



It is my prayer that the energy of the sacred Mother Goddess will guide and hold you, the reader, in her embrace of unconditional love, joy, and light.

BLUE ANGEL®
PUBLISHING

Claudia Olivos Sacred Mothers & Goddesses Guidebook

BLUE ANGEL PUBLISHING

Claudia
Olivos

Sacred Mothers & Goddesses

GUIDEBOOK

Claudia Olivos

Sacred Mothers & Goddesses



BLUE  ANGEL®
PUBLISHING

Sacred Mothers & Goddesses

Copyright © 2021 Claudia Olivos

All rights reserved. Other than for personal use, no part of these cards or this book may be reproduced in any way, in whole or part without the written consent of the copyright holder or publisher. These cards are intended for spiritual and emotional guidance only. They are not intended to replace medical assistance or treatment.

Published by Blue Angel Publishing*
80 Glen Tower Drive, Glen Waverley,
Victoria, Australia 3150
E-mail: info@blueangelonline.com
Website: www.blueangelonline.com

Edited by Jeanette Hartnack

Blue Angel is a registered trademark of
Blue Angel Gallery, Pty. Ltd.

ISBN: 978-1-925538-97-7

Acknowledgments

Dedicated to the sacred feminine spirit who has accompanied me in all forms since I was a child, and to all of you, collectors and lovers of my art. With deep gratitude to my ancestors, angels, and guides, to the Goddess and all those who have embodied her many energies in my life. To all of you who have held and supported me in more ways than I can list. Most of all, thanks to my best friend, Sergio. This project would not have been possible without you. You watched it gestate over the last few years and witnessed the magick as each goddess manifested with her timely messages. We have both grown from their love and forever changed because of their energy and presence in our lives. Thank you for being open to experiencing life in an untraditional way and for co-creating this oracle deck with me!

It is my prayer that the energy of the sacred Mother Goddess will guide and hold you, the reader, in her embrace of unconditional love, joy, and light.

I love you!

Claudia
Santiago, Chile
June 2019

Contents

Introduction.....	7
-------------------	---

CARD MEANINGS

1. Aine.....	28
2. Artemis.....	32
3. Athena.....	36
4. Bastet.....	39
5. Blue Tara.....	43
6. Butterfly Maiden.....	47
7. Demeter.....	51
8. Eirene.....	55
9. Freyja.....	59
10. Gaia.....	63
11. Green Tara.....	68
12. Hathor.....	72
13. Hecate.....	76
14. Hera.....	80
15. Isis.....	84
16. Ixchel.....	88
17. Kali.....	92
18. Kateri Tekawitha.....	96
19. Kuyén.....	100
20. Lakshmi.....	104

21. Lalita.....	108
22. Mama Cocha.....	111
23. Mary Magdalene.....	115
24. Mother Mary.....	119
25. Oonagh.....	123
26. Pachamama.....	126
27. Psyche.....	130
28. Quan Yin.....	134
29. Rhiannon.....	138
30. Sulis Minerva.....	142
31. Tlazolteotl.....	146
32. Vesna.....	150
33. White Tara.....	153
34. Yellow Tara.....	157
35. Yemayá.....	161
36. Priestess of Divination.....	165
37. Priestess of the Healing Waters.....	166
38. Priestess of the Triple Moon.....	168
39. Priestess of the Gift to Serve.....	170
40. Embrace the Sacred Feminine.....	171
About the Author and Artist.....	175





Introduction

Before the advent of organized religions, nearly all humankind honored the sacred feminine in one way or another. I remember my papa's collection of pre-Columbian figurines. He had them beautifully arranged in a cherry wood cabinet with glass doors and lights. It was a space for mystery and sacredness, and when I was alone, I would often peek inside to marvel at the contents and wonder at their meanings. Most of them depicted females giving birth, similar to those found in archeological sites throughout the Middle East, Europe, and Asia.

In the beginning, the center of religious devotion was the Goddess. It was only later that spirituality evolved from a simple, intuitive concept into numerous formalized, male-centered religions, often with commanding god archetypes at the helm and a female deity with a secondary role.

