

# The beauty of stillness

■ by AMANDA CAMPBELL <Psychic Healer>

MANY OF US – MYSELF INCLUDED, HAVE A strong dislike of winter. The seemingly endless nights, waking up in the dark, the rain, damp bone-chilling cold – all make us wish spring would hurry up.

And now the signs are at last here – the earth is stirring and spring is on its way. Snowdrops, crocuses and soon daffodils will be raising their cheerful petals above the frozen ground. Catkins appear on willows, the first lambs are born. The earth is stirring, gently stretching herself in readiness.

In ancient times February was the time of *Imbolc*, the festival of early spring. The name is taken from a Celtic word, *imelc* or *oimelc*, meaning ewe's milk. The Celts honoured the earth goddess Brigid. In the Christian calendar it is the feast of *Candlemas*, when Mary took the baby Jesus to the temple and was told he would be a light to the world.

So it is a time of nurturing, of light in the darkness and of hope. The world is turning and the daylight and warmth will be back soon.

It is no surprise that this is also the time of St Valentine. This year tell your loved one exactly what they mean to you. How their love nurtures you, how they are the shining light, helping to guide you out of the dark places and problems of everyday life, how their support gives you hope, strength and encouragement.

It's also a special time for anyone wishing to meet

someone new. Light a pink candle, and/or hold a piece of rose quartz and tell the universe you are now ready to give and receive love.

For those ladies who are a little bolder this year is a leap year and brings you an extra bonus! On February 29 those determined girls who want to bag their commitment-phobe partner by asking them to seal the knot are encouraged to take the plunge and ask away.

The colours of the season are of course red and pink, passion and love. These are the colours of the late winter sunrise, as the sky lights up over the frozen fields. In this icy stillness it is vital to remember to love the person with whom you have had the longest relationship – yourself.

The winter has been long and your energy could well be low so now's the time to retreat, rest and appreciate the beauty of the winter stillness. Enjoy a candle-lit relaxing rose-scented bath. Hold a piece of rose quartz and send out love and healing to those that need it. And then place the quartz on your heart and feel the healing warmth soothing you.

This is the time to look after and nurture yourself. Try meditation, yoga, cosy nights in, reading, listening to your favourite music. Have enough sleep and eat well. Treat yourself to a massage or reflexology, or one of the wonderful therapies featured in this magazine. Let the grandparents have the kids, send your partner out and just relax and breathe deeply into the stillness. Make the most of it – the frenetic spring is on its way!

