



2. WATER—HOW THE ISSUE AFFECTS YOUR FEELINGS

STEP 1

When I tried to create my desire in the past these are some of the emotions that may have stopped me?

EMOTIONS HOW I REACT

Heavy Hearted - withdraw – pull back into myself and hope the earth swallows me up

Anguished - overwhelm – nervous and mind races

Sad - defeated – consumed

My dearest beloved Heavy Hearted what are you here to teach me.

I come to show how much you close your heart over and allow the pain to consume you. My job is to make you feel the amount of weight of others' opinions you place on the scale of your life. Remember in the Hall of Judgment a man's deeds are weighed against his heart and should his deeds be heavier than his heart he does not inherit his acre of reeds. Well each time you allow the energy of self-loathing to enter your vibrational field you disconnect from Grace – I am there to call you home

My dearest beloved "Anguished" what are you here to teach me.

Child the feeling of anguish that stomach churning, heart sinking lump in the throat reaction is designed to show you how your body is trying to cope with your thoughts as you spiral down and are consumed by that feeling. My job is to make you intensely feel the separation you are causing from your higher self. Turn your gaze upwards and use the despair of separation to call back your spirit. It is because I love you so much that I have to be certain that you realize your disconnection from your truly beautiful self.

My dearest beloved "Sad" what are you here to teach me.

All the world and universes are one – the sadness that you feel in these moments of self-loathing is our sadness. That you could even think that you are not loved and accepted above all measure makes the heavens weep. Realize the sadness that you feel is not that feeling loathing it is the choice you make to separate from your true self - sadness creates longing and it is the only way we can get you to yearn for reconnection

HOW THIS ALIGNS WITH MY NUMBERS. 28/10

HEAVY HEARTED –

Aligns with my eight because it is loss of power

The feelings of withdrawal and separation align with my 2 - as withdrawal is a factor when 2s feel undervalued and unappreciated

28/10s reject authority naturally, but when wounded in an area of their life they are controlled by the thoughts and authority of others until they take back their power, put in boundaries and create a life of creative higher service. Once they pull back their authentic self they have dominion over their thoughts and come from a place of self-power.

ANGUISHED –

Aligns with my “0” because it separates me from my higher self.

Aligns with my “8” because it shuts down the flow of higher power and causes me to deplete the power in my body like a battery running down.

Aligns with my 2 because I cannot balance the flow of higher and personal energy within my body and I lose co-operation with my higher self which leave me floundering

Aligns with my “1” because it undermines my confidence when in situations that these feelings are activated and causes me to reach for comfort food which perpetuates the addictive nature of the “1”

SAD -

Aligns with my “2” because I separate from my “Higher Self” and regress into “Lost Child” which causes me to withdraw and want to hide.

Causes my ego to no longer co-operate with my “Higher Self” and intensify the wound of the lost child

Aligns with my “8” because this type of “Sad” if not addressed turns off all power supply and immobilizes me. Cuts of the flow of abundance and keeps me in Victim state

Aligns with my “1” because I have no ability to be creative in a powerful sense but instead becomes creative in destructive thoughts which facilitates a further loss of power and greater depth of spiraling – down to the bottom of the pool. Results in lack of confidence to believe in myself and be comfortable around others

Aligns with my “0” because my ego believes in these moments that the Universe has deserted me and I can’t access my spiritual gifts.

STEP 2

Re-reading how it will physically look when I have fulfilled my need for self-compassion this is how I will emote it.

WHAT WILL IT FEEL LIKE WHEN I HAVE THIS?

Compassion

Vibration

Feeling

Spiritually

I feel connected, nurtured and loved

Mentally

I feel inspired and creative

Emotionally

I feel joyful and enthusiastic

Physically

I feel vibrant, charismatic and energetic

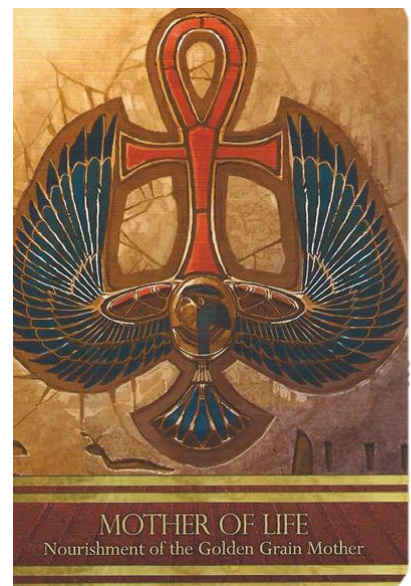
CARD FOR "WATER"

"WHO OR WHAT WILL HELP ME FEEL THESE POSITIVE EMOTIONS ON ALL LEVELS?"

My Dearest Child, how sad that you do not see the beauty and grace that you are. I come to turn on the feeling of this within your DNA. You have long ago disconnected the pathway to this power full energy to this part of life and it leaves you lost and abandoned.

I come or show you that your body is the fertile plane upon which the universe grows your power. When we revile this beautiful nurturing soil, the fruits of your life are compromised just as describe in the bible as the pruning of the tree that is not producing. See your magnificent gum trees in the centre of your "Garden of Lover." Gum trees have the ability to self- prune what is no longer viable to them and they just let the branches drop away so that the vital energy is sent to feed the tree parts that keep it strong.

Pruning away what no longer serves you and that which is now depleting you is the kindest thing we can do. The greatest pruning needs to be in the area of the emotions that you use. Because while the thoughts need to change, it is the emotions that cause the chemical reaction when you combine it with a thought which creates a feeling – the feeling determines your vibrational level and the distance between you and your Higher Self – emotions are the prodigal son – the further you are away from source – "The Father" – the more impoverished you become and you cannot create the necessary energy to support your physical system. The 9 cycles of life are designed for planting, growing, pruning, feeding and reaping. Then review of what worked through that cycle and what didn't work is done in the 9th year so that mis-takes and mis- conceptions can be reviewed, addressed and discarded by using the wisdom of the lessons and a new plan can be created for a greater yield in the next cycle. It's the story if the "The Sower" as told by Jesus. I come to help you plant the seeds of new beliefs that will give you access to new feelings which will create new chemicals which will fertilizers and nourish the new crop that will feed your soul.



