are traditional and don't like change, despite the fact they are strong and resilient. The younger years are full of angst, but they are happier the more mature they become. The material aspects of life are important to them and they won't feel like they've made it until they are financially secure and have achieved some sense of success that can be measured by others.

Gift ideas for Capricorn: Two words spring to mind here - practical and quality, a classic perfume like Chanel; an antique piece of jewellery with a history; a leather briefcase for work or a status pen such as a Montblanc, or perhaps a bottle of fine port.



## AQUARIUS

The Aquarius sign is quirky, unpredictable, original and rebellious. Their job is likely to involve helping others. In life their perfectionist tendencies can get in the way...They have the ability to take a flash of inspiration and turn it into something that will create social change. Romantic partners can be discarded however if they do not fit the minds-eye picture Aquarius has for them.

Gift ideas for Aquarius: Anything 'New Age' would please an Aquarius from books, to crystals to Tarot cards. Beauty products that have not been tested on animals and food/wine/health products that are organic would go down well.



## PISCES

Pisces tend to suck up atmosphere/ personalities from around them, so it can sometimes be difficult to see where a Pisces ends and begins; partly this is driven by their lack of focus. Pisces tend to feel guilty over everything and they feel emotions acutely. They are however highly intuitive and empathetic to others - they are life's natural day-dreamers and as you might expect are also romantic when given the opportunity.

Gift ideas for Pisces: The way to a Pisces heart is through romance, so think candles, crystals, perfumes, champagne, flowers, anything hand-made - the whole nine yards. It might not be so much about what you get, but more an evening of enchantment.

## L&L Self Healing

At this time of year we can all be prone to burning the candle at both ends: visiting family, Christmas shopping, meeting work deadlines so we can take time off, decorating the house, attending parties - perhaps drinking a bit too much, not sleeping quite enough and you have the perfect storm for getting ill and feeling stressed...

But there are skills that you can learn and exercises you can try to heal yourself when you feel things spiralling out of control:

Why not try **'Breathing like a Butterfly'**, this exercise is about becoming quickly powerful - imagine just how quickly a butterfly gains its beauty.

Breathing like a Butterfly will enable you to harness healing forces into your body with each breath:

- Take a deep breath in, as you do hold your hands over your heart, then towards the end extend your arms and hands up into the air.
- Imagine you are tuned in to the universes energy.
- Then take a big deep breath out, and as you do so let your arms and hands relax and fall to your sides.
- You can repeat this exercise up to ten times, each time you will be drawing more and more healing energy into your body.

Use the butterfly exercise at any point when you feel your stress levels are rising, and you will find yourself better able to cope with all that you have to do.



The next exercise is called **'Sting like a Bee'** just as it sounds this is about the short sharp shock that a bee sting provides.

Use your visualisation powers to zap away enemies of the immune system, to prevent you getting run down with colds and bugs that can plague us when we over-do things:

- You can stand up or lie down for this exercise, mentally scan your whole body - from the top of your head to each individual toe. As you become more and more aware of each element of your body you should relax in to a state of calm. As you do try to sense any areas of your body that feel hurt or tense.



- In this next step focus only on the areas that you have identified are hurt and tense. Now imagine that a whole army of strong soldier cells are marching over you, seeking out any pain and endeavouring to destroy it.
- The more graphic your imagination is at this point - the better, so let your guard down and forget your inhibitions. In your mind you can imagine the soldier cells are using any tactic to be really effective in killing off any viruses.

(The soldiers in this exercise can be anything you want - they could be worker ants, bees or computer action figures - whatever works best for you to make the visualisation as energetic as possible).

## Winter Solstice L&L

The Winter Solstice will take place on the 22nd December this year at 04.38 (GMT), exactly as the Sun is overhead the Tropic of Capricorn. It will usher in the shortest day of the year and welcome in the longest night for those in the Northern Hemisphere.



### *The Night has a Thousand Eyes*

By Francis William Bourdillon,

The night has a thousand eyes,  
And the day but one;  
Yet the light of the bright world dies  
With the dying sun

The mind has a thousand eyes,  
And the heart but one;  
Yet the light of a whole life dies  
When love is gone.

The word 'Solstice' hails from two Latin words - 'Sol' meaning Sun and 'Sistere' meaning to stand still. The solstice is actually an astrological event that happens twice per year. The Sun will briefly be stationary before changing direction.

The word 'Yule' often described the Winter Solstice period, and for thousands of years people have celebrated the season as a time to come together, to be with family and to look forward to the New Year to come. The Sun's rebirth was rejoiced as it meant the end of another harsh cold winter and a celebration of having survived.

Even though for most of us the changing of the season is not as important to our survival; many still like to celebrate the solstice period and to draw on the positive energy the cycle brings.

For many this will mean a trip to Stonehenge which has a sight line that points to the Winter Solstice sunset. It is believed that both the Summer and Winter Solstice were marked by the layout of the stones and the position of the Avenue. Standing in the centre of the circle you can see the Sun rise next to the Heel Stone during the Summer Solstice and for the Winter Solstice the Sun sets between the stones of the tallest trilithon.

If you can't go to Stonehenge there are other ways to celebrate: You could burn a Yule log (traditionally oak) in a fireplace. Decorate your home with seasonal colours of red, green and white - think holly, ivy, mistletoe and evergreens. Lastly write your goals, dreams and resolutions on a piece of paper for the coming year and keep it safe.



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