

CONNECT WITH GOD'S INFINITE LOVE & LIGHT

Everything that God created is filled with Divine love and light. Nature is God's glorious creation, with colorful rainbows, majestic animals, sparkling rivers, and breathtaking skies. When we come into this world as pure and innocent beings, we approach it with an innate sense of wonder and awe.

In this companion guidebook to the *Love & Light* Divine Guidance Cards, **Doreen Virtue** offers beautifully supportive messages to inspire you to connect with God's magnificence and the bounty of creation, as well as your own inner child, and remind you that God's Kingdom of love and light is ever present. You can pull a card and read the corresponding guidebook entry to give you spiritual strength for your day, gain God's insight into your questions, or receive a deeper understanding of heaven's loving guidance.



Doreen Virtue is a Christian and international best-selling author with degrees in counseling psychology. She has appeared on *Oprah*, *The View*, *Good Morning America*, CNN, and the BBC, and has been featured in newspapers and magazines worldwide. For information on Doreen's work, please visit her at AngelTherapy.com or Facebook.com/DoreenVirtue444.

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LOVE & LIGHT guidebook

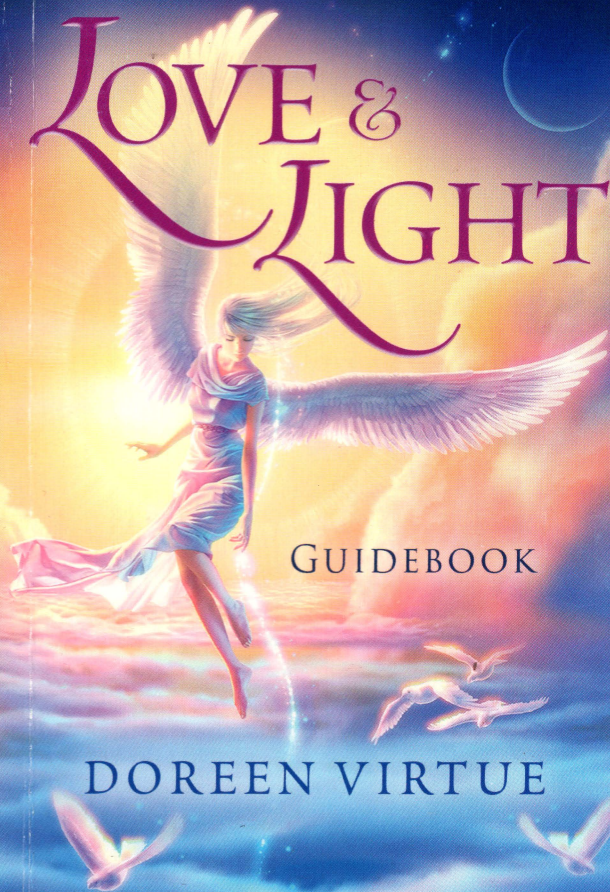
DOREEN VIRTUE



LOVE & LIGHT

GUIDEBOOK

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Doreen Virtue



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The intent of the author is only to offer information of a general nature to help you in your quest for emotional and spiritual well-being. In the event you use any of the information in this guidebook for yourself, the author and the publisher assume no responsibility for your actions.

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Also by Doreen Virtue

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ABOUT THE *LOVE & LIGHT* DIVINE GUIDANCE CARDS

I created these Divine Guidance Cards as reminders to celebrate and enjoy God's beautiful creations, and to turn to God when you need answers, guidance, and more light and love in your life.

The motif of love and light is a recurring theme in the Bible, found in countless references. For example:

- “But if we love each other, God lives in us, and his love is brought to full expression in us. And God has given us his Spirit as proof that we live in him and he in us” (1 John 4:12–13).
- “For God, who said, ‘Let there be light in the darkness,’ has made this light shine in our hearts so we could know the glory of God that is seen in the face of Jesus Christ. We now have this light

shining in our hearts, but we ourselves are like fragile clay jars containing this great treasure. This makes it clear that our great power is from God, not from ourselves” (2 Corinthians 4:6–7).

- “For you are all children of the light and of the day; we don’t belong to darkness and night” (1 Thessalonians 5:5).

Jesus also says that we can enter the heavenly Kingdom of light if we “become like little children” (Matthew 18:3), humble and teachable. Children arrive in this world as pure and innocent beings, who’ve come directly from heaven. This truth also applies to animals, birds, and fish—everything that God created is filled with Divine love and light.

As a child, you probably approached life with a sense of wonder and awe. Everything seemed new, exciting, and filled with possibilities. You were openhearted and receptive to love and fun in a big way. You were curious

about life, which led you to explore and contemplate what you found. In addition, you may have naturally enjoyed your spiritual gifts, which allowed you to tune in to the energy of God's creation.

These cards were created with the intention of reconnecting you with your inner child—that little girl or little boy still living within you, who needs attention, love, playtime, and prayers. The luminous, otherworldly quality of the lovely paintings in this deck brings us right back to childhood, evoking memories of whimsical dreams and fairy tales.

Childhood is a time in our lives when simplicity is fascinating. Children can entertain themselves for hours by watching frogs leap, playing with the soft mud silt by a lake, and collecting wildflowers. That's why being outdoors joyfully connects us with our playful inner child.

Did you spend more time in nature as a child than you do now? If so, the great outdoors is probably calling to you. Have you noticed how refreshed you feel after spending time outside? Nature is God's glorious creation. He has given you fragrant and colorful flowers, melodious singing birds, soft breezes, sparkling rivers, and breathtaking sunsets to enjoy and marvel at. Being outside is naturally soothing and, in many ways, healing, too.

Perhaps these cards will encourage you to take your inner child on a playdate to a place in nature: a park, the beach, the mountains, or even an outdoor location that you remember from childhood. Or maybe you'll be inspired to plant a new garden. I believe that spending time outdoors is a curative path that more people could benefit from. Even simply looking at lovely images can remind us of the beauty of God's nature, and motivate us to take good care of the environment and truly be shepherds of the earth and God's creatures, reveling in the glory of his creations.

There's an old Judaic text that says, "Every blade of grass has an angel bending over it, whispering, 'Grow! Grow!'" That's the vision that I have when I'm outside, with the angels taking care of the plants, the animals, and the environment.

I have a deep love and respect for Jesus, so I have always been wary of connecting with random "spirits." Still, I grew up with an appreciation of God's presence in nature.

I grew up in north San Diego County, California, back when it was rural and filled with rambling orange and avocado groves. My best friend, Anita, and I spent hours on horses, riding through the riverbeds and hills. I still spend a lot of time outdoors these days, enjoying God's glorious creation. Since I was a child, I've loved looking at nature imagery.

Communing with nature reminds us of God's amazing power that created the beautiful flowers, sunsets, and oceans. Genesis tells us that God made the sun and moon on the

fourth day of creation. These symbols of the power of Divine light to shine through the darkness show up throughout these cards. Likewise, the radiant dove is a traditional symbol of the Holy Spirit; a dove is depicted hovering in the air between Mother Mary and Archangel Gabriel in early paintings portraying the Annunciation of the birth of Jesus as well as described in Matthew 3:16, when the Holy Spirit descends upon Jesus at his baptism. The birds appearing on many of the cards will hopefully serve to remind you of the Holy Spirit's constant presence.