The resurgence of the sacred feminine in our collective consciousness is much needed; we are living in a time where human evolution at the spiritual level is taking place at an increased speed. Now, the shadow reveals itself throughout our unbalanced world where war games and terrorism are a fact of life. It can be disheartening for those of us on a path that seeks peace and harmony, but this is the time when the Goddess – the essence of the divine feminine – is ready to be amplified.

In many ways, we can connect with her wisdom, love, intuition, and compassion. We find her in rituals and card readings. We invoke her energy when we participate in creative

dance, art-making, drum circles, and of course, when enjoying nature – the Goddess manifested in the physical. We can embrace the powerful and soothing love of the divine feminine to become whole. Together, we can magnify the love energy of the Goddess and help create the energetic shift needed to transform the world.

I was raised Catholic in Chile, where Mother Mary was a big part of my life. I talked to her and prayed to her. I honored her and found inspiration in her and the female saints. We moved to the USA when I was a teen, and my family converted to evangelical Christianity, where worshipping Mary was not allowed. All attention was focused on Jesus and God the Father. For me, religion became less magickal, and more of a chore performed to become worthy of Paradise.

I was taught that women served men and that a woman had no value without a man. I was forced to marry when I was very young and told that women were weak and conniving. I watched women close to me put each other down and talk behind each other's backs, all in the name of "godliness."

It took me years to come back to Mother Mary. It was on my knees and full of doubt that I came to her following a painful break with my family of origin. I suffered what doctors refer to as broken heart syndrome – a heart attack that occurs after a traumatic emotional shock. My heartbreak over my earthly mother turned me to the comforting embrace of the Mother Mary of my childhood. My desire and need for the sweet comfort of unconditional mother love always seeped through my art, but until Mary showed up, the characters were nameless. It began when Mother Mary appeared to me during meditation, and although I was doubtful about her presence at the beginning of

my journey, she manifested herself in many ways to show me I am not alone and that I am loved unconditionally.

Once, I was in Mexico and stopped at a stand to buy an effigy of El Año Viejo (a life-sized figure of a man representing the old year, stuffed with fireworks and lit into the night sky on New Year's Eve). On a table next to it was about thirty small sculptures of Mother Mary. I stopped to take a closer look. I was not planning to buy one but was curious as she was showing up everywhere. Then, the woman at the stand insisted I take an armful of them.

"They are chipping," she said. "Take them, a gift. I can't sell them, and they keep chipping more each night and morning when I pack the stand."

So there I was, in Mexico, with an armful of Marys. She kept showing up for me until I painted her; she was the first painting of the Goddess Blessings series. It was while I was painting her that Goddess let me know I was to create a collection of images to become an oracle card deck.

I had created a system to help children to express their feelings, which I called "emotion cards," and I knew they were powerful tools – but I knew nothing about oracle decks. I was guided – not to investigate the Goddess, not to research oracle cards – just to paint and to heal. Many things happened in my life during the four years in which I painted the Goddess in all her forms. This oracle came about with magickal cosmic energy to help illuminate, guide, and support us on our path to personal evolution.

I am honored to be a priestess, one who serves her community by nourishing others through her art. It has been an incredible joy – an undeniably magickal process – to have had these images

come forth to support the transformation and rise of the divine feminine in all our lives. My experiences while painting the Goddess continue to amaze me. As I channeled her energies into my art, my devotion to her deepened. And as I painted, she actively communicated with me. Through her images, energies, and everyday manifestations, she reminded me of her power in my life. I pray to her for personal guidance and miracles. My prayer for you is that you get to know the Goddess in a personal way, that you too, are blessed beyond measure as her energy sustains and guides you. Feel the energy and bask in the glow of your own divinity.