HOW I WILL ACT WITH "COMPASSION" WHEN -

SPIRITUALLY

I feel connected, nurtured and loved – *Grace flows enabling me to be gentle and understanding with my progress*

MENTALLY

I feel inspired and creative – *I have clarity as to what is necessary to create a new neural pathway and present a new story of power to my mind's eye.*

EMOTIONALLY

I feel joyful and enthusiastic – *This is the vibration of my heart, it takes me to unite with the pure lover of my life, my all-encompassing spirit that is the essence of compassion. This liberation of joy helps me to love the areas of my life that are my greatest gifts of growth*

PHYSICALLY

I feel vibrant, charismatic and energetic – *Energy is flowing through my body giving me the stamina to overcome resistance as I approach the parts of my life that I find challenging with expectation, excitement and openness ready to see the synchronicities that the universe is bring to me.*

CARD'S ACTUAL MESSAGE

MOTHER OF LIFE NOURISHMENT OF THE GOLDEN GRAIN MOTHER

We can sometimes fall into existing and doing rather than living. We only know that this has happened when suddenly our life seems dry, depleted, filled with tasks or it feels like we are stuck in a rut or habits that may have been comfortable that is becoming stifling and suppressing. Isis, the Mother of Life, holds the ability to restore even the most numb, resistant and difficult circumstances and people back into your life. She calls to you now, seeking to bestow gifts of life upon you. Be bold and brave, open your arms and receive.

Isis, is known as the "Sustainer of Life", able to restore, nourish and bring to life to that which has been cast aside or lost, that which you consider beyond repair, a lost cause or deadened. There are parts of your life, beloved Initiate, that are ready to receive more life. You will be able to recognise this in any discomfort that you are currently experiencing in your life.

Discomfort and unfamiliarity is where life is attempting to break through to you, to reach through the walls that you may have once created to protect yourself but that now you need to either climb over, demolish or at least open up with some doors and windows! The tricky part is that most often we don't consciously realise that we are "not living". It is not until we start to live more trustingly that it becomes obvious that we once were hiding ourselves from life! (love this)

Life is calling you to take more of Her gifts of experience. This Oracle brings encouragement and guidance for you to learn skills and practices that nourish you and your community. You have the Divine Mother within you - how shall you offer nourishment through Her? It might be through cooking, through learning to be more present in your body and taking time to express your feelings or reality, or it might be through taking a dance or yoga class, spending time in nature or with animals for example. Have you been thinking of joining a class group? Learning a new hobby or skill? The Oracle of the Mother of Life is confirming that you are on the right track, so keep open to opportunities and further instincts about pursuing these matters, and know that if you are a bit worried that it is a "stretch" for you, then it is even more likely you are on the right track! Stay connected to your heart and give yourself permission to grow. The Oracle also brings guidance that new people, places and things will enrich your life in the near future and if you have been praying for freshness, inspiration and more fun, know that your intuitions and urges to reach out and act in new ways a part of how your prayers are being answered now.

The Mother of Life Oracle also asks for patience. In the same way that there is a growth cycle required before a child can become an adult and tap into the energy of the mother within two nourish him or herself, so too do certain life phases require patience as they mature. As you journey into the new life seeking you, your need to be patient as you learning grow you will eventually become very comfortable with that which is the first is distinctly uncomfortable. It just takes time, patience not running away and being present with yourself, just like the Mother of Life who never leaves you - She is always waiting for your return to Her embrace, and as you open to new unfolding of experiences in your life.

I am loving the way the Universe's advice to me is congruent with the Card's meaning

3. AIR — HOW THE ISSUE AFFECTS YOUR THOUGHTS—HEAD ISSUES



When I tried to create my desire to meet my need of **COMPASSION** in the past these were some of the thoughts that kept playing in my mind?

BOSSY, LOUD, UGLY, FAT, REVOLTING, EMBARRASSING

SOME OF WHAT THE “COMMITTEE OF THEY” WHISPER TO ME

- | | |
|---|--|
| • People won't want to be your friend because you are fat | <i>Mother when I was in about gr 4</i> |
| • Your too bossy stop taking over | <i>Mother & Mrs Smilly</i> |
| • Nobody will want marry you | <i>Mother</i> |
| • You are an embarrassment | <i>Father</i> |
| • You are loathsome like the phantom of the opera | <i>My silly head</i> |
| • You look ugly in photos | <i>Mum would point out how much bigger I was in photos</i> |
| • You will kill your horse if you get on it | <i>My silly head</i> |
| • Don't dance people will laugh at you | <i>My silly head</i> |
| • People don't like you | <i>Numerous people</i> |
| • You are a nuisance, nobody wanted you here anyway | <i>Janis, sister</i> |
| • You look like a sack of potatoes tied in the middle | <i>Sister Anthony Form 1 CLC</i> |

INNER CHILD still believing the illusions that have been inflicted on me is a 3 year old Toddler. I can see the picture in my mind very clearly of this child sitting in a pair of overalls on the stone wall with teddy next to me. Was not aware that I was feeling this at this level thought it was more around the school child. But on reflection this is when Lost Child had kicked in.

WHY I PICKED THE WEAKNESSES I DID IN MY PERSONALITY PROFILE.

Bossy	Wants credit
Undisciplined	Talkative
Resistant	Domineering
Frank	Intolerant
Interrupts	Manipulative
Unpredictable	Show off
Headstrong	Loud
Permissive	Short Tempered
Angered easily	Rash
Naïve	Crafty

Although the weaknesses I have picked are absolutely indicative to the Disorganized Sanguine and the Control Freak Choleric I had heard them so many times over my childhood that it was very easy for me to choose them. Had to think about the strengths more than the weakness because of this reinforcement of what was wrong with me. That being said I do live up to those weaknesses rather spectacularly sometimes

HOW MY THOUGHTS ALIGN WITH THE NEGATIVE POLARITY OF MY NUMBERS AND DENIED MY NEED FOR SELF COMPASSION

2 COOPERATION & BALANCE Feels overwhelmed resistant and reactive; starts out overly helpful, then suddenly withdraws, co-dependent, resentment

Thoughts that can dominate here: LOUD, UGLY, FAT, REVOLTING, EMBARASSING

The thoughts of being unacceptable can be triggered in social occasions which will cause me to withdraw. (Withdrawal) Would often in the past turn up to parties sit out front for an hour or two. (Overwhelmed & resistant) vomit and go home without going in (reactive)

Made me look for confirmation that I was okay, (co-dependent) and then push the boundary until I received "You are not okay" statements to feed my belief. (reactive & resentment)

These days occasionally I can still worry "I have done enough, been there enough and given of myself enough" (overly helpful) then get resentful when I am drained and people want more. (Withdraw)

The thoughts that drag me down will often make it impossible for me to set boundaries when I am in career mode or feel I am letting people down, especially when I haven't said NO to a social invitation.

8 ABUNDANCE & POWER Afraid of, yet preoccupied with issues of money, power, control and recognition sabotages self. Self -deceit, Opportunist

Thoughts that can dominate here: BOSSY, EMBARASSING, REVOLTING

Bossy will often make me question my approach with people leaving me confused as to how I should be in a social out of comfort situation. (Power & control issue)

Embarrassing will raise its head if people quite innocently tell me I have lost weight (recognition) – mind goes "I am still fat –OMG what must they have thought of me before" (Revolting) (seriously disturbing I know lol)

1 CREATIVITY & CONFIDENCE Feels blocked, stuck, frustrated; feels inferior ill, lethargic, insecure possibly addicted

Thoughts that can dominate here: BOSSY, LOUD, UGLY, FAT, REVOLTING, EMBARASSING

The whole lot of them because each one of these persistent thoughts can undermine my desire to be in social situations or the necessary evil of networking.