The Holy Spirit is the teacher that God has created to send us messages, guiding us to be in the light. God gives us his Spirit for guidance so we can show up as beacons of light and love in the world. In fact, a lamp, light, or burning candle is another symbol of the Holy Spirit's role as Enlightener: "O Lord, you are my lamp. The Lord lights up my darkness" (2 Samuel 22:29). And the Apostle Paul reminds

us to put on the “armor of light” as protection (Romans 13:12).

How to Work with the *Love & Light* Divine Guidance Cards

Since I became a born-again Christian in February 2017, my cards and books more fully reflect my love for and devotion to Jesus. These cards are among my new card-deck genre called Divine Guidance Cards. These types of cards aren’t for predictions or divination. Instead, Divine Guidance Cards are for reflection and contemplation, and for use as a devotional in helping you access God’s messages for you. Each card is graced with a relevant and supportive scripture from my favorite Bible translation, the New Living Translation.

These cards are a wonderful tool to begin your day on a positive note. You can pray for a message and pull a card, and then meditate

upon its relevance to you. You can select as many cards as you feel guided to.

I recommend sitting with each card, reading its expanded meaning in this guidebook, and noticing what thoughts and insights come to your mind. Perhaps the card will help you see a new way of looking at a situation, or introduce you to a relevant biblical passage. Ask the Holy Spirit to show you the relevance of the scripture, and then turn to that verse in the Bible to learn more about the context.

I hope that you enjoy the beautiful artwork accompanying each card. The artists—Takaki, Kagaya Yutaka, and Bill Singleton—are especially adept at capturing the epic and sublime scope of God’s nature. It is my prayer that you’ll find these cards healing for your inner child, and uplifting for your adult side, too.

In the next section of this guidebook, you’ll find expanded devotional messages for each card. Please pray for additional Divine

guidance and notice any that you receive while reading these passages.

God's Holy Spirit in you will lead you to show up in the world as a servant of God, full of his light, love, peace, compassion, and generosity. As part of Jesus's Sermon on the Mount, he says to "shine out for all to see." When you shine your light, dear one, God uses you and creates a ripple effect of his love in the world.

Rejoice and shine, darling. Shine bright! God doesn't want you to hide away. As stated in Matthew 5:15: "No one lights a lamp and then puts it under a basket. Instead, a lamp is placed on a stand, where it gives light to everyone in the house."





EXPANDED MEANINGS OF THE CARDS

This guidebook provides expanded meanings for each card. They are listed in alphabetical order according to the title at the top of each card.

When you're ready to look up a card's devotional message, find the corresponding page and read, pray about, and meditate on the entry and accompanying scripture. With prayer, you can receive insights and Divine guidance from God, Holy Spirit, and Jesus while contemplating the love and light suffused in these words.



ACKNOWLEDGE GOD'S TRUTH

As a child, you wore your heart on your sleeve—you were authentic and transparent. If you were upset, you didn't try to smother your emotions with unhealthy habits or by pretending that all was well.

Emotions are often inconsistent and wavering, so they're not the most reliable guide for deciding your next course of action. However, if you have persistent and consistent feelings about making a positive life change, that can be the voice of the Holy Spirit speaking through your heart.

Is there a situation that you need to be honest with yourself about? Taking this step will bring more joy, love, light, and peace into



your life. Perhaps it's time to speak up or admit the truth about something to yourself.

Being honest with yourself is essential. Perhaps this means taking off those rose-tinted glasses to face reality. God will always help you confront and overcome any fears about making a healthy change. It's important to keep your eyes and heart open to receive the blessings of truth into your life.

*And you will know the truth,
and the truth will set you free.*

JOHN 8:32

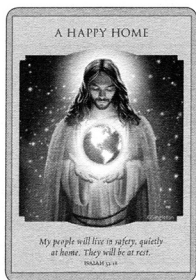


A HAPPY HOME

If you didn't have the light- and love-filled childhood home you dreamed of, you can create one for yourself and your family now. If your childhood home was a pleasant memory, you can *re-create* that sense of love and security now in adulthood. Pray to fill your home with God's love and light, which will cast away any darkness.

We all need shelter. In nature, animals are fortunate to be able to live wherever it suits them. As humans, we have a few more practical constraints and are not always able to set up our household wherever we wish. Prayer and faith open the door to finding the right home, keeping it peaceful, and protecting it.

Is your home in need of a spring-cleaning, including getting rid of items that pull you down? Walk around your home and ask



the Holy Spirit to show you which items need to be sold, donated, or discarded. Or perhaps it's time to pack your bags and move. Whether your relocation arises by choice or necessity, you can pray for God to guide you to the ideal place for you to live. You can also pray for the motivation to clean your home, if clutter has made your residence uncomfortable.

Bring God into your home with lots of prayers and devotion, and your home will reflect that powerful love.

*My people will live in safety,
quietly at home. They will be at rest.*

ISAIAH 32:18

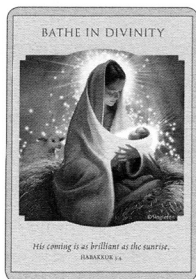


BATHE IN DIVINITY

You have options in the ways that you deal with stress and worry. You have the power to bathe yourself in the pure energy of God's love by choosing to spend time in prayer, reading the Word, and in the company of others who love God. Choose the relationships and situations where you feel most at home, peaceful with yourself and others.

Recall the influence that other children had upon your choices in childhood. Did your circle of friends encourage you in positive ways, or did they pressure or influence you to go in destructive directions? Even in adulthood, we must still guard against unhealthy peer pressure.

You bask in the reflection of God's light and love in your own heart, and in the hearts of



believers who are with you. Just as you choose to eat foods that nourish your health, so too are you guided to carefully choose your work and living environments. God will help you make changes in these situations, if you will pray for his help and follow his guidance.

Using discernment about where and with whom you spend your time is a part of self-care. Notice how you react when you are in various situations. If a certain place, relationship, or recurring pattern is draining your joy or energy, it's time to pray about whether a change is needed.

*His coming is as brilliant as the sunrise.
Rays of light flash from his hands, where
his awesome power is hidden.*

HABAKKUK 3:4

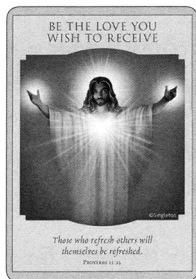


BE THE LOVE YOU WISH TO RECEIVE

The true path to a fulfilling life begins with allowing God to work through us and bless all whom we meet. Scripture teaches us that we're to be a vessel that God can work through to touch others. God works in us, and God's river of mercy flows through us to humanity.

Jesus is a role model of selfless servitude to God. He didn't come here to see only to himself. Rather, his heart was set on showing up as a servant of love to the multitudes. He served out of *love* because that's what was coursing through his veins: his Father's love.

As we grow closer to Jesus, we become more like him. The peace and love that we feel is certainly wonderful, and the blessings we



receive are amazing—but to keep all of that to ourselves is not the will of God.

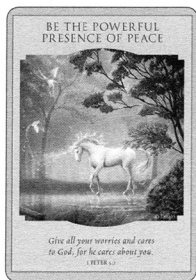
So, extend yourself, dear one. Give freely to others what you have received from your Heavenly Father. Be a servant, go the extra mile, encourage the brokenhearted, and pray for the sick. Be generous. When you give of your time, resources, and money, not only are others blessed but also goodness returns to you in many ways.

The generous will prosper; those who refresh others will themselves be refreshed.

