

Love & Light

Winter 2018



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L&L Christmas Memories

Every year I buy at least one Christmas tree ornament or festive decoration for the home. Some years I say to myself one of these days there is going to be no more room, but like many things in life, there is always room to squeeze in one more memory.

There is nothing wrong with having a tree decorated with festive coloured traditional baubles, or even a tree bestowed with very unusual colours/themes. But there is something lovely about hanging at least a few ornaments that have some sentimental meaning to them.

Hanging particular ornaments on to a tree that have some meaning to the family, can bring you all closer together at this time of year, and maybe some of the decorations can be handed down to future generations to start off their own collections.

If you want to keep your tree to a certain theme or colour, then you can always hang unusual and memory related ornaments in a different part of the house, perhaps on a small fresh Christmas tree on a table top, or on some branch's placed in a jug or vase.

Ornaments also make a great gift to be treasured, the person will think of who gifted it to them each year when they decorate each year.

The ornaments can be collected throughout the year, they don't necessarily have to be Christmas decorations, merely objects that can be hung that mean something to you, that are perfect to adorn a tree with memorials.

Ornaments can be hand-made, purchased or perhaps even sent to you by a friend or relative from abroad!

Here are some ideas:

An ornament that represents a holiday you took – a Disney mickey mouse ears bauble for example.

A Christmas activity that you all did together – perhaps a bauble of ice-skates.

Something that your children have made at school.

Anything to commemorate a first – maybe a first wedding anniversary, or baby's first birthday, first Christmas in your own home...

A trinket that has been inherited, perhaps from your parents or grandparents.

Anything related to your family history, birth places and ancestry.

Of course, last but by no means least – things that you have baked – gingerbread men, stained glass windows or if you are cheating a bit, shop-bought candy canes.

The possibilities are endless, why not start your Christmas memory tradition now?



Celebrate Yule! L&L

On Friday 21st December at 22:23pm, the Sun will reach its most southern position, until it is directly over the Tropic of Capricorn and will usher in the shortest day and longest night of the year for all of the Northern Hemisphere.

Winter Solstice has been a special moment in the yearly cycle since Neolithic times, thousands of years before humans understood the orbit of the Sun and the planets. Since then many civilisations throughout history and around the globe have celebrated the **Winter Solstice** also known as '**Yule**.'

The Winter Solstice is a traditional time to celebrate family, togetherness and looking forward to a wonderful year to come.

What is a 'solstice?'

The word 'solstice' is derived from the Latin words 'sol' (Sun) and 'sistere' (to stand still).

A solstice is scientifically defined as an astronomical event that occurs twice a year when the Sun is at its longest distance from the celestial equator. On the day of a solstice, the Sun briefly stands still before reversing its direction and seasonal movement.

Cultural significance

The Winter Solstice has held much significance for thousands of years. For the ancient cultures who struggled to survive long, harsh winter months, the solstice marked the beginning of winter's end, and the rebirth of the Sun leading to much spiritual rejoice and celebration.

Often considered as one of the most important events in the pagan calendar, many of our ancestors honoured the ever-changing cycle of the seasons and the new beginnings that the solstice brought with a number of rituals and traditions.

How can I celebrate?

Many people from around the world choose to gather at Stonehenge in Wiltshire to celebrate the solstice together. Stonehenge is aligned on a sightline that points to the Winter Solstice sunrise and the celebration is often one of the most popular times of year to visit the monument. Visitors congregate at the site early in the morning to watch the sunrise in a truly magical, ad-hoc celebration.

During the Winter Solstice/Yule this year, take comfort in the energy that the spirits will bring you and celebrate the positive energy you will be feeling at this time.

We wish you a happy celebration!



When is it?

The winter solstice occurs in December in the Northern Hemisphere; the solstice doesn't always fall on the same day/time every year, occurring between December 21st and December 22nd.

L&L Festive Wreaths

There is nothing more welcoming than seeing a Christmas Wreath adorning a front door, but they can be quite expensive to purchase, especially those made of fresh items. You might be surprised at how easy it is to make a wreath from scratch at home, you will find you have a lot of things at home that can help you, and a few things you need can be bought at a craft shop/florist.

Many garden centres offer wreath making classes at this time of year, so it is worth looking into if you need a bit more of a hands-on guide.



Things you will need:

Wire Wreath Hoop – Hobbycraft sell a 30.5cm frame for £2.

Pruning snips – whatever you normally use for gardening.

Florist wire – Hobbycraft sell green hobby wire in packs, 25cm for 60p.

Greenery – you might have something growing in your garden that you could prune for the purpose, like a boxwood. Often Christmas tree sellers will sell off branches or even give away broken pieces, such as fir, spruce or holly. Other good greens are juniper, cedar and pine.

Decorations – Berries, such as Hypericum, dried fruit, twigs, cinnamon sticks, star anise, nuts, seed pods, pinecones, mistletoe, and Christmas ornaments.

Before you start:

Ideally you need to soak your greenery. Start by cutting the stems at a 45-degree angle, then place them in room temperature water for a few hours.