0 INNER GIFTS Hypersensitive and nervous; stubborn; sarcastic, caustic expression; confused by internal feelings or intuitions

Thoughts that can dominate here EMBARASSING

Embarrassing can sometimes rear up here and cause me to be hypersensitive – but this number does not generally give me any grief because I am so in tuned with serving my higher self. But when for whatever reason I separate from that I can go into a tirade of caustic expression on myself

WHAT MY NEGATIVE THOUGHTS ARE YOU HERE TO TEACH ME

My Dearest Beloved Bossy what are you here to teach me

I stand waiting for you to come back and retrieve the skills on leadership that you buried as a young child. The loss of these skills pulled away your self-confidence - when I am around you are losing energy to the dictates of others and the lack of authority in yourself.

My Dearest Beloved LOUD what are you here to teach me.

Dearest child you were criticized for being passionate about life, you slowly shut down and let all the joy and excitement seep out of you. You bring laughter and light where ever you go. I remind you that love of life is like the cornucopia it is meant to be celebrated. What others think is their problem not yours. Reclaim that wild free self and those that appreciate it will draw near. Those that find it annoying will move away and that is just the way of life. Stop playing small to please the dictates of others.

My Dearest Beloved UGLY what are you here to teach me.

Here we are staring at each other yet I see sensitivity, compassion, caring and love. What is it that you see in me sweet child? Ugly, what does that mean and why is it important. I come to show you how much energy you can lose trying to fit into what people call the norm. I come to teach you beauty is not in form it is in the Grace that you shine

My Dearest Beloved FAT what are you here to teach me.

I come to be the boundaries that you were incapable to set as a child I came to protect and hide that purity of spirit that needed to be protected until such time as wisdom unraveled the seals and brought into being your purpose. I also came to teach you understanding and empathy for people whose pain is trapped in their bodies. The obsession of humans with the body separates them from their ability to be one with self. When people stoop and turn their compassion on themselves the body changes.

My Dearest Beloved REVOLTING what are you here to teach me.

Such a harsh lesson you had to learn about the importance of self-acceptance. Your self-imposed dungeon of self-revulsion has made you dig deep and search for peace within instead of needing the praises of men to embrace you, you had to retreat to the dark – it is there in the shadows that Phillip came and gave you the Book of Wisdom. You would never have been given that information if you were self-absorbed. Now that was once revolted should be honoured, thanked and loved

My Dearest Beloved EMBARRASSING what are you here to teach me.

I came to show you that because man worries so much about what others think this fear weaves the spell of humiliation that puts your spirit to sleep just like the Lady of Shalott. You needed to understand this because this is the very basis of soul and spirit separation without this lesson how could you bring hope?

THE WAYS I SABOTAGED MYSELF IN THE PAST –

E.G. THOUGHTS, BEHAVIOR, ACTIONS.

- I missed out on so much life because of self - hate
- I married at just 18 because I believed no one else would ever want me
- I never went to a dance as a teenager because I hated my self
- I denied myself the gifts the universe sent me
- I let opportunities go because of other's opinions
- I became a recluse and hid myself away
- I denied pleasure in my life
- I had no boundaries or self-respect
- I became angry, depressed and self-mutilating
- I stopped singing
- I stopped riding

THE SITUATIONS I DREW INTO MY LIFE THAT CONFIRMED THAT I COULD NOT HAVE SELF COMPASSION

- I lived 10 years in a loveless marriage that every day reinforced the beliefs I had about why I was unlovable.
- My mother constantly pointed out my faults and what was wrong with me – even when I was a size 10. This made me just give up and say “What’s the point no matter what I do I will never achieve your acceptance so then I ate myself into a size 24 oblivion which guaranteed I was displaying the beliefs I had about myself
- My father would never miss an opportunity to comment on my looks or size in the presence of his family because I was such an embarrassment to him
- I was angry, sad and depressed and constantly pushed people away who did not support my self-hatred I would look at them as if they were like planet 9

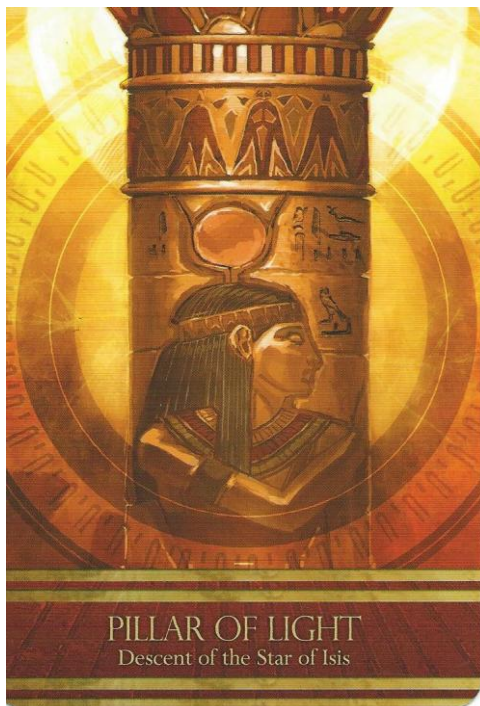
STEP 2

BEING COMPASSIONATE

- Spiritually** — I am connected to my Higher Self to stay in Higher Vibration
- Mentally** — I consciously choose a higher thoughts
- Emotionally** — I am always aware of my energy dropping or leaking
- Physically** — I address the choice map when thoughts seek to pull me off my path and use HeartMath technique to regain energy

WHO OR WHAT WILL HELP ME CHANGE MY THOUGHTS

“PILLAR OF LIGHT” DESCENT OF THE STAR OF ISIS



“WHAT DO I NEED TO DO TO ACHIEVE A STATE OF HIGHER BEING?”

Dearest child to stay in the state of Higher being you need let the cares of the old thoughts rest now. They have served you well in the past but like people coming in and out of your life through the revolving door so must thoughts, beliefs and behaviours. The universe is constantly filling space left when all that is old is discarded but unless that first task is achieved any new vibration coming in will be contaminated by that which holds so dearly to life. There is no profit or help for you holding onto these thoughts. So as each one presents itself be conscious and allow them to surface, bless them and let them dissipate. You are the creator of your world so therefore you must be consciously creating the thoughts that move your world through the various vibrations. When you do this consistently you will create an energy stream a little like gravity that will hold it in the new vibration and you will not slip back into old patterns. People wrongly believe that they must force themselves to stop a habit and this is why it is so difficult to change, all you are doing is creating an energy stream to maintain it due to your focus. Remember what fires together

wires together. Activate a new Creation Statement. “For as long as I can remember, I have always looked with sweet eyes, filled with love and compassion upon my physical being. It has always been this way for as long as I can remember! I am self-compassionate. I am that, I am

“ISIS HOW WILL YOU HELP ME ACHIEVE THIS STATE OF BEING?”