PROVERBS 11:25



BE THE POWERFUL PRESENCE OF PEACE



As a child, you didn't have much to worry about. Your mind was focused on having fun and learning more about things that sparked your curiosity. As an adult, you can reexperience the peace of childhood by leaning upon your spiritual parent: God.

God, being peace, wills that his creations be at peace as well. You were created in God's image and likeness, so your very nature is filled with his love and light. When you're not at peace, you aren't yourself.

When there is much work to do, a calm mind is essential if you are to get the job done as efficiently as possible. When you are in the presence of a peaceful person, you can *feel* the serenity surrounding them. The unicorn on

this card is a reminder of this tranquility. (Unicorns are mentioned nine times in the King James Version of the Old Testament in descriptions of animals commonly seen in that era.)

Praying for peace is a positive, proactive thing to do. Pray for yourself, others, and the world, and your prayers will bless you with a sense of calm and spaciousness. Meditating on God's peace can have a profound and uplifting ripple effect.

*Give all your worries and cares to God,
for he cares about you.*

1 PETER 5:7



BECOME STILL, SO YOU MAY HEAR GOD

Many children naturally hear the voice of God, and they trust the Divine guidance they receive. They don't question whether it's their imagination, wondering if they are really hearing God. But somewhere along the line, we as adults often begin to question everything, including God.

If you're having difficulty hearing God's guidance for you, try going outside. It's worth the investment of time, even if it involves traveling to find a quiet spot in nature where you can commune with your Creator.

Disconnecting from the noise of the world allows you to disengage from distractions. Turn off your phone and step into God's office, the great outdoors, which he created as a



sanctuary for everyone. Spend a few moments admiring God's handiwork: listen to the birds singing, watch the butterflies dancing, run your fingers along flower petals and tree bark. Praise God for his gift of nature, and dive right into your conversation.

Pour your heart out to God, also remembering to still your mind and *listen* to his replies, which come softly into your head and heart. Talk to God like the loving parent that he is.

*For the life of every living thing is in his hand,
and the breath of every human being.*

JOB 12:10



BLESSINGS OF INNOCENCE AND PURITY

An open and loving heart is so beautiful. Walking in trust and living in truth is something we can learn from God. We all have it within us to return to our pure Divine state of being from childhood.

If we can reach this state as humans, then it will be impossible for us to harm another creature. Imagine a world in which everyone was open, honest, and loving—it really would feel like heaven on earth.

If you're carrying guilt, please talk with God about your regrets and mistakes. He will forgive you and help you forgive yourself. That's why he sent his son, Jesus, to earth, to make the ultimate sacrifice, lift our burdens,



and set us on the path of forgiveness of one another.

Sometimes we can become hardened by the challenges that come from modern-day living. If we reconnect with God, our hearts will be softened and uplifted.

*God blesses those whose hearts are pure,
for they will see God.*

MATTHEW 5:8

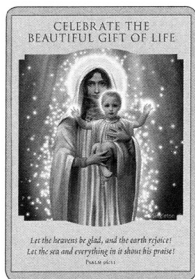


CELEBRATE THE BEAUTIFUL GIFT OF LIFE

Children love to dance, sing, and play! Celebration can be a natural way of being for us, too, as we grow into adulthood. We can regain our childhood sense of awe and wonder by delighting in this beautiful earth that God created.

New life is another reason to rejoice. When a baby is born, people celebrate with gifts and offer congratulations to the parents. You can continue to celebrate your baby steps and new beginnings throughout your adult life, too.

Nurture and celebrate your inner child by communing with God, who loves you so much, through prayer. Those quiet moments talking with God can lift your worries and burdens, so that you see the blessings and beauty in your



life. There's much to celebrate, and for which
to be grateful!

Let the heavens be glad, and the earth rejoice!
Let the sea and everything in it shout his praise!
Let the fields and their crops burst out with joy!
Let the trees of the forest sing for joy . . .

PSALM 96:11-12

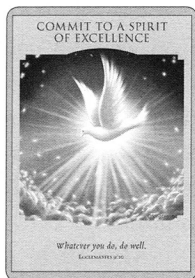


COMMIT TO A SPIRIT OF EXCELLENCE

In a society that promotes instant gratification, many people hold back from giving their all in their endeavors. They may *want* the best things in life, but they aren't quite willing to *give* their best. They take the easy way out or just do the minimum to get by. This usually doesn't get them very far.

On the contrary, if you make a commitment to giving 100 percent to whatever you're doing, you will receive earthly rewards, including the satisfaction of knowing you've done your best.

It's not about perfection, but rather about caring about the quality of your work. It's about glorifying God. Whether at work, in your relationships, during prayerful time with



God, or even while washing the dishes, give your all with an attitude of gratitude. Resist the temptation to be mediocre or to procrastinate. With God's will front and center, stay mindful, and commit to giving your best in all areas of your life, as if God were right there with you.

After all, he *is*!

Whatever you do, do well.

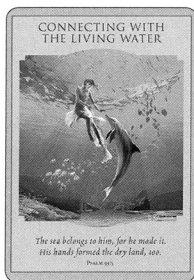
ECCLESIASTES 9:10



CONNECTING WITH THE LIVING WATER

There is a deep sense of peace when we are next to a large body of water, like the sea. Scientifically, it has been shown that negative ions are present, which have a positive effect on our well-being. Jesus said that he would give us “living water” to quench our thirst (John 4:10 and 7:38) as the Holy Spirit flowing through us (Ephesians 1:13–14).

Just as God’s Spirit refreshes us, so too do the physical waters. Sometimes it’s good to clear our thoughts and feelings, and a great way to do this is by visiting the sea. After all, water is connected to the emotions. Contemplating by the water and being fully present helps us relax and focus on the messages and guidance that God is sending to us.



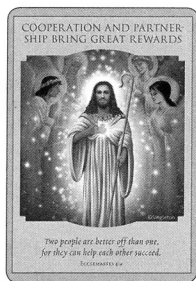
Have you become overwhelmed by emotions recently? If so, it might be a good idea for you to go to a beach or a lake. Watching a video of the waves or listening to a recording of ocean sounds can also be helpful. A sea-salt bath is another wonderful way to relax and open your heart to a healing conversation with the Holy Spirit.

*He holds in his hands the depths of the earth
and the mightiest mountains. The sea belongs
to him, for he made it. His hands
formed the dry land, too.*

PSALM 95:4-5



COOPERATION AND PARTNERSHIP BRING GREAT REWARDS



God gives each of us specific spiritual gifts and unique strengths (1 Corinthians 12:1–11). In partnerships, we can blend these gifts and strengths with others, forming a cooperative team of complementary talents. One person may be great at receiving creative inspiration, while another is wonderful at implementing these ideas in tangible form. God made all of us different for a reason!

We become stronger when we work together to complete a task, and this also applies when we pray with others. Alone, we can feel overwhelmed; whereas together, with mutual support, mountains can be moved.

If you find yourself needing the support of others, you can pray for the right people to

come into your life. Create the space so this can happen—for example, by volunteering or joining a church, class, or club. In this way, you'll meet like-minded people for friendship and cooperative projects.

Two people are better off than one, for they can help each other succeed.

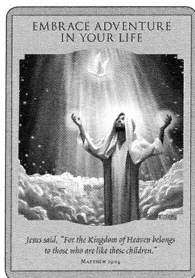
ECCLESIASTES 4:9



EMBRACE ADVENTURE IN YOUR LIFE

Children are curious about life and opportunities for learning and growth, and the fun and joy that the world can offer. The young are fearless, with a natural sense of immortality, and are content to reside in the eternal “now.” When they are hungry, they eat; when they are tired, they sleep; and when they want to play, they play! They know no tomorrow, for everything is *today*. So allow your inner and outer child to play!

