

# HIGH SPIRIT

Magazine

For Mind, Body and Soul, Look and Feel Good Naturally

## *Erotic* Dreams

What do they Mean?

## Psychic or Psycho?

HOW TO TELL IF YOUR  
PSYCHIC IS GENUINE!

## ARE YOU ADDICTED TO MISERY?

Beat Anxiety &  
Depression Easily

## Confidence Workout

21 days away from a  
more confident you!

**WIN**  
IN DEPTH STUDY  
PACKS - LAUNCH  
YOURSELF AS A  
TAROT READER

**PLUS**

ETHICAL  
FASHION

CELEBRITY  
PREDICTIONS

PSYCHIC  
READINGS

## NATURAL REMEDIES

Bring your body  
back to health

## *The Nature of Fairies*



## In-depth Horoscopes

For October & November **LOVE, CAREER, MONEY**  
Amazing Guide to the months ahead

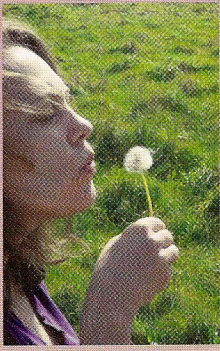
\* ASK THE ANGELS \* INDIA \* TRUE LIFE STORIES

THE NATURE OF

# Fairies

“Fairies communicate with us through thoughts and sensations so it's important to listen to our intuition and trust in our feelings.”





by Luna Raye

Fairies have long had a reputation for being mischievous. Their fun loving pranks range from temporarily hiding keys to moving tables or chairs so we stub our toes. Sometimes they even turn fresh milk sour. While they certainly take great pleasure in playing tricks on us they really don't mean us any harm. Pranks are just one of the ways they choose to communicate with us. It's their way of saying 'hi, we're here!' These pranks can also serve as important life lessons. Perhaps we are taking things far too seriously? Maybe we need to make more time in our lives for fun and laughter?

It delights Fairies when we listen to their wisdom and acknowledge their presence. They may even reward us with gifts! While most Fairies do want to work with us and help us grow, there is a dark side to the Fey. However, the reputation some Fairies have for being bad or evil is very much undeserved. While their views of what's right and wrong may differ from ours this doesn't make them nasty or evil. Dark Fairies, those that govern what we would consider to be the more unpleasant aspects of nature do exist. There are also some Fairies who have a malevolent streak and a great dislike for humans but for the most part they really don't want to harm us. In fact many of these Fairies would prefer to stay as far away from us as possible.

As Fairies are nature spirits they are intrinsically linked to everything within nature, both the good and the bad. In nature there is life and death, light and dark, growth and decay. There are beautiful flowers and poisonous weeds. There are gentle butterflies and predatory spiders. Some people may see the spider and weeds as unpleasant or a nuisance but they too are a part of the natural world and as such are governed by the Fairy Kingdom. They fall within the realm of the Dark Fairies.

Storms, floods and failing crops are also part of the Dark Fairy's domain. While these events may seem harsh and cruel to us, to the Fairies they simply maintain the balance of nature. We try to control and dominate nature and our inability to do so can cause fear and misunderstanding. This duality, this careful balance between light and dark is at the very heart of Fairy nature. While Dark Fairies are feared and have been unfairly labelled as being 'evil entities', all they are doing is governing these necessary 'darker' aspects of nature.

The darker side of nature can be harsh and dangerous so it isn't advisable to seek out and work with Dark Fairies. However, it is important and empowering to know about them and to understand their role in the natural order of things. This knowledge keeps us mindful and aware of the cycle of life, the power of nature and our humble place within

the greater scheme of things.

Solitary Elves are an example of Fairies who are not predisposed towards humans. They have a malevolent streak that is so strong and nasty, even other Fairies give them a wide berth! Although they have a great dislike for humans they wouldn't necessarily go out of their way to cause us harm. In fact they prefer to live in far off remote places where we are unlikely to trespass. If by some chance we venture too close they will usually give us ample warning. Whether we 'hear' this warning and respond to it appropriately is another matter!

'Fairy Terror' is an affliction that is said to overcome those who wander too far into the wilderness or, who go near places where they aren't welcome. Ignoring warnings to turn back they suddenly become overwhelmed with feelings of fear and panic. They become disoriented and unable to think rationally. Often in their panic they will make the situation worse by getting tangled in brambles or stuck in mud. Incidents of 'Fairy Terror' may have led to tales of Fairies harming travellers by causing them to drown or become hopelessly lost, never to be seen again.

While some Fairies prefer a solitary existence there are those who do enjoy being around us. However Fairies are shy creatures and they value their privacy. They prefer their homes, ceremonies and rituals to remain secret and free from our prying eyes. They certainly don't appreciate us nosing into their business whether we do so intentionally or unintentionally. In our curiosity and ignorance it's very possible we may have wandered too close to something we shouldn't have.

Fairies communicate with us through thoughts and sensations so it's important to listen to our intuition and trust in our feelings. If, while out walking, you notice the atmosphere suddenly changes, becoming heavy, oppressive or sad then it's time to turn around. Picking up on sensations you're no longer welcome on the land, are being watched or you feel anger being directed at you, are also good indications Fairies are asking you to leave. If this happens don't panic. Simply

turn around and go back the way you came. Don't carry on – no matter how curious you may be or how much you want to continue your walk. These feelings are a way for Fairies to discourage us from coming any closer. It's a firm warning and one which won't cause us any real harm provided we listen.

All Fairies are temperamental, even the ones we would consider to be gentler and more fun loving. They have egos, unlike Angels, which means they are not above making judgements. They can be very sensitive and easily offended. While they don't actively seek to punish or harm us they can and do get angry with our behaviour. In our pursuit of progress and material wealth we continually hurt and disrespect Mother Earth. Through the Church we slander Fairies and demonize them. So is it any wonder they are mistrustful of us? Yet despite all this many Fairies are still willing to help us.

At one time we were closely in tune with Nature. We understood our connection to all living things. We respected the delicate balance of the natural world and revelled in the dance of life. We honoured the Fairies and thanked them for their guardianship over nature as well as their gifts of guidance and wisdom. Sadly we have become so detached from the world around us we have forgotten what is really important. Fairies want us to remember we are all children of Mother Earth. We are all a part of nature and there is light and dark within us all. They want to work with us and help us understand that by approaching life with love and awareness we can balance these energies and rediscover our connection to the natural world.

**Dream Interpreter Luna Raye works with Fairy and Angel energy to bring clarity and understanding to your dreams.**

**For in-depth dream interpretations, Angel and Fairy readings contact Luna by email at [lunadreaming@lunadreaming.com](mailto:lunadreaming@lunadreaming.com) or visit her website [www.lunadreaming.com](http://www.lunadreaming.com)**