Child I will come to you in the wind of your mind. Like the gentle breeze at night I will seek to remind you of who you are, why you are here and more importantly who you are becoming. I will light you from within and activate your Ray so that your light extends to all your cells. That which is hidden will now be revealed because you have journeyed enough to gain the wisdom to know how to apply the gifts we give you, first to yourself for healing and empowerment and then to those we send you.

CARD'S ACTUAL MESSAGE

PILLAR OF LIGHT - DESCENT OF THE STAR OF ISIS



Beings of Lights and Divinity are calling you now, they wish to connect with you more strongly and you are being guided to strengthen your energy field to allow more of the divine light that seeks you to flow through your body safely and into expression.

Beloved Initiate, you are called to allow more Divine Energy and light to emanate from your body, to help build your Light body so that the love and healing of the cosmic feminine energies of the Star of Isis can descend through you, offering healing light and assistance to humanity and setting your heart and soul on fire with divine love and passion.

It is suggested that you first build and strengthen your natural Pillar of Light within your energy body, like building a broadband cable, so that you can receive energy transmissions into your being more easily. Without such preparation it would be like trying to run high-voltage electricity through wires that are not equipped to handle it - some fire and damage would occur and the practice would be not be safe or sensible.

The Pillar of light is the energy tube of pure white light that connects the Soul Star Chakra right above your head and the Earth Star Chakra right beneath your feet. The Star of Isis will descend from above your Soul Star Chakra, pouring its Grace, light and healing power, until it eventually flows like a river into your Earth Star Chakra, blessing the Earth through your body.

The Star of Isis, also known as Sirius, rests in a state of bliss, joy and has a solid presence of heart, great strength and stunning spiritual light. This is consciousness seeking to manifest more fully in service through you now, beloved Initiate. You are becoming more and more ready to sustain such high vibrations.

Once you start this practice you'll get a sense of how often feels right for you. If you do it too often, perhaps more than once a day, you may feel lightheaded or undergrounded, too hot or cranky, hormonal or overheated inside, out of balance emotionally and just not enjoying your practice! Moderation will lead more quickly to success. It is recommended that you attend this practice no more than once today and for several minutes at a time, building up to how ever long feels right for you. As you grow, you will feel the light descending and energy ascending more and more strongly in your physical body. At first you may feel energy or you may not, and that is fine.

The exercise will work and your awareness of it on a conscious level will grow with practice. You will also find that like a better Internet connection, as you continue with the practice your ability to be in conscious communication with your spiritual guides, to channel healing and other spiritual activity such as meditation will be stronger, clearer, easier and more powerful.

Remember to have mercy if you are then using these abilities with others. They may not be used to the degree of electricity that is coming through you and you want to facilitate good not cause harm to a person that you are helping.

Stay in your heart, don't be attached to being powerful and allow the divine lady Isis to manage the power flows from you to another by asking her for help in unconditional love.



4. FIRE—WHAT I MAY NEED TO SURRENDER TO MOVE FORWARD

Spiritually

Pattern 32. Deferring the truth of what I think, feel or want

Mentally

Pattern 1. Comparing myself to another person

In regards to meeting my need for Compassion

24 - I have trouble setting healthy priorities

Patterns from Roles that are still operating

Role - Lost Child

Difficulty in receiving choices and options

Emotionally

Pattern 7 Saying yes when I don't really want to

Co-dependence test

48 - I am controlled by addictions such as food, alcohol, cigarette, drug, shopping, love

Patterns from Roles that are still operating

Role -Surrogate Spouse

Walls or no barriers

Physically

Pattern 12 Neglecting myself

Co-Dependence Test

38 Responding to my plans being thwarted or delayed by pushing harder with anger, or making more plans

Patterns from Roles that are still operating

Caretaker

Denies personal needs

Role - Hero

Inflexible – unwilling to ask for help

Negative Patterns from my numbers 28/10 that still play out

- Authority issues

2 - Co-operation & Balance

- Overwhelm
- Reactive
- Withdraw

8 - Abundance & Power

- Self sabotage

1 - Creativity & Confidence

- Frustration
- Addictions

0 - Inner Gifts

- Caustic expression

How I feel when I do not meet my need of COMPASSION

Mistrustful	Ashamed	Depleted
Wary	Self-conscious	Exhausted
Confused	Uncomfortable	Detached
Hesitant	Uneasy	Numb
Anxious	Overwhelmed	Guarded
Lonely	Depressed	Despondent

Control Drama that is involved with – the need for COMPASSION – Poor Me

I can withdraw and expect those close to me to see that I am unhappy.
Instead of asking outright for help I can fume over “why haven’t they noticed”

1ST HOUSE EGO & PERSONALITY – MEETING THE NEED OF COMPASSION

Archetype Positive polarity

Prostitute Accentuates the challenge of surviving without negotiating the power of your spirit

Negative Polarity:

Places material considerations & security above self-empowerment

- Having the courage to listen to my intuition and follow it implicitly.
Let others opinions wash over me and stay strong in knowing who I am

2ND HOUSE LIFE VALUES – MEETING THE NEED OF COMPASSION

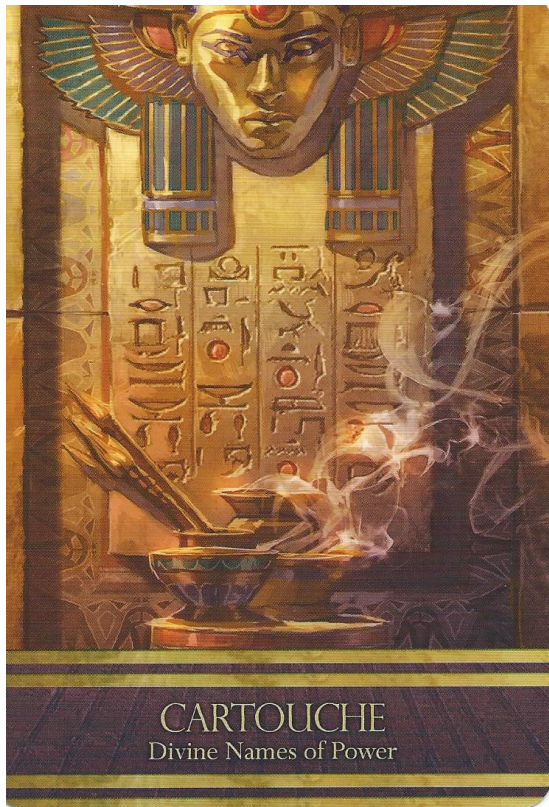
Lover	Great passion and devotion	Obsessive passion that harms others
	Unbridled appreciation of someone or something	Self destructive devotion