Take some time now to be fully present in this moment. It’s a wonderful feeling and also very freeing! All we have is this present moment, and it is from this moment that we create our future.



Focus on the now, and leave everything else to God.

Jesus said, "Let the children come to me. Don't stop them! For the Kingdom of Heaven belongs to those who are like these children."

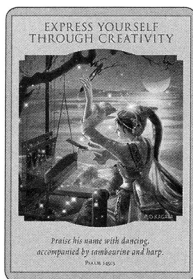
MATTHEW 19:14



EXPRESS YOURSELF THROUGH CREATIVITY

As a child, what arts and crafts did you enjoy? Did you aspire to be a dancer, musician, singer, or other artist? Creativity helps us release stress and relax, and express pent-up ideas and feelings. Even if you're unsure of how to express yourself, artistic action can open the gates of creativity for you. After all, that's what it means to be "creative": to be unique and enjoy your God-given talents. (You have them, I assure you. After all, God is the Creator, and he created you!)

As you sing, write, draw, or follow another creative impulse, you have the opportunity to touch the hearts of others. They will know that someone else feels as they feel, as they



hear your song, read your poem, look at your artwork, or otherwise connect with your heart through your creation.

Your creation doesn't necessarily need to be shown to others, though. You can make something for your own private enjoyment. It's important to express yourself in a way that feels good, as it's akin to recharging your batteries.

Music and dancing can be a form of prayer and meditation. Take time to express yourself in one or both of these ways, and feel how light you become. Celebrate life, and let your life be a beautiful song and dance—a tribute to God.

*Praise his name with dancing,
accompanied by tambourine and harp.*

PSALM 149:3



FACE YOUR FUTURE WITH BOLDNESS AND STRENGTH



Even as a child, you may have had a sense that you were born to fulfill an important mission (Romans 8:28 and 9:11). And it's true! You *do* have a mission in life, which God has given to you, knowing full well that you can fulfill your appointed role . . . and that God will support and strengthen you all along the way.

When our hearts are full of faith and trust, we can walk sure-footedly through life, prepared to meet anything that comes our way. With confidence, not arrogance, we can be sure that God is always by our side, guiding us lovingly through each day and night.

To find your true path, ask God what actions he would guide you to take today. You

may not see God's big picture for you immediately, but if you continue to pray and follow God's guidance, your purpose will make sense. We all have a Divine role to play as we walk upon this beautiful planet, and each path is equally important. Prayer will also help you find your way, like a spiritual compass!

*As soon as I pray, you answer me;
you encourage me by giving me strength.*

PSALM 138:3



FOCUS ON GOD'S LOVE

Children feel joy when they're in the presence of love—for example, the love of a parent. In the same way, pure love is a beautiful, life-affirming gift from God, our Father, to all of us.

If you're seeking love from another, the best way to attain this is to focus on God's love, which is powerfully real and unconditional. God can help you love yourself as he loves you. When you truly love yourself, then others can fully love you, too.

Prayer is a wonderful way to bring love into your life. Let your prayer be one of trust, gratitude, and an inner knowing that God will bring the right person into your life at the right time. Be patient. (And remember that it is



worth praying to God for patience regarding this, too!)

Always be humble and gentle. Be patient with each other, making allowance for each other's faults because of your love. Make every effort to keep yourselves united in the Spirit, binding yourselves together with peace.

EPHESIANS 4:2-3

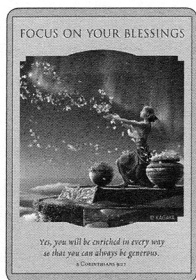


FOCUS ON YOUR BLESSINGS

In our earthly lives, things don't always go the way we'd like. It's not a matter of *whether* problems will arise—they will. But it's how we deal with them that counts. We can complain and obsess about issues, or we can pray for solutions and take action as God guides us to do.

Keep a journal of the ways in which God has blessed you and answered your prayers. Read this during challenging moments, to help you keep the faith that he'll continue to guide you.

Focusing upon your blessings keeps your heart joyfully open to the beauty of life. You're reminded of how much you have to be grateful for, and this gratitude lifts you up



with optimism, which in turn opens the door for you to notice and accept wonderful new opportunities.

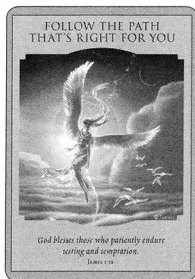
We are never alone, even though it may feel that way at times. God is always by our side. Prayer is a direct hotline to God! All our needs (although not, necessarily, our *wants*) can be fulfilled when we pray, allowing us to count our many blessings and be thankful for them.

*Yes, you will be enriched in every way so that
you can always be generous. And when we
take your gifts to those who need them,
they will thank God.*

2 CORINTHIANS 9:11



FOLLOW THE PATH THAT'S RIGHT FOR YOU



We're all faced with situations and temptations in life that we intuitively "know" are not right for our particular path. As children, we depended upon God and our adult guardians to show us the right way to go. Sometimes, the right path is one that other people may not like, but you know it's the one that God is calling you upon.

Prayer can help us find that extra strength to gently lead us and keep us on our Divine path. Do not judge yourself for any so-called mistakes you may have made. Instead, talk with God about them. Admit your thoughts and feelings about the wrong turn you think you took, and God will lift you up with forgiveness.

Mistakes are opportunities to learn and forgive. So, make a new promise to pick yourself up and start again. Learn from the situation, and remember for the future to turn to God before making decisions. This will set you on the path that you know in your innermost being is the right direction—toward God.

God blesses those who patiently endure testing and temptation. Afterward they will receive the crown of life that God has promised to those who love him.

JAMES 1:12



GENTLENESS IS THE PATH OF PEACE

Gentleness and wisdom are attributes of God, and all of God's creations . . . including *you*! As a baby, you thrived on gentleness, delighting in snuggles, naps, cooing, and sweetness. Your need for these tender qualities hasn't changed in adulthood!

There is great strength and wisdom found in gentleness. For example, tugging at the stalk of a sprouting plant will not make it grow any faster. Pulling open the petals of a rose doesn't make it bloom sooner. Instead, love and gentle care have far more beneficial results.

Is there a situation in which you find yourself needing to apply gentleness? Perhaps



you need to stop trying to control the outcome, and surrender it to God's hands and timing instead?

Praying for peace or meditating for a peaceful solution to any situation can work wonders. Using force is rarely effective, so instead summon the wisdom to ask God for the perfect gentle solution that will bring blessings.

The Lord is my shepherd; I have all that I need. He lets me rest in green meadows; he leads me beside peaceful streams. He renews my strength. He guides me along right paths . . .

PSALM 23:1-3

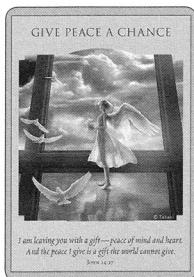


GIVE PEACE A CHANCE

If you're feeling stressed or stuck, it's a sign to take a break and pray for your inner peace to be restored. Just as a child cries to have her needs met, so too can you cry out to God and trust that your prayer will be heard and answered in the best way.

When you are peaceful, you're naturally more relaxed, and you can better hear your Divine guidance to take positive action steps and enact solutions. Peacefulness also inspires those around you, as you emit a peaceful aura of love and gentleness. Others will naturally feel drawn to you to bask in your peaceful presence.

