



Living Light Essences / Luminesce News

November 2020

www.livinglight.com

Essence Friends,

Greetings from a cold and snowy Canada! Climate change seems to bring winter earlier and earlier each year. I remember when my kids used to pray for snow for Christmas day so that they could use their skis or toboggans! On the positive side, it's a great day to curl up on the sofa with a hot drink and a good book...which is what led me to remembering a book of poems I'd been given.

When I was in Japan some years ago, the mother of my Japanese daughter-in-law gave me a book called **Talking to...the Art, Ideas and Poetry of Mitsuo Aida**. Mitsuo Aida, a Japanese poet and calligrapher known as 'The Poet of Zen', was among her favourite poets. One of his poems is called '**Earnestly**'.

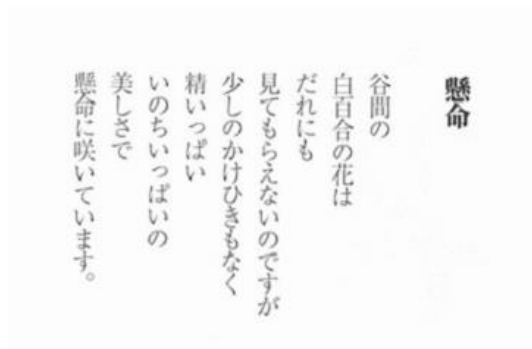
The white lily in the valley,

Seen by none,

Has no ulterior motives,

And by the beauty of living life to its fullest,

Blooms earnestly with everything it has



Right now, we are facing a number of things – the death or illness of a loved one, fatigue from having months of dealing with the restrictions of the pandemic, much of the world facing potential shut downs again with the resurgence of COVID-19, lost jobs and businesses, for many not enough food to feed their families (especially for Thanksgiving) or money to pay rent, kids in school and then back out, and simply not being able to socialise as we normally would as social human beings. When we are shut in how do we live our life ‘earnestly’ as the lily?

If you are stuck for ideas or would like to make a difference, there are quite a few websites giving suggestions for different ways we can live ‘**earnestly**’ during these times to reduce our pandemic fatigue and make life more meaningful, and even more enjoyable, not just for ourselves, but for others. I’ll just list a few. Perhaps one or two ideas will resonate with you:

[Some Ways to Support and Reach Out to Others During this COVID-19 Pandemic](#)

[Coronavirus: How to Help & Give Back](#)

[Staying Strong During Lockdown Means Reaching Out-And Working Your Mind, Too](#)

I was listening to an interview with Mary Trump, niece of U.S. President Donald Trump, the other night. She was asked about her relationship with her grandparents. She responded that she didn’t have much to do with her grandfather, as he thought girls were ‘irrelevant’, but that she made an effort to establish a close relationship with her grandmother. It is our grandparents who are most at risk at this time, and their generation who might live alone or in nursing homes or long-term care facilities. Wouldn’t this be an ideal time to establish a new or enhance your relationship with someone of this generation? They have a lot to tell us about their lives, how they have lived ‘**earnestly**’, and about the world in which we live. They are often the ones who are ignored in this day and age because of their ‘age’.

Our CBC had a good article about this the other day: [More important than ever to reach out to your loved ones this pandemic Thanksgiving, says expert](#)

Happy Thanksgiving to our neighbours south of the border.

Stay safe and be well,

Rachel
Luminesce/Living Light

Our November 2020 Newsletter Content:

[Essences To Support Us In These Times](#)

[Black Friday Weekend Specials](#)

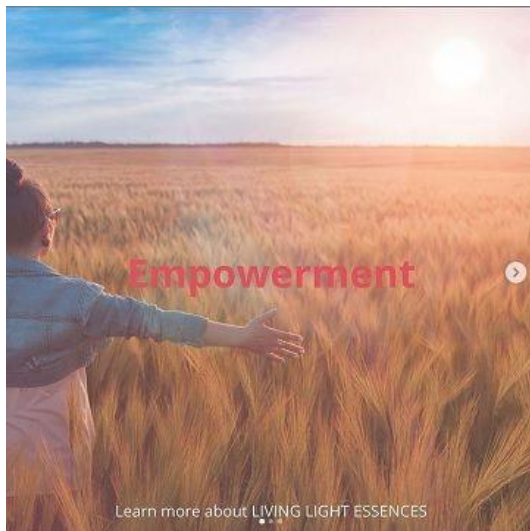
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[Ruby](#)

Essences To Support Us In These Times

The essences of the Sixth Ray, the **Red Ray of True Peace / Devotion & Abstract idealism**, can support us in our search to discover how, like the lily, we can live **‘earnestly’** during these times:



Living Light Royal Ruby Essence – Empowerment

Strengthens your confidence and ability to make positive, meaningful choices, giving you more conscious control over your life. Helps you share your inner wealth with others. Enhances your relationship with the principles of prosperity and abundance.