Depending on the size of your wreath, you will probably need to cut your greenery to 6-12 inches long per piece.

Decide on the size of your wreath, remember that due to the greenery denseness your wreath will end up being several inches larger than your hoop size.

Build your wreath:

Lay the hoop flat on a surface you can work on (protect your table if needs be).

Place pieces of the greenery into the hoop, and secure with the florist's wire, place each new stem halfway under the one before, until the whole surface is covered. Bend, tie and prune as needed to get a good shape. You will probably need 8-10 boughs of greenery to fill a 30cm hoop.

Then decorate the wreath with your natural elements, again secure with florist's wire, or more delicate items could be secured with a glue gun if you happened to have one at home.

Lastly, secure a fastening at the back with ribbon or florist wire, so that you can hang it on the door.

In cold weather, away from direct sunlight the wreath should last 4 weeks, it is helpful if you mist it with water every other day to keep the greenery looking fresh.

Life Mantras for the Festive Season L&L

What is a Mantra?

A mantra is a single word, or phrase that is used as part of meditation to assist concentration; mantra's originated in Buddhism and Hinduism. The phrases are now used in a formulaic repeated fashion, to reinforce a positive belief.

The festive period, can be busy, stressful and fraught with difficult situations. Socialising when normally you are a bit of a wall-flower, meeting up with friends and family you see only infrequently, cooking for large groups of people, shopping for presents and more...

- Why not use these helpful mantras to give you a boost and help you stay positive and happy throughout winter and beyond?

“Life can be wonderful, without being perfect.”

At this time of year, often our desire for everything to be perfect comes to the fore. We want the house clean, decorated to a high standard, to buy all the presents our families heart's desire, the best food, the best party – the list goes on...

This mantra is really about bringing us back to reality, the material things don't matter. Perfection is something that is rarely achieved, and constantly striving for it can leave you exhausted and overwhelmed.

Be thankful for what you have, really participate and enjoy life for all its wonderful little moments, knowing that creating a sense of perfection is not going to enhance the experience.

“Be Brave, Be Bold, Be You!”

A lot of insecurities about ourselves can rise to the surface. Whether your worries are about work, or about love or anything else, have the confidence to see that you are valued and valuable. Let go of the things that you perceive others don't like about you, be confident and go out into the world – putting your best foot forward. Be brave (even if you have to fake it a little bit at the beginning), as long as you are authentically you – there is nothing else you or anyone else can ask for!

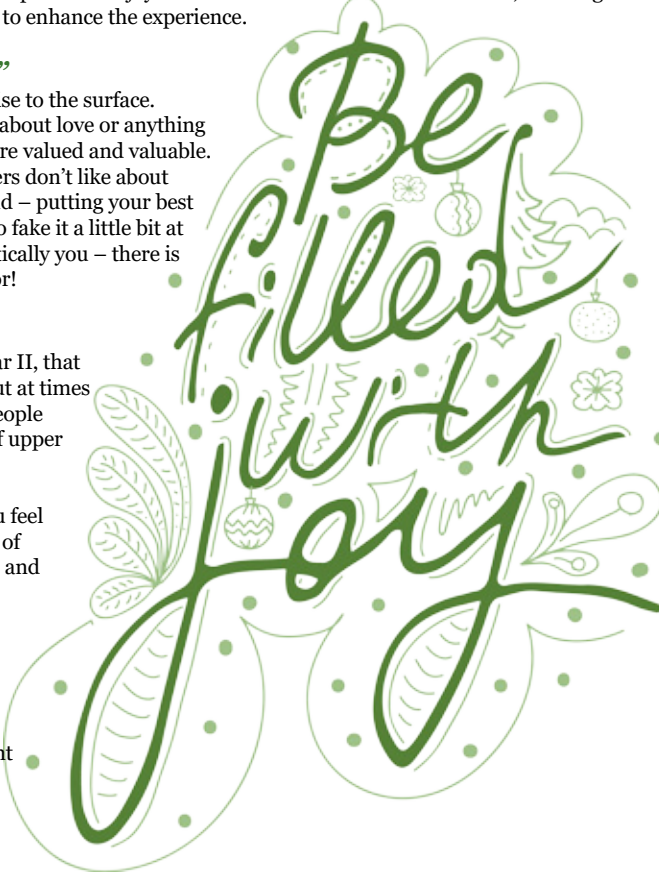
“Keep Calm and Carry On.”

Of course, this is a phrase from World War II, that has been popularised in modern times, but at times during Christmas you may be tested by people and situations, and applying a sort of 'stiff upper lip' to the situation can be helpful.

You can use this mantra any time that you feel things are getting away from you, instead of succumbing to the pressure, change tacks and move forward.

“Make it Happen!”

This mantra is all about self-doubt, if you are the sort of person that second guesses themselves, then use this mantra to stop holding back. Don't let uncertainty prevent you from taking control. Make decisions confidently, choose the right path for you – and remember you do have the power and ability to make it happen!





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