You too can bring peace to any situation if you pray for a peaceful outcome. Our Creator



has no limits, so when we give our situation to him through prayer, he answers us in the most creative and beautiful way.

*I am leaving you with a gift—
peace of mind and heart. And the peace
I give is a gift the world cannot give.
So don't be troubled or afraid.*

JOHN 14:27



GOD WILL LEAD THE WAY

When we open up to God, and trust and love him with all our heart, we are better able to hear and understand God's guidance. It is the same with reading and studying God's Word, so that we can instantly recognize true guidance from God, as opposed to false guidance from insecurities or the enemy.

When we trust in God, our lives flow more easily and the way is apparent. Fueled by the light of the Source, we can rely on and follow God's guidance.

If you have a strong repetitive thought or feeling to make a positive change, pray for God to reveal more details to you, and he will. Close your eyes and meditate on being more receptive to God's guidance, which you



discern as strong repetitive thoughts or visions. Always, God guides us toward being helpful and loving, and his messages are aligned with scripture in the Word.

We can also ask for a sign from God, as long as we're perfectly honest with ourselves that we're not trying to find a sign to justify following our own will instead of waiting to hear God's will.

Everything we need is provided, and all our needs are always met with Divinely perfect timing when we follow God's guidance.

*They were convinced by the power
of miraculous signs and wonders and
by the power of God's Spirit.*

ROMANS 15:19



HAVE THE FAITH TO WALK THROUGH NEW DOORS

Everything in life has its own season: the plants, flowers, trees . . . and us! Sometimes we need to walk away from our current situation, even if we don't know what's coming next. We've been going through changes since we were first born. Feeling comfortable with change as a part of life helps us be flexible in moving forward.

Walking away does not have to mean forever; it can be temporary. Knowing when to leave or say good-bye is not always easy. Yet drawing on prayer for strength can make it an easier and more harmonious process.

Contemplate anything you feel you have outgrown, asking God to reveal the truth to you. It requires an open heart and mind, and



honesty on your part. Have faith that your next step will be unveiled, and a new door will open for you at the right time.

*For everything there is a season, a time
for every activity under heaven.*

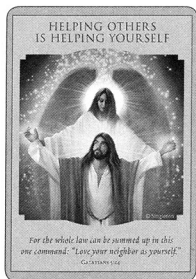
ECCLESIASTES 3:1



HELPING OTHERS IS HELPING YOURSELF

As a child, you did your best to show your appreciation for your beloved ones. Perhaps you made a little clay handprint at school and brought it home as a symbol of your love. You gave what you had, and that was more than enough. It *still* is!

When you're filled with love, it's natural to share it with your fellow beings, and in so doing, you're also helping yourself. Jesus taught that the two most important commandments are to love God and to love your neighbors as yourself. He also emphasized the importance of charitable giving and helpfulness, especially to those who aren't able to help themselves.



Is it time to check in on a neighbor or close friends or family members? Perhaps someone needs a hand. Or maybe it's time to call that loved one who keeps coming to mind. You can also pray on ways in which you can help in the world, perhaps by donating items to a shelter or volunteering for a charitable organization that you feel passionate about.

When you help others, you learn to value yourself. You discover your usefulness, and you fulfill your need to be needed. You also draw closer to God by modeling his compassion toward everyone.

For the whole law can be summed up in this one command: "Love your neighbor as yourself."

GALATIANS 5:14



HONOR YOUR UNIQUENESS

In Divine wisdom, God has created a multitude of beings—plants, trees, animals, and humans. All are different, and all are beautiful. It takes many flowers to create a garden. Every flower is different, and each one is beautiful in its own way.

All the colors of the rainbow are beautiful. No one color is better than another; all are equal. In the same way, God made us all wonderfully unique.

As a child, did you feel different? Was there a sense of isolation or loneliness because you couldn't relate to other children or to adults, and they couldn't relate to you? Honoring your individual qualities can help you heal both the past and the present, and know that God created you as one of a kind on purpose.



In today's world, we're often unconsciously asked to compare ourselves with unrealistic images of "perfection" on social media and in advertising. Praying for self-acceptance is helpful, for God loves you exactly as you are.

*Thank you for making me so wonderfully
complex! Your workmanship is marvelous—
how well I know it.*

PSALM 139:14



IT'S TIME TO BE ADVENTUROUS AND PLAY

In the realm of children, anything and everything is possible! Adventures and fun are around every corner. Is it time for an adventure? New experiences keep us young and help our minds and bodies stay active.

A youthful spirit can be found at any physical age; we're never too old to play! Sometimes having fun is the best way to be responsible. With a childlike sense of freedom, our sense of innocence and fun is renewed.

When we give our burdens to God, we feel a new lightness of being. We feel safe, secure, and loved. We find that there's always something to smile about, a blessing in everything,



even in our challenges. Pray for playtime, dear one, and lighten your load.

*The flowers are springing up, the season of
singing birds has come, and the cooing of
turtledoves fills the air.*

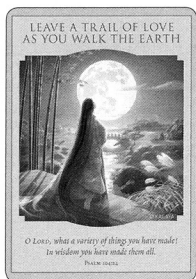
SONG OF SOLOMON 2:12



LEAVE A TRAIL OF LOVE AS YOU WALK THE EARTH

What are some fond childhood memories you have of spending time in nature? Did you go camping or hiking? Now that you're an adult, your relationship with nature has evolved to include your being a good steward of your environment. For example, being mindful of the products you use that enter the water supply and are flushed into the sea; keeping litter to a minimum; and using only biodegradable products, with no harsh chemicals, are ways of showing respect and care for the environment.

Nature and life involve balance, and we are stewards of God's creation. Sometimes that means speaking up on behalf of animals



and the environment. And it definitely means being a good role model of kindness toward all.

God created everything to be in Divine harmony; it really is miraculous. Pray on ways that you can help the ocean and your environment, and be sure to take positive action. Change starts at your own doorstep.

*O Lord, what a variety of things you have made!
In wisdom you have made them all.
The earth is full of your creatures.
Here is the ocean, vast and wide,
teeming with life of every kind,
both large and small.*

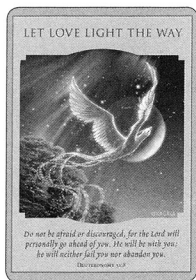
PSALM 104:24-25



LET LOVE LIGHT THE WAY

Facing a big life change can bring up fears of the unknown. Perhaps you can recall some ways in which your life changed during childhood, such as moving or evolving relationships with your parents or friends. This can lead to having nostalgia, believing that things were better in the past than they are now. You may even *fear* change, because your childhood changes are still being processed.

Yet throughout all life changes, in childhood and adulthood, you are never alone. God and your guardian angels are with you every step of the way, aiding and protecting you. They also likely gave you helpful guidance to follow.



Life can sometimes present challenges, and God will shine pure bright light to show us the way. Facing our fears can bring about great transformation, and we can access a deep Divine strength that we never knew we had.

In stories of the phoenix, this beautiful bird is a symbol of rebirth, new beginnings, and hope. Surrender to the higher power of God, knowing that the Creator has a Divine plan to help us safely spread our wings.

Do not be afraid or discouraged, for the Lord will personally go ahead of you. He will be with you; he will neither fail you nor abandon you.