Living Light Archangel Uriel – Selfless Service

Helps you discover the joys of getting out into the world, sharing your gifts and serving others, not for your own ends, but for the greater good of the Whole, without expectation.

Living Light Sixth Divine Flame Essence – True Peace

Restores balance, love, harmony, appreciation, and understanding in the dynamics of your inner relationship with yourself and the 'God' within and your relationship with others. Steadies and balances the intensity that often accompanies idealism, desire and devotion. Love and Wisdom in Action brings True Peace.

Not that familiar with gem essences?

Flower essences are the most well-known of all essences, but history shows us that gem and colour essences have been also used for centuries as powerful tools for self-healing and transformation, bringing positive changes to the emotional, mental and spiritual aspects of the individuals who use them.

- On our website: www.livinglight.com we have some great resources on our [LEARN](#) tab.
- Check out how the [Living Light & Rainbow Essences](#) came into being.
- Or if you are wondering how gem essences are made (the direct and indirect methods) check out our posts - [How Are Essences Made?](#) and [About Gem Essences](#).

Black Friday Weekend Specials



During the Black Friday weekend, November 27 – 30th, ALL of the [Living Light & Rainbow Essences](#) will be 50% off the retail price through our website: www.livinglight.com

Check out our website for [Bloesem](#) and [Spirit-in-Nature](#) flower essence specials as

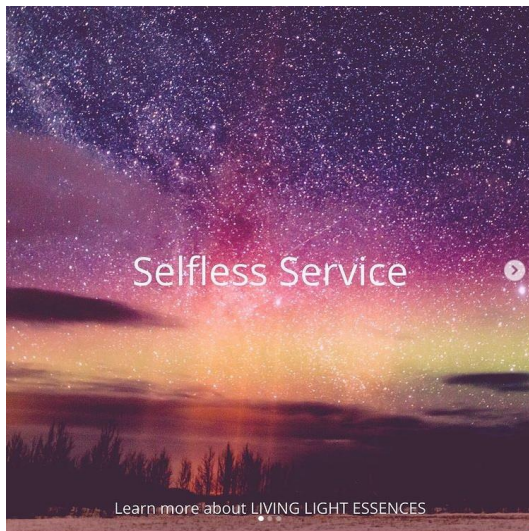
well...

Give yourself an essence treat or get a Christmas gift for a friend or family member.

Join us on Instagram or Facebook!



If you follow **Instagram**, join us at [Living.Light.Essences](https://www.instagram.com/LivingLightEssences) and follow the posts about our essences. It's a quick, visual way to get to know what the Living Light Essences are all about.



LIVING LIGHT
Archangel Uriel Essence
SELFLESS SERVICE



Helps you discover the joys of **getting out into the world, sharing your gifts & serving others**, not for your own ends, but for the greater good of the Whole, **without expectation.**

More info at livinglight.com



Find us on **Facebook** -- [LivingLightEssences](https://www.facebook.com/LivingLightEssences)



Astrological Insights and the Seven Rays

From Astrologer Dale Osadchuk



[All times listed are Eastern Daylight EDT]

2020 Sun visits Sagittarius Nov 21- 3.40 pm EST to Dec 21- 5.02 am EST- Venus visits Scorpio Nov 21- 8.22 am EST to Dec 15- 11.21 am EST

The Sun in Sagittarius is a freeing of the spirit energy. It is our higher consciousness on a vision quest. It is the time to connect with our truth and what we really believe that is. Not from an intellectual perspective but an intuitive inner knowing. Sagittarius is the sign of philosophy, higher learning, and inspired vision. It is also the sign associated with religion and dogma. The shadow side of the Archer is to be judgmental, prejudiced, with an attitude of "my way or the highway". While the Sun visits Sagittarius the astrological Earth is in Gemini, healing duality, fear, and separation. Gemini is choosing to UNITE IN LOVE. That is the hope for this Sun cycle.