- Give myself the same appreciation and understanding that I give to others
- Create a list of Values that will action addressing the need for compassion

What I can do Mentally — Emotionally — Spiritually — Physically – to create new habits out of the ones that have been sabotaging my efforts to get what my desire

Sabotaging Habit	Firming a new Habit
Spiritually	
Deferring the truth of what I think, feel or want	<ul style="list-style-type: none"> • Allowing the universe to shine a light on where I am not being honest with myself • Surrender to my intuition which will get me in touch with my desires, thoughts and needs. • Realise the power of living my numbers and bring grace into my life by honouring the numbers and their specific vibrations and frequencies
Mentally	
Comparing myself to another person	<ul style="list-style-type: none"> • Recognize my unique blue print • Celebrate my strengths • Be realistic that it take practice to excel in attaining new skills and be patient with myself • Allow the learning from failure and mistakes • Set realistic time frames for learning a new skill • Use choice map • Park Bench
I have trouble setting healthy priorities	<ul style="list-style-type: none"> • Share my commitment to self with somebody else to keep me on track
Difficulty in receiving choices and options	<ul style="list-style-type: none"> • Get clarity by composing Pros and Cons lists
Emotionally	
Saying yes when I don't really want to	<ul style="list-style-type: none"> • Keep building strong self-esteem that allows me to set boundaries without fearing abandonment
I am controlled by addictions such as food,	<ul style="list-style-type: none"> • Be very aware of reactive behaviour which triggers emotional eating • Be aware of when I am sliding into an emotional state and address the emotions and search out the emotions teaching

Walls or no barriers	<ul style="list-style-type: none"> • Recognize when I am shutting down and putting up walls • Be firm with draining people and allow them to source their own Inner Self for answers
Physically	
Neglecting myself	<ul style="list-style-type: none"> • Set timeout into my diary as a priority rather than waiting for some time to become available
Responding to my plans being thwarted or delayed by pushing harder with anger, or making more plans	<ul style="list-style-type: none"> • Stop, breath and know that the universe is perfectly guiding everything.
Denies personal needs	<ul style="list-style-type: none"> • Be clear on what they are and set up strategies that will keep me on track to meeting them
Inflexible – unwilling to ask for help	<ul style="list-style-type: none"> • Mark out time in my diary for time out • Don't suppose people will know or understand how I want something done • Make a list of things that need to be done and allow the person helping to choose what they feel confident in doing
Difficulty in receiving choices and options	<ul style="list-style-type: none"> • Reassure my Inner Child and be willing to be vulnerable



“Who or what will help me break my old sabotaging habits?”

CARTOUCHE – DIVINE NAMES OF POWER

“What do I need to do to change this habit?”

My dearest beloved child to break the habit of lack of compassion for yourself is easily attained by moving closer to your higher self and connecting to source. It is so important for you to stay connected, without this your wander aimlessly and drop into the pits of depression. We so understand how hard the ordinary things in life can be when you are disconnected but when you are connected there can only be love, grace, acceptance and power. So child never let go. Draw back into the safety and security of the universe that wants to shower you with the love you deserve.

“How will you help me bring in and stabilize my new habit?”

We will make you acutely aware of when you have disconnected through all the faculties of your existence – mind body & soul. We will also guide you towards proper self-care and bring people into your life to help you attain that self-care that you so desperately need. We will guide you as to the best foods, exercise, rest and fun so that you balance out your extremely sensitive spiritual nature with the denser nature of your human self. We want to flood you with power so that you can fulfil your purpose of being a “Difference Maker” to the world.

CARD'S ACTUAL MESSAGE

Lady Isis initiates you now into her special mysteries - the use of sacred intonations. The words that you speak are rapidly gaining power. To benefit from this power rather than be undermined or held back by it, practice thoughtful speech and clear your heart of old "unforgiveness" which to poison your words unintentionally as your heart grows in purity, you'll be able to speak with spiritual authority and what you speak up and come into being more swiftly and obviously. Isis is initiating you as a master healer in his sacred tradition of divine names of power.

You're being initiated into the define healing tradition of Isis herself. Isis works for the divine names of power. These are sacred words of strength, magic and power to create healing from a place of compassion and devotion to love. She honours that which is worthy of protection and uses endless determination, combined with her skills of speaking words of power, to cause life to thrive and that which is not worthy of cultivation, which would not serve life, to dissipate and decline.

Divine names of power are the mantras, sounds and names of the Divine, in all traditions. Isis will bring you Her name to begin, offered to you as a sacred gift to be worked with as a mantra of protection, of feminine grace and Divinity, and healing. A word, phrase or mantra that is given through initiation is like a lightbulb that has been plugged into a lamp. The initiation switches the power, and the use of the word buddy initiate is like the lamp shining it's light. If you have been interested in using your voice in some way for writing, singing, healing, speaking or becoming a spokesperson for a particular cause that resonates with your heart, this Oracle of the Cartouche brings guidance that Lady Isis honours your desire, encourages you to explore and shall protect your process.

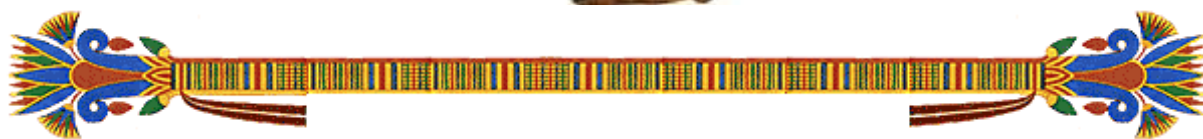
If you have drawn this oracle of the cartouche along with the Oracle of the Ancient Power Mysteries you are guided to more seriously explore sound, healing and mantra as a part of your own path and if you are a healer, you are strongly encouraged to explore these healing arts as a way to unfold your own spiritual talents and perhaps incorporate these techniques into your human practice in a way that feels true for you.

The Oracle of the Cartouche reminds you that invoking the power of speech and word for your strength, protection and spiritual growth will work effectively for you. Sometimes thinking and saying "no" is the most powerful word you can say to honour personal choice and create a safe boundary for yourself. Sometimes affirming in thought and speech "I choose to see the divine within this person, place or situation" is another way to cut through drama and use the power of word in thought and spoken expression, to create powerful healing. Choose to use your words with wisdom and pure intention, keeping in mind that with more power comes more karmic responsibility and therefore always surrendering to the greater good in unconditional love is a good idea. With this approach your gift will grow strong and its affect -intentional and unintentional - will be as spiritually clean and helpful as possible. You will become a greater force of love, peace and power on this planet.

]

The Oracle of the Cartouche also suggests that you discern the effect upon you of the company you are keeping energetically and physically. Sometimes the thoughts and words of others - their vibration - can enhance you all leave you feeling depleted or drained.

