



GARDEN OF PHYSICAL SELF

Intention

Remove the blocks of old self-loathing that rare its head every now again.

Understanding that history of this belief goes way back to child hood

What the restrictions are:

- Causing me to observe life rather than participate in some instances
- Can cause extreme physical reactions

What is likely to cause the neural net to fire?

- Photos
- Personal comments
- Some social occasions

What does the garden look like?

Just mown grass and one lone huge old Gum tree in the centre

SYMBOLIC MEANING OF GUM TREE AND GRASS

Literal meaning of this tree means “Wrapped, covered.” Its oil was used in the ancient Mystery Schools to wrap the area in balancing vibration for they recognized that knowledge could bring about unbalanced awakening of the psychic energies of the individual.

Gum Tree energies are highly protective and dynamically healing on all levels Its influence penetrates the physical and subtle energies of the individual and stimulates the opening of the brow chakra It is very soothing for highly charged emotional states.

When it comes as a totem also look at Koala – it tells you slow down and detoxify your life Eucalyptus is used for purification and illustrates a life aspect that has the capability of nourishing through healing

Grass is a symbol of new growth and the victory over the unproductiveness. grass shows new ideas and plans. It stands for the fullness of thought, feelings and other spiritual-mental contents and then can ask to bring a certain order in them and to set priorities, so that one does not waste himself

All this is perfect for the work I need to do as I get further into it the garden will reveal itself because vibrationally it is there I just need to pull it down into the physical Natural protection

Psychologically - development of the dreaming in the emotionally spiritual area, as well as to health and vitality

Spiritually: At the spiritual level grass stands in the dream for a change in awareness.

Physical intent— Preparation

COMPASSION

How will it look when I have it?

How I will walk into a social occasion?

- **Posture** – straight but not rigid – shoulders relaxed, tension released from body
- **Gait** – I will walk confidently
- **Sit** – in a relaxed comfortable manner
- **Facial expression** - jaw relaxed, smiling and my eyes not looking for the nearest exit

Life Enhancing

- Willing to participate in activities without feeling self-conscious
- Horse ride because it is air to me
- Dance like nobody was watching

How would I dress?

- In colours that I feel good in and a style that I feel enhances my figure rather than detract from it.
- No hiding clothes

How would I speak?

- **Tone** – friendly but not gushy
- **Eye contact** – relaxed and able to hold a person gazes for the appropriate amount of time
- **Diction** – I will speak clearly but not feel the constant need to fill in the silence – which can cause me anxiety

“Who or what will help me physically earth this desire?”



SOUL RETRIEVAL
Deep Soul Healing with the Goddess

CARD - SOUL RETRIEVAL –Deep Soul Healing with the Goddess

“What **do I need to do** to achieve this?”

My Dearest Child, it is time to activate the power of your “2” energy and retrieve the entire magical child. We pose the question “What if there were no photos, how would you evaluate yourself then?” – you wouldn’t of course, you would be comfortable with who you are. Your task is to do the things you love. When you do this you co-operate with your need for balance. We need you to be totally comfortable in your skin so that you can truly shine – when you enter this old worn out belief system your light goes out. You achieve this by being majestic – in situations see yourself empowered by the energy of a goddess, emulate how a goddess would walk, talk, sit – the more you do this the more you integrate that energy. The need to please people in the social situations will disappear and the power of energy expansion will bless those around you. Feeling the need to have to fill the silence is anger – it is brought on by deep humiliation. Sit comfortably in whom you are everywhere, not just with people you know. The more you are out in these uncomfortable situations the easier it will become. We want you to attend network meetings as we know how much this activates these feelings for you – that is where you will achieve the greatest result because it puts you in the lion’s den and you then have the ability to activate your three major values – Courage, Determination and knowledge – this will bring down the necessary Grace to allow **compassion** to flow to all those unloved parts of you so that peace becomes the elixir of your life.

CARD'S ACTUAL MESSAGE

Isis, Healing Goddess now offers you Spiritual Restoration and deep soul healing for the Art of Soul Retrieval, reclaiming pieces of you lost through trauma old and new. Soon you will enjoy greater wellness, energy and power, as well as the opening of gifts and the Soul's abilities you did not know you had!

Did you know the pieces of you can be trapped by the past, in traumatic experiences and in relationships, even those long since gone, because part of your power remains with another? This can happen because of permission subconsciously given for them to hold a piece of your spirit. Then the time comes for such permissions to be revoked, and the pieces of self to be reclaimed and restored to the soul.

Master healer and Goddess of deep Soul Restoration, the Lady Isis now guides you to make peace with the past and reclaim the lost pieces of your soul. The time has come for you to take yourself in entirely into your own possession, to call back your Soul from trauma in this lifetime and others, to give yourself back to yourself, wholly and completely. In doing so, your life will flourish, infused with greater energy, into beautiful new expression.

Isis calls the Soul back into wholeness again. Her passion, determination and unfailing love for Her beloved Osiris restored him from a dismembered, distorted and fractured self into a whole Divine Masculine being once more.

The Oracle of Soul Retrieval guides you to forgive and reclaim your own power and energy into totality now, even if the trapped energy is so unconscious that you do not even know that you are missing a part of yourself! Searching for any inner places that feel incomplete or draining is the way to commence the process of Soul retrieval.

Forgiveness can be a good place to begin the work more consciously. This is hard spiritual work sometimes, because we can want to be right or justified in what we feel or perceive, and we don't want to be harmed again by allowing inappropriate behaviour.

In the action of forgiveness you are simply reclaiming your energy from the situation, person or experience so that is at your disposal instead of being trapped in their energy field. What is most likely to occur is that that person, place or situation will simply fall away from your life and be released. You will not be opening yourself up to attack, you will be wiser and stronger for your forgiveness and the ability that forgiveness gives you to reclaim your spirit. You will have more energy and with no further effort, you will actually move on not just in mind or body but in spirit.

The Oracle also indicates you have healing ability, that you are capable of channelling Soul energy to help others forgive and reclaim their spirit too. The more you base your work in unconditional love, which is the true nature of the Soul, the more powerful your work will become for yourself and for others in service. Your healing gift is quite deep and if you are interested in working in healing capacity with the others, or wondering if this is the right calling you, then this card serves as confirmation for you.

The Oracle of soul retrieval also brings a special message for healers. Sometimes in your deep work with others, you desire to be of service can drain you if you are not carefully cleansing your energy field. If you have pulled this card together with the Pyramid of Light or the Pillar of Light cards then you are encouraged to do swift and thorough psychic and spiritual cleansing each evening and morning for the next several weeks until you feel more of yourself again. You will notice the thoughts and feelings of others become less intrusive. This is unconditional loving. Your clients will gain more strength in learning to feed their own energy field rather than feeding off yours and you will gain more strength in the process too. It can be hard work to change patterns of professional and energetic dependency but it is worth the effort so that you do not become drained and unable to continue your path as a healer. This guidance applies equally to those that are not formal healers, but tend to attract those seeking guidance and support informally into their lives.

This message is so synchronistic with my personal message but not only that – it completely confirms what the universe has been telling us about retrieving parts of our soul.