DEUTERONOMY 31:8



LOOK AT LIFE FROM A HIGHER PERSPECTIVE



Sometimes, like all of us, you may get swept along in the ebb and flow of life, reacting to outside circumstances instead of taking charge. That's why it's important to view your life from a higher perspective and tap into the pearls of wisdom that God offers. Pausing before making decisions will help you see things more clearly. Focus upon following God's right path for you rather than getting caught up in other people's opinions.

Often, we need to take to higher ground so we can truly observe our situation objectively. Being honest with ourselves can be challenging, as there are aspects we'd rather not see. However, when we pray for guidance, the answers appear and our path becomes clear.

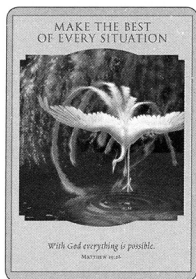
We all have the ability to access Divine wisdom. Pray to God to remind you to pause and listen before taking action.

*Don't turn your back on wisdom,
for she will protect you. Love her, and
she will guard you. Getting wisdom
is the wisest thing you can do!*

PROVERBS 4:6-7



MAKE THE BEST OF EVERY SITUATION



Have you ever admired how a bird glides and dives so gracefully? Yet, as easy as it makes it look, it must hold a very measured and precise posture to safely and effectively dive for food. Perhaps, like the bird, you're holding tension in your body, stressed by too much work and pressing responsibilities.

It may be time to assess your own beliefs about what constitutes being an adult. Did you watch your parents work continually, engage nonstop in their careers or housework or volunteer work? You can reinvent what it means to be a healthy and responsible adult, balancing giving with receiving.

Like the bird, you can glide gracefully while meeting all your responsibilities. The key is to shoulder your burdens *with* God, who will lift you up the moment you ask for his help. Through challenging experiences comes wisdom and a deeper understanding of life. Pray to find the blessings and lessons within each situation, and you will.

*Jesus looked at them intently and said,
“Humanly speaking, it is impossible.
But with God everything is possible.”*

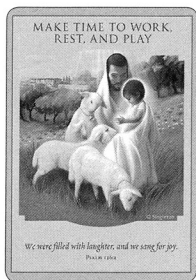
MATTHEW 19:26



MAKE TIME TO WORK, REST, AND PLAY

Children are joyful beings who love to play as an expression of their happiness! What were your favorite ways to play as a child? You can still have fun now, even while meeting your responsibilities.

When you follow God's lead, your work can *become* your play! Laughter and lightheartedness come naturally to children, and we all need to nurture our inner child. God wills that his children experience happiness in all ways. Perhaps you or someone you know is working too hard and needs to "lighten up" and do something carefree and fun to gain life balance.



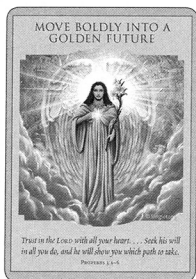
What brings your heart joy? What's a way for you to bring more fun into your daily schedule? Laughter can be infectious. Once you start laughing, it releases a natural, happy flow in your body, which will help make you feel alive and full of the joys of spring.

*We were filled with laughter,
and we sang for joy.*

PSALM 126:2



MOVE BOLDLY INTO A GOLDEN FUTURE



Children naturally trust their innate curiosity and Divine guidance, as they move boldly within their natural environment. They gain confidence as they learn how to become proficient at simple tasks, and then begin to master the more difficult ones.

Each situation we experience makes us stronger. We start to learn that boldness and confidence are helpful approaches to life. Not to be confused with arrogance, *boldness* is a beautiful thing to behold when it's Divinely inspired. Watching a master artist at work is captivating. As they boldly carve, mold, or paint, the shapes magically appear, and patterns emerge.

We sometimes find ourselves in situations where we need to think or act in a bold manner. We can pray for more confidence—or what I like to call *God-fidence*—because when the powerful Spirit of God is working through us, all things are possible.

God-fidence means that you have supreme confidence in God handling anything that comes your way!

*Trust in the Lord with all your heart;
do not depend on your own understanding.
Seek his will in all you do, and he will
show you which path to take.*

PROVERBS 3:5–6

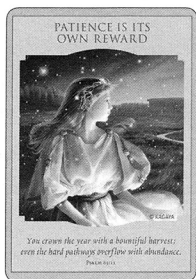


PATIENCE Is ITS OWN REWARD

Gardening requires patience, as well as trust and perseverance. Just before a seed pushes through the earth, gardeners must rely upon an inner knowing that the plants will grow. They take the time and effort to nurture the seeds, with complete faith that their work will result in beautiful plants.

Sometimes what we seek is right before our eyes, yet we don't see it due to familiarity or unawareness. Becoming aware of what's right under our noses can bring about great insights. When we slow down, undercurrents of a situation can be revealed.

Children have a reputation for being impatient, but perhaps they're just excited to



learn and experience as much as possible. This needs to be balanced, though, with enjoying the present moment.

In a world intent on rushing around, it's easy to get caught up in the current! Take a moment and focus upon the stillness within, so that you may hear the voice of God's Divine wisdom. You can also pray for more patience in any situation or circumstance.

*You soften the earth with showers and bless
its abundant crops. You crown the year with a
bountiful harvest; even the hard pathways over-
flow with abundance. The grasslands
of the wilderness become a lush pasture,
and the hillsides blossom with joy.*

PSALM 65:10–12

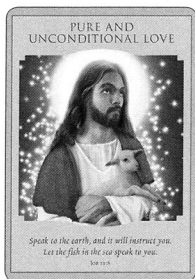


PURE AND UNCONDITIONAL LOVE

Animals are naturally openhearted and unconditionally loving. Snuggling with a beloved pet, or connecting with wildlife that's unusually tame in your presence, can help you heal and open your own heart further to God's love. Sometimes it seems that animals are angels in their own way!

Just as our pets can sense our fear, they can also sense our love and gentleness. They are very responsive to being petted, and the purring of a cat is a healing and comforting sound. When we are in a relaxed state, we are more open and able to heal on many levels.

If you don't have a pet of your own, you can snuggle with a teddy bear to comfort your inner child. Also consider visiting a sanctuary



or shelter to bring joy to an animal who needs love—and who will return love to you many times over. And most of all, pray to know God's love.

Just ask the animals, and they will teach you.

Ask the birds of the sky, and they will tell you.

Speak to the earth, and it will instruct you.

Let the fish in the sea speak to you.

JOB 12:7–8



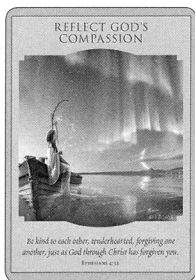
REFLECT GOD'S COMPASSION

Everyone you meet is a mirror, reflecting your beliefs and expectations.

This is easy to see when we like or love whoever or whatever is in front of us. But when we dislike that person or thing, it's more challenging to accept. Turn to God's Holy Spirit, who can show you the patterns in your relationships and help you heal them.

When we truly forgive, it can be an immensely freeing experience. When we hold on to judgment in our hearts, it can cause us to lose so much energy and build up resentment toward ourselves or others. Prayer can give us the strength to forgive.

Is there a situation you need to forgive? Perhaps there is a person or event from your childhood that needs your loving attention.



Forgiving does not mean you have to be best friends with the person or agree with what happened! It just means you release yourself, and allow the love to flow freely again.

*Be kind to each other, tenderhearted,
forgiving one another, just as God
through Christ has forgiven you.*

EPHESIANS 4:32



RELEASE YOUR CARES TO GOD

When we were children, we used to nap daily. Well, our need for rest hasn't been erased in adulthood. There's a reason why God blessed the seventh day and sanctified it, declaring it to be a "day of rest"; we need it! We all require time to disconnect from the world, revive our energy, and uplift our attitude.