If you are drawn into negative speaking in order to "bond" or "fit in" with others you are asked if it is worth it for the effect it has on your own vibration. You can use words of power to cleanse any cords or contracts that would lower your vibration into a fearful place, in order to come back to love, to help you stay true to yourself and perhaps even inspire others to think or speak more positively when they are around you, not position of judgement of other's choices that from a position of wisdom, realising the effects of such choices.





Being able to lovingly allow myself to give and receive compassion for the unloved parts of me, the fears that can grip me and the behaviours that once protected me but now stifle my progress.

WHY IT IS SO IMPORTANT THAT I MEET THE NEED OF COMPASSION WITHIN MYSELF?

My Dearest Beloved Higher Self

I come to ask for you to reveal to me why it is so important that I meet the need of compassion within myself.

Dearest child since time immemorial you have served our cause both in the seen and the unseen – each time bringing wisdom and allowing people to access their authentic self. Sometimes they have abused this power and other times they have gone on to be builders of men and worlds. You so consciously dedicated yourself to your path until Brittany where you allowed the humanness of your heart to be flattered by the whispering of humans that did not have your highest self at heart but were driven by lust and competition. There just once you lost your connection and whilst we were happy for you to experience this so that you can understand the humanness of the needs that can drive you, you cast yourself down, shamed and hidden – do you remember the angel with the muddied wings that you wrote about so long ago – shackled in a dungeon of their own making because this angel believed that she had failed in her mission and turned her back on the task – do you remember all those years when you wrote about it, we know you do because you experience even now as if it was yesterday and this is the very reason why in this life time you had to experience the blackness of separation to go and find that part of you that you buried centuries ago – too ashamed to face the universe – condemning yourself for a crime that did not exist. You know that every life is of such richness and colour and experience so that it enhances the understanding of the quest that Spirit must take through the human form. Remember the spark you are protecting – the divine child wrapped around it keeping the flame alive. Oh sweet child how could you ever think that we would turn from you and accuse you of betrayal because in one moment you became totally human driven by human needs. There is the pain – you child has been trying to lead you back there Lady of the Forest, back to reclaim what you imprisoned all those years before. It was so necessary to disempower you so that you had to go and re-seek it. Now that we stand here together you see the light, you understand what has happened, and that this has happened to so many of our beloved, so many who felt they failed because they lost their way. You never lost your way, you had to experience the extreme pain of separation so that you could have compassion of those that are so disconnect that their life is filled with wanting, anxiety, loss and fear. Compassion is the essence of understanding – it is the wrenching open of the heart that allows the light of the universe to shine through. It melts the steel wall and brings down the battlements. Do you remember the wall and the words that were spoken to you? So sweet child we have come full circle back to the dungeon where the journey begun - see your beautiful inner child – she has been waiting such a long time – in her hand is the key to your shackles – to your spirit that desires to soar above the misery and shadow of life and like Ra see the whole universe within the spectrum of its eye. Just like Lizzie in Drop Dead Fred when she released her child from the bed – so too you now can release the shame and fear from such a long time ago. It is time to grow strong to move forward and shine our beloved child. I know as we talk to you and you write this, part of you is hesitant to share it with others – those whose hearts it touches

with truth will be strengthened those who do not have eyes to see will continue to blindly feel their way through life. People all refuse to see their magnificence because with it comes great responsibility which means letting go of self and being a conduit for Grace. That is ok we have infinity for them to find their way but for now Escalaar we delight and celebrate in the light that is you

HOW DOES THIS WORK WITH THE PURPOSE OF MY NUMBERS

Meeting my need through my first number 2 is to mature to balance & diplomacy

By reclaiming this lost part of myself I can live in the world whilst not being of the world. I can navigate the two worlds with diplomacy that allows people to make up their own mind rather than preached at and help them to bring the polarity of form and spirit together to live peacefully with each other.

The word Diplomacy means

“The art or practice of conducting international relations, as in negotiating alliances, treaties, and agreements.”

This must happen internally before you can fully express it in the world. The world mirrors back to us through war - the war that takes place within us with both parts trying to dominate – only through diplomacy can a war ever be won

I can see now to be able to meet my own needs and set my own boundaries I needed the co-operation of both parts of me human and spirit – one cannot achieve this if disconnected – deeply humbled by the revelations give to me for this. Both must be consulted valued, heard and understood. Where there are chasms – bridges must be built

Living my values through my second number 8 is to mature into productivity & generosity

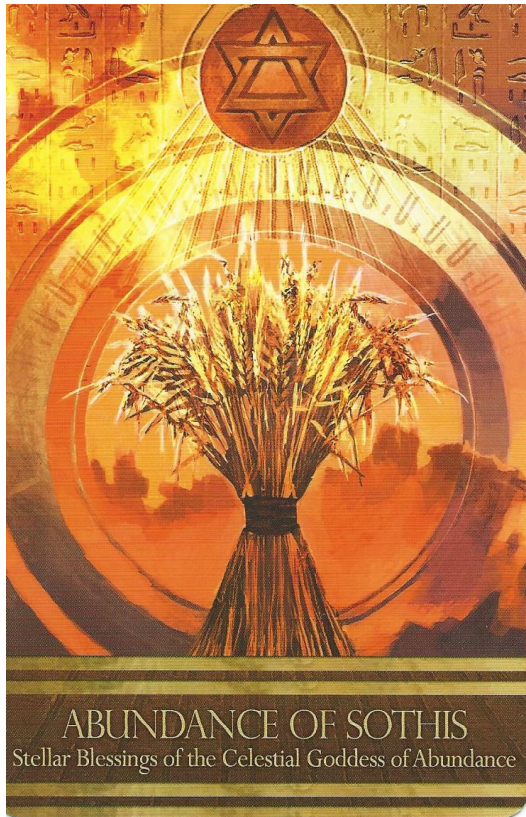
A generous heart that is open to the failings of my humanness and encouraging when all seems futile is what living my value to support my need of compassion is all about. I love that productivity is art of 8 because it is about building upon, expanding, discovering new horizon all within the context of standing in my own authority. Through this I can access greater parts of myself which opens a portal for others to see their true self.

Evolving and expanding my Working Number 10's energies being 1. Creativity & confidence & 0 Attunement & service

The universe is a powerful and ever expanding source of creativity. Constantly evolving, birthing, living and destroying what it has built to rise again glorified as the phoenix that represents it.

My purpose of my 1 energy is to expand my vibrational field, live in it, hone it and die to limited beliefs and keep expanding and birthing into higher vibrations of myself. To be like Lucy and stop doing and just expand my being, that is my purpose here. To confidently believe in the force that flows through me and become the greatest version of me that I can Be. In the process of doing this I align with the force that ignites my 0 energy which brings about a harmonious, responsive relationship between the dual aspects of myself. The culmination of this union expands my heart to self-compassion which in turn builds compassion in me for others. This allows the energy of service to expand as my desire to be of service to the universe to help people become empowered people who desire to make a difference in the world whether it be by nurturing and inspired next generation or bingo art of sustaining us on the planet all in the name of service for the betterment of all.