My portrayals of the Goddess do not entirely match traditional depictions as the images and symbolism have come to me for this time and place. Goddess representations have been diverse throughout all cultures and mythologies, and they have changed as they traveled and adapted to local traditions and beliefs. The goddesses chose how they wanted to be represented in this oracle as I was painting them. Some have traditional qualities and symbols, while others have colors and objects you may not see in other representations. There are infinite ways of deciphering her messages, and they will change from one reading to the next.

Oracle cards are beautiful hands-on tools that help you communicate with the Divine, the Goddess, your inner wisdom, and your heart's truths. They are an interactive communication device between you and your higher self, angels, and ancestors. They provide a way to retrieve information that is difficult for our earthbound self to see and to use a language that communicates symbolically via personal mythology, image, and message. As oracles are fluid and everchanging, the symbolism is always

evolving with an ebb and flow of wisdom, support, and guidance. They help you along the beautiful journey of life, reminding you that you are never alone. You are loved and cared for with divine guidance and sacred space that is yours in every single moment.

Just like everything else, it takes practice to hone your divinatory skills. Do it often and find encouragement in the answers you witness and the guidance that flows to you. I hope these cards will help you trust yourself and your intuition. You already have everything you need through the unconditional love and support of the Goddess.

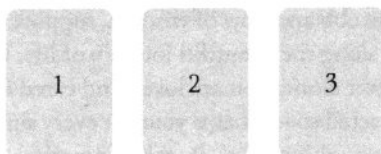


INITIATING YOUR CARD DECK

You may choose to light a candle and use sage, sandalwood, palo santo, or incense to cleanse your deck before you begin. You can say a prayer of intention to consecrate your cards. This can be as elaborate or as simple as you wish. You can say something like:

“I consecrate this deck for guidance, wisdom, love, and light for the highest good of myself and all concerned. May this deck serve to bring peace, spiritual growth, and evolution to all who use it.”

Close your eyes, tune in, and pull three cards.



Card 1: The guiding energy of the deck. You can always reach for this energy in times of need.

Card 2: A welcoming gift from the deck. This offering is something to cherish and welcome into your life.

Card 3: A message for this moment. This card holds something you need to know right now.

You have now encoded your cards with your magickal energy. They are ready for use.



ABOUT THE CARDS

This deck includes thirty-five goddess cards, four priestess cards, and one sacred feminine card. The guidebook lists the goddess cards alphabetically, followed by the priestess cards, and the sacred feminine card. Each card is numbered for easy reference.

The entry for each goddess card includes a brief introduction to the goddess, her channeled message, information on when to call on her, suggested activities and rituals for invoking her energy,

and a dedicated card spread. There are also recommendations to help you create an altar, especially for her.

When the priestess cards show up, they are open and expansive in their meaning. They serve as portals to the higher/inner self, and you can honor the gift of the message freely. Discover hidden truths, personal meaning, and guidance via the archetypes and symbols in the card imagery. The guidebook entry for these cards includes a message from the priestess and a dedicated card spread.

The sacred feminine card is also expansive and open in meaning. This card is an embrace from the Goddess and a call to action. It reminds you to rest in the arms of the Goddess and harness the divine feminine to yourself and unto your life. You may wish to welcome this energy with flowers and candlelight. You may be guided to create an altar if you have not done so already. More than anything, this card reminds you of the unconditional love that is always available to you.

In a challenging world, it helps to reach out to Spirit and open your heart to love. You are in constant need of healing as you are in perpetual growth and evolution. If you can refocus your energy just a little bit, you can redirect your life as you desire. It helps to focus on positivity. Commune with the Goddess each day and allow the wisdom of the sacred feminine to lead you into an evolution of the self and provide you with expansive love and harmony.



HOW TO READ THE CARDS

You can use the cards by yourself or with others. Draw a card daily (or as often as you want) for guidance or to hone your skills. As your energy and life changes, so will the messages. Use the card spreads throughout the guidebook for more specific questions or general support. Allow them to empower you on your journey.

When you want to use your cards, set your intention or question, light a candle or incense (or both), and trust that you will find the guidance and support meant for you at that moment. When you draw a card, feel into it. Sit with the card you have drawn and drop into your heart space. Allow the card to take you on a journey. Look at the colors and shapes. What do you think about when you look at the symbolism? There are many possibilities for your readings. Be open to the energy of the sacred feminine and the information coming forth from Spirit.