Relaxation can take many forms: You might spend time in worship with like-minded believers or join with family for a nourishing meal. You may enjoy being out in nature, perhaps sitting next to a tree or lying by a stream or gentle waterfall. Avoid electronics while you rest, so you can reconnect with God without distractions. You can relax at home with a nap, lingering in the garden, or diving into a new



book. When you rest, it's easier to hear God and release any cares or concerns; solutions are very often discovered when you're relaxed and open to Divine guidance.

Sleep is healing on many levels, and there are lots of ways to ensure you get it, including spraying lavender mist on your pillow, listening to gentle music, and taking a warm bath with relaxing essential oils. Sweet dreams!

*Oh, that I had wings like a dove;
then I would fly away and rest!*

PSALM 55:6



RETREAT FROM THE OUTSIDE WORLD

The winter months are a time of retreat and hibernation for wild animals, birds, flowers, plants, and trees. It's likely that, as a child, you had a school break around Christmastime. As an adult, you still have the need to slow down during the winter when days are shorter and the weather is cooler.

Interestingly, when we retreat, we do some of our best “work” in regenerating and reinvigorating ourselves. It may be a time of rethinking our path and making new plans. This is also reflected in nature during the winter, when there is still much activity underground, with tree and plant roots receiving nourishment from the rich soil. It's a



hibernation from outward growth, in favor of inward nurturing and replenishment.

Retreating can take place at any time of the year, not only in winter. It's always important to take a time-out and go within. Prayer is a wonderful way to recharge your batteries. Pray for God's Spirit to support and comfort you, and to inspire creative ways for you to rest and rejuvenate.

The rain and snow come down from the heavens and stay on the ground to water the earth. They cause the grain to grow, producing seed for the farmer and bread for the hungry. It is the same with my word. I send it out, and it always produces fruit. It will accomplish all I want it to, and it will prosper everywhere I send it.

ISAIAH 55:10-11



SEE EVERYTHING THROUGH THE EYES OF LOVE

Children are made from the pure love and light of God. They *are* love! And as we grow older, our spiritual focus needs to stay upon love—and deepen even more. We realize that we have the choice to view ourselves and others through the “eyes of love,” just as God sees us.

Love is strength, not weakness. So choosing love also means that you’re choosing to experience life with the strength of God. It’s the power of love that’s always within you. And living as a loving being is an infinitely happier, more satisfying way to live compared to living with a fearful focus.

When you look around with the eyes of love, nearly every situation becomes clearer



and lighter, and challenges can become easier to resolve. You fall back in love with life again, the way you did as a child. Pray for help when you feel afraid, and God will shine the light of love upon you so that you'll almost immediately feel uplifted.

Love is patient and kind. Love is not jealous or boastful or proud or rude. It does not demand its own way. It is not irritable, and it keeps no record of being wronged.

1 CORINTHIANS 13:4-5

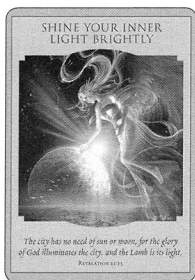


SHINE YOUR INNER LIGHT BRIGHTLY

When you focus upon Divinity and allow the flow of God's love and light into your life, other people notice and are inspired to do the same.

Others will be attracted to your bright Divine light, like moths to a flame. You can share your "secret" by teaching them about God's love and the miraculous power of prayer. Shine your light as you go about your daily life, imbuing everything you do with love. It's so simple yet very effective, with far-reaching effects.

When you allow your inner light to shine, you become more beautiful—both inside and outside. (This can even have the added bonus of giving you a more youthful appearance.)



Children shine God's love naturally, and
you still have that ability as an adult.

*The city has no need of sun or moon,
for the glory of God illuminates the city,
and the Lamb is its light.*

REVELATION 21:23

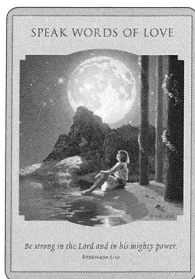


SPEAK WORDS OF LOVE

Pay attention to the words you're speaking. The truth, dear one, is that your words are either helping or hindering your plans and life purpose. They're either keeping the momentum going . . . or keeping you at a standstill.

Words can heal or harm, make or break. In the beginning, God said the words, "Let there be light," and light manifested out of nowhere. In the same way, instead of talking about your problems, fears, failures, and so on, stand on the promises of God in your life.

Sure, you may have complaints or concerns. You may need to share your upset feelings with others, carefully choosing loving and empowering words—and always knowing that God has the answer to every



problem. You can square your shoulders; look directly at your issue, dream, or other situation; and declare victory in the mighty power of Jesus.

Allow God's power to reign in and through you. Avoid the negative talk and begin telling a new story, speaking affirmative words and exercising a God-kind of faith. With God as your champion, take the "superhero stance" and feel, speak, and embody his mighty power.

Be strong in the Lord and in his mighty power.

EPHESIANS 6:10

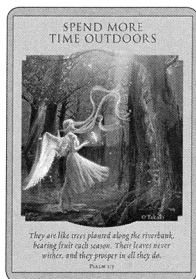


SPEND MORE TIME OUTDOORS

In a world full of technology, it's easy to become engrossed in front of a screen, be it a computer, a television, or a mobile device. In this modern age, it's easy to sit inside and forget that we need contact with nature in order to balance our lives.

As a child, did you prefer nature or technology? Perhaps you had a childhood fondness for a special tree. Do you remember playing in tree houses and on rope swings, and sheltering yourself from the rain beneath the nearest branches? Trees help us slow down and enjoy the moment.

Just by being next to them, trees can help us feel rejuvenated and reenergized. God



made plants with a gift to help us; they provide oxygen so we can breathe the fresh air essential for life.

Find a tree that you love, and spend time there in quiet contemplation. You will immediately feel uplifted by its gentle and patient presence.

*They are like trees planted along the
riverbank, bearing fruit each season.
Their leaves never wither, and they
prosper in all they do.*

PSALM 1:3



TAKE CARE OF THE LITTLE THINGS

We can learn great lessons from gardening as we tend to the plants and flowers. As we carefully watch over and water a tiny seed, we trust that one day it will grow into a strong tree or blossom into a flower. We must take each moment as it comes, and be fully present in the now. We focus on the little things and thereby let the big things take care of themselves!

When you have faith in God, you trust that everything will ripen in its own Divine time. Flowers will bloom, seeds will burst forth into the light, and nature will continue to grow. In the same manner, you've grown from childhood into adulthood in a Divinely guided way. Everything that you've experienced is the



fabric of your life lessons, especially if you have been practicing forgiveness toward yourself and others along the way.

Sometimes we can fall prey to the illusion that “we” are in control, when in actual fact God’s Divine plan is playing out perfectly. All we need to do is focus on the small things that require our immediate attention, and let God do the rest!

*You take care of the earth and water it,
making it rich and fertile. The river of God
has plenty of water; it provides a bountiful
harvest of grain, for you have ordered it so.*

PSALM 65:9



THE GIFT OF LOVE AND LIGHT

Children exude Divine love and light, which is one of many reasons they bring joy to all in their midst. As an adult, you are still filled with God's Divine gifts. In fact, you are in an even better position now to share Divine love and light with others.