WHO OR WHAT WILL HELP ME TO FIND THE HEART OF THE MATTER



ABUNDANCE OF SOTHIS

STELLAR BLESSINGS OF THE CELESTIAL GODDESS OF ABUNDANCE

What do I need to do to integrate this into my heart?

Child the heart of the matter is YOU. That is the God spark! that is the authenticity. Close your eyes and connect, see your white ray beaming out – is it not there to shine light on the 3 chakras that cause the separation of selves. The expelling from the Garden of Eden is what is represented when the walls are built around your authentic self and the journey is set for the reclaiming of self through faith, trust and courage. Your desert is to teach you the great price of separation and the heart of the matter is union. Only in union can you have compassion because beloved cannot despise the loved. Only true love falls like stars from the sky into the soul of the lover. Unconditional, never seeking its own, only emitting the finest sweetest Breath of Heaven, the primordial vibration of source into the heart of the beloved self that gazes back and sees itself within the soul of the beloved .

You see when you love another unconditionally you are loving you because you are all Source, there is no separation hence what you hate in another is because you hate it in you. Once this is understood how can there possible be hatred and war as it is the beast devouring itself. We are so proud of the courage you have shown, the determination despite the setbacks, the search for knowledge and gift of wisdom you have asked for. All bestowed freely and abundantly into the hands of one who will not abuse i., Do you sense that deep feeling of peace? Can you see those feathers gleaming? What joy you bring to us on this journey – like Michael Thomas in the white house you are free to shine and to create with our potential in pure thought as you now move out into the world ready, empowered and peaceful – the blank canvas is yours to weave Heka on. Be prepared for meetings of old friends, portals have opened and there are many who will rush to greet you. The door is closing now there is no more looking back – that that was is past and slips away to the ether- you cannot return the way you come but walk confidently forward into the future knowing that you are the Master Creator and you are the power the fuels your reality

How will you help me integrate this into my heart?

Beloved we will open the seal of the 3^d level of intuition – that which comes from the voice of Source that resonates deep within your heart. That which once spoke so softly now resounds the trumpets that brought down the walls a Jericho. The high vibration of the universe will shatter anything that now stands in the way of your heart being completely open. There we will pour upon you, pressed down and overflowing the essence of Grace, Christos energy that you are washed new, refreshed, renewed and enlivened with the joys and anticipation of the next part of the journey. We will heighten all 3 levels of intuition and open further the seals of knowledge. The more you let go of the need to know out come and expand your faith, the greater the Source can flow through you. We love that you remain humble in this, too often those who have been asked have become greedy and vicious but now the world is ready, it is tired of the endless cycles of despair – it is hope that starts to beat in the fragments of peoples' hearts – hope that needs to hear the encouraging words that spark it alive. You just concentrate on being fully present, you don't need to chase anything – it is all there just waiting for you to come into a vibrational match with it



CARD'S ACTUAL MESSAGE

ABUNDANCE OF SOTHIS - STELLAR BLESSINGS OF THE CELESTIAL GODDESS OF ABUNDANCE

Abundance in many forms is flowing to you now, beloved. Intend right now to receive it. Just decide to do so in your heart this very moment. The Oracle of the Abundance of Sothis comes as guidance to expect increased flow and to continue your good works of building channels to which abundance can be delivered to you.

Freely share your talents, love, wisdom and self and enjoy the abundance responsively flowing to you, in many forms, over and over again.

Abundance comes to you now, dear initiate. If you have been through a time of restricted circumstances, materially, financially, socially, in terms of health or relationships, opportunities, fun or friendship, then this oracle indicates that the tide is turning and it upsurge of wealth, health, abundance and more are coming to you now. After an experience of restriction, perhaps for a prolonged period, you will very much enjoy this new and improved flow of energy, support, compensation and reward.

With your heart open, your many channels ready to receive the influx of abundance, and your innate belief that you are worthy to receive, you attract great support from the universe now. Channels for receiving grace in all its forms are created when you find your heart and do your part to be ready and prepared to receive. Preparation is an important part of abundance in all forms and you can enjoy your abundance to the fullest extent when there are containers for it to be held within. That's containers will be practical ways the wealth and other forms of abundance such as great relationships to be a part of your world.

Your channels might include new creative works being formed, seeking networking opportunities with others in your field so that there are ways for people to find you and the work that you offer for example, or joining classes of groups and allow you to meet others, following up your intuition or instincts in even small seemingly unrelated situations.

The containers will be created not only from practical steps that you take but from the intentions, vibration and resonance behind them, which means your thoughts, beliefs and attitudes all count. If you decide abundances is wealth, then start to really shift your identity and thoughts from the place of restriction to a place of relaxation and willingness to take care of your money so that you can create a strong container for the flow of abundance to reach you. If you desire a loving soulmate relationship or deeper friendships, becoming more of the person yourself that you wish to experience in others, as well as affirming that you have value and much to offer and are willing and worthy to receive from others will create powerful channels through which you can receive the abundance of love and good community that Sothis can bring to you.

The goddess of celestial abundance, shining Stella Mother Sorhis will bless you with all you can possibly receive, so allow yourself to act in faith, be brave take steps to ready yourself right now.

Make sure you harvest your crops to create even more channels through which abundance can flow to you, clearing out the old, completing and preparing ripe crops for nourishment. This may mean revising, finishing and bring to fruition old projects, or deciding to let them go completely they do not feel right to pursue any further. It might mean seeking fresh input or collaboration on certain projects or feeling any sadness, guilt, grief or anger over unfinished projects and letting them go completely. Then maybe still other projects that you feel in your heart are right for you, but not just now, and so they released to percolate further in the cosmic womb. With this greater creativity clarity and organisation, your channels for Abundant will be clearer and more receptive and Sothis will have all the more room in which to bless and fill you.



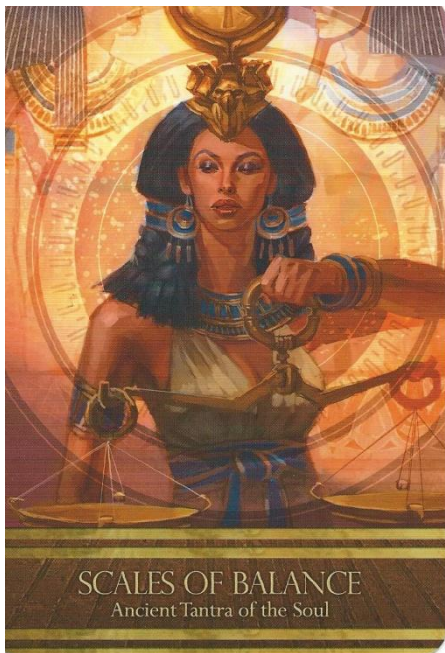
Dearest Universe – here I am, this is me and I am totally humbled at the love and power you have given our little group of journeyers- what a privilege to be able to reach into the depths of who we are and be given insights to our magnificence and the truth of what is holding us from seeing this truth. I already feel the quickening coming, I can smell it on the wind dear friend, just as I did 33 years ago – interesting time lapse – 33 such a significant number.