If you want to know more about the goddess you pull from the deck, before you turn to the guidebook or Google, tune in to yourself and be open to what comes to your heart and mind. Take notes in your journal and let it all soak in.

Trust the energy of the goddess of the card you draw. She is with you. Simply be open to what she has to offer. Use free association. What is she sharing with you? Write it down. It may be one word, a memory, a color that stands out, a feeling, or you may end up with pages of insight. No matter how it goes, trust the process, trust yourself, and trust your intuition. Listen to your heart, allow the image to speak to you, and receive the messages meant for you at this time.

Other than using a card spread, you can ask for guidance by

posing your question as a statement, as in: "I am the one who ..."

The card offers a response, as though the goddess speaks to you, "I am the one who reminds you to relax and spend time in nature." Or through your own voice, such as: "I am the one who is weary and tired. I am the one who finds comfort spending time in nature."

It is most important to explore everything that comes through without filters. You can sift through it all when you finish. Write it all out as a stream of consciousness, then sit back and read it, always trusting that you have a direct connection to your intuition, your higher self, and the Divine. As you meditate on the images and work with the energy meant for you at this time, you will be led to guidance, harmony, and personal growth.

Always close your readings by thanking the Goddess for her guidance.



USING THE GUIDEBOOK

Look to the guidebook when there is a goddess that appeals to you, when you wish to work with specific energy, and when a card reading leads you to pay homage to a particular goddess. You may choose to work with only one card or work with one of the suggested card spreads.

You can also pull a card from the deck, so it leads you to the card spread for the day. For example, set your intention, then draw

a card. If you select Athena, her energy of knowledge and wisdom will be the guiding energy for the reading. Turn to her page in the guidebook and pull cards for the Athena card spread. Place the Athena card back into the deck before commencing the reading.



CREATING SACRED SPACE

Setting up an Altar

If you are drawn to a goddess, you may already have an altar dedicated to her; in which case, you could spend time rearranging it whenever you have a reading. If you don't, now could be the time to set one up.

The Goddess loves altars created especially for her. They can be built almost anywhere in your home with various items. Make sure your altar is made from wood or other natural materials. Avoid plastic as it has low energy. Use a scarf or other cloth to cover your altar space and include your oracle cards, candles, and other items sacred to you. Flowers and crystals have their own energy, and it is great to include these, as well as things you may find on your walks such as stones, feathers, driftwood, seashells, etc. You can use traditional items from her original story, you can make it totally intuitive, or you can do a bit of both. But do choose what is meaningful to you; follow your intuition and your heart.

Arrange things in a way that creates balance and harmony. Light candles and sage, incense or palo santo (wood from a tree

found throughout Central and South America) and open with a prayer, poem, song, or intention. You can pull one card from your deck to preside over your altar for the day (or any amount of time), or do a card spread, taking notes in your journal as the sacred feminine energy of the cards help guide and support you. Finish by thanking the Goddess for all she provides.

You can change your altar daily or weekly. You may choose to follow the moon, to recognize special holidays, feast days, goddess days, the Wheel of the Season, or the Wheel of the Year. You may want to create an altar for a specific goddess or a group of goddesses. You may also create an altar for a healing or a special petition by drawing the card of the goddess that is stepping forward to support you in this time. You may want an altar dedicated to your ancestors or a magick ritual. You may have as many altars as you wish.

There are infinite ways to approach your altar, so embrace the beauty of the ritual and honor your intuition as you are guided by Goddess. Your altar is a space where you can commune with the Divine, to energize, calm, and be guided in every aspect of your life with sacredness and beauty. You will discover how right it feels to work with the energies of the Goddess when you make a habit of regularly tending to your altar. This can be an elaborate ritual or as simple as lighting a candle while you thoughtfully prepare dinner each night.