Perhaps you feel guided to teach about God's love through the written or spoken word. Or maybe your higher calling is to be a healing conduit of God's love and light, to uplift and balance others. Any career that God guides you to will surely lead to contentment and fulfillment.

Open your heart to the love and light that is all around. There's no need to dwell in darkness or fear when God's Holy Spirit is



available as your comforter and counselor for the asking. Meditate upon God and allow his light into your life so that your true path may be revealed.

*No one lights a lamp and then covers it
with a bowl or hides it under a bed.
A lamp is placed on a stand, where its light
can be seen by all who enter the house.*

LUKE 8:16



USE LOVING STRENGTH AND DISCERNMENT

Although you're a kind and generous person, you also need to practice having healthy boundaries. The key here is *love*. Wisdom is knowing instinctively when saying no or yes is the loving choice.

In life, we often feel torn between doing what others want us to do and doing what we *know* is right for us. We all have the ability to be discerning, but it takes great strength to deploy this skill, especially when others are pressuring us. Perhaps in childhood, we experienced peer pressure that sent us in an undesirable direction. From these experiences, we can learn to make better choices in the future.



Praying for loving discernment is a good start. When we allow the wisdom of God to enter our hearts, we find the inner strength to use discernment for the highest good of all. We also find it easier to create and maintain healthy boundaries.

*I'm not trying to win the approval of people,
but of God. If pleasing people were my goal,
I would not be Christ's servant.*

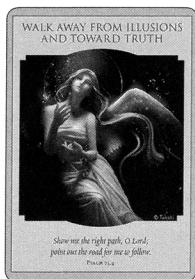
GALATIANS 1:10



WALK AWAY FROM ILLUSIONS AND TOWARD TRUTH

Our earthly desires and willfulness often create illusions, whereby we see only what we want to see. We can be fooled into seeking ego-based goals, such as winning the approval of others, or trying to force something to happen that's not God's will for us. Sometimes the ego might counsel us to go in the direction of temporary pleasures that pull us away from our Divine path. It's important to be honest with ourselves so that we may clearly see the truth of any given situation. Truth is beautiful! It can take great courage to see through the illusions.

Pray for clarity and for the Holy Spirit to reveal the truth to you. This truth could be something you've denied for many years.



Often, the truth involves taking responsibility rather than blaming others. Meditating on it can be an uplifting and a freeing experience that endows you with sure-footedness and grace as you take your next steps.

*Show me the right path, O Lord;
point out the road for me to follow.
Lead me by your truth and teach me,
for you are the God who saves me.*

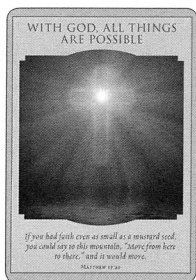
PSALM 25:4-5



WITH GOD, ALL THINGS ARE POSSIBLE

We all find ourselves in situations in life where we need extra help, and we go through times when we can't see the solution to problems. When obstacles seem insurmountable, focus upon God's supreme power to move mountains through faith. Tell your "mountains" about God!

With unwavering faith, miracles can flow into your life. You may not know how the situation will resolve itself, but God does! Tap into his supreme wisdom and ingenious solutions through prayer. Don't worry about *how* God will fix the situation—just focus on listening for Divine instructions to take action, and then do so without hesitation or delay.



I tell you the truth, if you had faith even as small as a mustard seed, you could say to this mountain, "Move from here to there," and it would move. Nothing would be impossible.

MATTHEW 17:20



ABOUT THE AUTHOR

Doreen Virtue graduated from Chapman University with two degrees in counseling psychology. Raised by her parents in New Thought religion, Doreen found that her spiritual path was forever changed by her experience with Jesus in January 2017, which led her to become baptized as a born-again Christian in the Episcopal faith. Her work now focuses on gently helping people to reconnect with the real Jesus, as well as advocating for animal rights and supporting her favorite charity, Compassion International, which helps impoverished children worldwide.

For information on Doreen's work, please visit her at AngelTherapy.com or Facebook [.com/DoreenVirtue444](https://www.facebook.com/DoreenVirtue444).



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ABOUT THE ARTISTS

Takaki was born in Hokkaido, Japan. As a young child, she was fascinated by birds, and she often incorporates images of birds and wings in her art to express purity and ephemeral beauty. After gaining experience with watercolor and oil paintings, she now specializes in digital paintings. Her art has been used in products worldwide, and she is also involved in the creation of video content.

Website: www7b.biglobe.ne.jp/~secretwings

Card Names:

Acknowledge God's Truth; Be the Powerful Presence of Peace; Become Still, So You May Hear God; Blessings of Innocence and Purity; Face Your Future with Boldness and Strength; Focus on God's Love; Follow the Path That's Right for You; Gentleness Is the Path of Peace; Give Peace a Chance; God Will Lead the Way; Have the Faith to Walk through New

*Doors; It's Time to Be Adventurous and Play; Look
at Life from a Higher Perspective; Make the Best of
Every Situation; Retreat from the Outside World;
Shine Your Inner Light Brightly; Spend More
Time Outdoors; Take Care of the Little Things;
The Gift of Love and Light; Use Loving Strength
and Discernment; Walk Away from Illusions and
Toward Truth*



Kagaya Yutaka is a Japanese digital fine artist. Born in 1968, he has created artworks relating to the universe, including computer animation, digital prints, posters, and illustrations for astronomical books and magazines. His constellation pictures have been made into jigsaw puzzles, which are gaining popularity around the world.

The main themes of his work are the universe, the blue planet, and humankind as a part of the universe—our dreams and yearnings. His artistry and scientific accuracy

enable him to embody the beauty that integrates all the elements of the universe.

Website: www.kagayastudio.com/english

Card Names:

Connecting with the Living Water; Express Yourself through Creativity; Focus on Your Blessings; Honor Your Uniqueness; Leave a Trail of Love as You Walk the Earth; Let Love Light the Way; Patience Is Its Own Reward; Reflect God's Compassion; Release Your Cares to God; See Everything through the Eyes of Love; Speak Words of Love



Bill Singleton grew up on the south side of Tucson, Arizona, near the Tohono O'odham reservation, where he was immersed in local Mexican and Native American cultures. He has a BFA from the University of Arizona and attended Summit University for the quarter sponsored by Archangel Chamuel, Archeia Charity, and Paul the Venetian.

Bill has been painting for over 45 years. He works in oil, acrylic, and digital mediums. During the 1980s and '90s he was in Fine Art Galleries and worked in the commercial illustration field, creating educational artwork for MacMillan, McGraw-Hill, SRA, and most of the major publishers of the time.

In the late '90s, Bill started work on the Sonoran Desert Conservation Plan for Pima County, Arizona. This work stretched over the next 15 years, as he created hundreds of illustrations of native plants, animals, and people. During this time, he was also commissioned by Pima County, the National Park Service, and the Arizona Department of Transportation to create a series of signs to go along the historic Anza Trail as it winds through southern Arizona.

Bill currently lives in Tucson, surrounded by the beauty of the Sonoran Desert.

Website: billsingleton.net

Card Names:

*A Happy Home; Bathe in Divinity; Be the Love
You Wish to Receive; Celebrate the Beautiful
Gift of Life; Commit to a Spirit of Excellence;
Cooperation and Partnership Bring Great Rewards;
Embrace Adventure in Your Life; Helping Others Is
Helping Yourself; Make Time to Work, Rest, and
Play; Move Boldly into a Golden Future; Pure and
Unconditional Love*



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