THANK YOU FOR THE CARD

“SCALES OF BALANCE”

ANCIENT TANTRA OF THE SOUL

MY DEAREST BELOVED SCALES OF BALANCE WHAT IS THAT I NEED TO DO TO MAKE A QUANTUM LEAP?



So child here we are, at the culmination of the journey and yet here you are at the energy that you are born from. The Scales - the measurer of a man's heart and the vibration of the star sign that you have chosen to be born through. What is the measure of a man's heart – that is the only question. This is where the leap comes from child - hold your focus, a compassionate heart answers the 42 Judgments of Ma'at and lifts your vibration to be light as a feather. Together we will show you the way of expanding your energy – using your ray to draw to you those who willingly and truly from their heart want to make a difference in the world. So sweet child there is only one answer – always come from heart for that is your place of wisdom. Do not listen to the whispers of the world because they do not understand your vibration but lovingly extend a hand to lift those who truly desire it.

SOMETHING THAT HAS LAIN ON MY HEART FOR 2 YEARS OR MORE

For years I have wanted to be on the international stage – a yearning that I could not put out. I didn't know what I would even talk about but it was there pushing, pushing, pushing, I questioned – who am I to deliver to the world – most of the world wouldn't even know what I was on about, I shunned the idea of playing the corporate game, of doing all those things that manipulate people into programmes etc. I came up with a thousand reasons why I didn't want to do it but still it quietly pushed. I don't want to do it for recognition in fact I am uncomfortable with that, I don't want a Lamborghini or a McMansion – I have had all that and I was empty inside - so why would I want to put myself out there to be scrutinized – when I am at heart an extremely introverted private person. But still you wouldn't leave me. You depressed me jabbed at me made me uncomfortable but still you pushed you put me in the belly of the Whale, like Jonah and spat me out just where I need to be until I finally surrendered and then came the dawn. I so want people to be free to know their true selves to live the richness of finding the themselves, to not be caught up with aimless law of attraction wanting things to appear in their life, I want purposeful attraction – people who are in love with becoming the best version of themselves and living that authentically through their lives – ever expanding. Warriors who are willing to draw on courage and when they want to run away stand their ground. People who are willing to invest in the betterment of others not just selflessly gaining knowledge for the betterment of themselves. There it is that is what I will talk about “The Importance of the Purpose of Becoming”

WHAT WILL CHANGE IN MY LIFE WHEN I ACQUIRE IT?

Very little externally but internally I will blaze with passion and be fueled by inspiration, balanced between living in the world but not of the world. Being the open channel for wherever the adventure leads me. Never compromising my truth no matter how uncomfortable it makes others. I will be morphed into a being of light that infiltrates every cell of my body. I will expand my mind and surrender to the greater form of the Source that flows through me. I will be the best version of me that is possible and I know when my days appointment with death comes I will tell Azrael “I am ready I have run the good race. I have sown where I was sent and now it is up to the universe to harvest those who have the love in their hearts and the fire in their bellies to truly be difference makers.” Whether they are stay home mums and dads, investing into lives of their children or the checkout chick who smile may just save a life as it did mine– right through the power people of the world whose hearts truly want to make a difference – we are all on the same playing field one no better than another the only thing that separates us is whether our heart is ignited with love and not fear.



Love came
down and rescued me

Love came
down and set me

Free
Isaiah 53

My heart at this time is bursting with gratitude to the Universe for its enduring love, patience, and wisdom that it keeps pouring on me until I just stop all the hysteria and let go of control and there it is – this is me, whole, loved, valued beyond measure.

Never alone, guided, protected and acknowledge - all that was not available to me as a child has been restored, pressed down over flowing –nothing is ever lost in the sight of God – no not even me.

CARD'S ACTUAL MEANING

"SCALES OF BALANCE"

ANCIENT TANTRA OF THE SOUL



You are the Tantrika, and Initiate of the Path of Divine Healing of Masculine and Feminine, the two sacred polarities that are universal to human experience. As these energies come into mutual respect and balance, you attain great power, presence and healing effect in the world of the soul and in the human world of forms here on this earth. You are supported in further exploring this path now, under the auspice and blessing of the beloved Isis.

You are in the process of sacred relationship healing of the Divine Masculine and Divine Feminine energies within your own soul. This is the advanced spiritual path of Tantra. It is the connection of the body and soul. The effect of this inner divine relationship healing is genuine enlightenment of mind and body. The body becomes a living temple of light, energy and wild aliveness.

This is embodiment can be experienced in movement, in deep stillness, in vitality and in quietness. You are a Tantric, a secret priest-priestess of the Tantric arts.

Some people mistakenly believe that Tantra is simply about sexuality, it is in truth the journey of the soul to bring masculine and feminine polarities into wholeness, love, unity and empowerment, to learn to be the enlightened path in every element of your being. This is soul building work that is a great service to the spiritual healing and evolution of humanity, which is in deep need of those such as yourself, who can help create secret connection between the mind and body. It might be through your own personal healing of your body-mind connection and perhaps through your healing services for others that you walk your Tantric Path. It might be done in a private way or in an obvious way. What matters is that it feels right to you. Walking this path authentically is a choice to live in dedication to the sacred work Isis who taught us about the creative power that could come of healing the relationship between masculine and feminine consciousness.

You are guided to accept this healing through learning to balance the masculine and feminine energy within yourself and your relationships to others. Balancing give-and-take, directing and flowing, play and solitude are ways to do this now. Learning to feel as comfortable as possible with your sexual and spiritual nature, seeing how they can complement rather than compete with each other is helpful too. Connection with body is the most powerful form of healing for feminine energy as it holds the secrets of Divine Feminine wisdom. This can occur through movement, dance and yoga that are based on body awareness and presence, rather than necessarily involving fast flowing postures that may take you more into your head than your body. You can come into your body through time in nature, swimming, lying in the sun, resting or walking provided that you stay present to the physical sensation that you experience.

This Oracle also comes as a guide for your path of inner healing and service. You are encouraged to explore the Divine Masculine and Feminine healing within yourself specifically at this time. This may involve forgiveness of past relationships with significant males or females in your life. It may also require an adjustment of softening to allow in feminine wisdom, or cutting out some distraction or draining situations or relationships that minimise your sense of your own power and capacity to use masculine wisdom well.