Our Animal Totem guides for this Sun in Sagittarius journey are Elk, strength, stamina, and support of community, and Owl, the wisdom to see through deception and to discern the truth. It seems many Two Leggeds are wearing blindfolds these days. For the Earth in Gemini we are guided by Deer, gentleness, love, compassion. Deer also calls us to new adventures. (They are reversed for the Southern Hemisphere).

Sagittarius can feel "Light" but Venus, having just entered Scorpio, continues the journey of deep diving into the centre of our being, healing our deepest wounds and experiencing

transformation and renewal. Her Animal Totem guide is Snake, shedding the old and creating space for the new. Her Sacred Totem while in Scorpio is The Phoenix, rising from the ashes and being reborn. In Esoteric Astrology Venus is the Soul Centred ruler of Gemini so guides our Earth journey for this cycle. And the Earth is the Soul Centred ruler of Sagittarius. When we each heal the Earth heals. Mercury our thoughts and perceptions is the traditional ruler of Gemini and he too guides our Earth Walk this cycle. He entered Scorpio on Sept 27 and because he was retrograde Oct 13 to Nov 03 he has not left Scorpio yet. He will enter Sagittarius (higher consciousness) on Dec 01. For now he too is supporting us to look deeply within while he visits Scorpio. Both Venus and Mercury while in Scorpio are guided by Pluto in Capricorn (transformation of Society).

The Clan Mother for the Sun's journey through Sagittarius is Gives Praise. She is the mother of abundance and the wisdom of giving and receiving. She teaches us to be grateful for the truth. For the Earth in Gemini we are guided by Clan Mother Storyteller. She teaches us how to communicate without judging others or being self-righteous. She supports us to speak the truth. Their Medicine stories can be found in the 13 Original Clan Mothers by Jamie Sams.

The traditional planetary ruler of this Sagittarius Sun Cycle is Jupiter currently in Capricorn (raising the consciousness of society). He will enter Aquarius on Dec 19 (new vision for the world) and on Dec 21 at Solstice, the day the Sun enters Capricorn (Earth Renewal Time) Jupiter will join with Saturn at 00 degrees Aquarius beginning a new 20 year cycle of hope and Cosmic Connection for the world. Both Saturn and Jupiter are strong in Aquarius. Saturn was the ancient ruler of Aquarius and Jupiter is the Soul Centred ruler (Esoteric Astrology). But the modern ruler of Aquarius is the planet Uranus. He is called The Awakener. So he greatly influences this new 20 year cycle. He is currently in Taurus asking us to breakthrough to what is of true value and importance in our lives. Uranus will complete his journey through Taurus in April 2026.

Sagittarius is found on the 4th Ray of Harmony through Conflict or harmony through beauty. The Archangels of 4th Ray are Gabriel, resurrection and rebirth, and Hope, never giving up and renewal. It is also the sign on the 5th Ray of knowledge and healing with Archangels Raphael, the shining one who heals, and Mary, unconditional love. Aquarius is also 5th Ray.

And Sagittarius is also found on the 6th Ray of Idealism and Devotion with Archangels Uriel, the Dove of Peace, and Aurora Grace, love and harmony. The Earth in Gemini is active on the 2nd Ray of Love and Wisdom with Archangels Jophiel and Constance Christine, ILLUMINATION.

This Sun cycle offers us the opportunity to heal and expand our spiritual vision. There will be challenges (we are in Eclipse Season) but when you are anchored in your Sacred Centre you will be guided by your Soul's Wisdom. We will be back in the near future with insights about the Nov 30 Lunar Eclipse in Gemini and the Dec 14 Solar Eclipse in Sagittarius.

Namaste and blessings,

Dale To contact Dale e-mail daleosadchuk@rogers.com she is currently offering telephone sessions to guide you on your new journey.

Ruby

The **Living Light Sixth Divine Flame Essence - True Peace** - restores balance, love, harmony, appreciation and understanding in the dynamics of your inner relationship with yourself and the 'God within', and your relationship with others. Steadies and balances the intensity that often accompanies idealism, desire and devotion. Love and Wisdom in Action brings True Peace.

Have you been looking for that ideal relationship? Would you like to be able to bring your existing relationship to a higher level of fulfillment? Keeping a relationship healthy and strong takes understanding, attention and love. This essence helps you keep those ideals in balance in order to promote a healthier, happier relationship with those you care about and yourself.



The **Sixth Divine Flame** is the source from which the **Sixth Ray**, the Red Ray of True Peace / Devotion & Abstract idealism emanates.

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