Be respectful about the placement of your altar as it is a sacred place, but you can be as creative as you want with its location. A friend of mine has hers in her bathroom since she performs her daily ritual in the morning as she gets ready for work. She pulls a card from her tarot or oracle deck, listens to mantras, and lights a

candle. Taking her time in her ritual bath to celebrate her earthly vessel, she purposefully cleanses and lathers herself up in oils with the full intent of meditation and gratitude, honoring the Divine within. She helped care for my dog once when I was ill, and I was astounded at how she vibrated with gorgeous energy and smelled divine at eight in the morning every day!

Living-in-the-now rituals expand our gratitude and, through that, our energy. I do one of these rituals when I go to the farmers market once a week. When I arrive home, I light incense and a pink candle at my little kitchen altar, which honors both Gaia and Pachamama. I wave the incense around my shopping cart to clear out any vibes I don't want in my home or on my food. I thank Pachamama for her bounty, put on music mantras, and clean each fruit and vegetable with care and gratitude.

Altars and the rituals we perform in this sacred space are important. They help ground and elevate us. I find that I do best when I spend time in gratitude every day, tapping into the energies of the Goddess at my altar.

Gathering in Circle

Communing in circle is an ancient and timeless practice, which not only helps us renew ourselves, but also creates a bond between each other and to the Goddess herself. We gather in a circle to underline the fact that there are no hierarchies, we are all one, and we are connected to the energy of the Goddess. Her energy is magnified when we come together in a safe and sacred space to co-create, manifest, and evolve. It is a perfect time to delve into the energy, support, and guidance of the Goddess via the cards.

When we gather in Circle, we create a space where every participant feels safe to share from the heart. Nothing shared ever goes outside this sacred space. We hold space for one another. We sit in silence, emanating nothing but love toward the person sharing. We do not offer advice, hug, or otherwise react. This way, energy can freely flow as needed for each individual. Here, you listen to everyone's interpretation of a card. It is not a time for dialogue, but time for the cards to trigger healing and guidance and release energy that doesn't serve the Goddess and the group. We hold healing space so this energy can be processed and, in time, transmuted and fully healed.



CIRCLE ORACLE CARD RITUAL

There are countless items you can use for a Circle oracle card ritual, but it is most important to choose things that resonate with you as part of your spiritual practice. Here are some ideas:

- Music and/or a musical instrument to open the path to the spirit world. Try something ancestral like drums, maracas/shakers, tambourines, singing bowls and pyramids, flutes, or your voice.
- A pen, colored pencils, and notebook to create a journal. Take notes from your card readings and/or decorate the pages by creating 'art pages' in response to the cards.
- Fresh flowers. The Goddess loves them and encourages us to surround ourselves with their transformative and healing energy.

Use a clay vase to underline the gift of grounding, metal to boost and magnify the energy, and glass for magick and inspiration.

- Sea salt, Himalayan salt, black salt (especially when your Circle is held inside), and also selenite crystals. Sprinkle around your altar and your Circle for protection, purification, healing, and spiritual amplification. Sweep it up and toss it in your toilet when you are finished (not outside, as it may kill friendly insects and plants).

- Photos of or items representing your ancestors and other important spirit helpers, such as goddesses and gods, totem animals, saints, and angels.

- Wine or spring water for consecration and whatever food or items you want to offer and share with the Goddess.

- Stones and crystals of your choice (suggestions throughout the guidebook).

Align your Circle with the elements to enhance balance and wholeness and to connect with the sacred wisdom of the cosmos. Place items at the four cardinal points in your Circle to represent each element, with water to the north, air to the east, fire to the south and earth to the west. Invoke the energy of the elements as you create your sacred space.

- Air – white sage, palo santo, or any incense to help you focus and enter a devotional realm. If you are using a spray instead of smoke, you can use a feather for air.

- Water – seashells, or a small bowl of spring water (changed/recharged regularly) can be used to anoint stones and candles, to drink, or to water flowers.

- Fire – candles. You may choose to work with different

colored candles for each goddess, petition and ritual.

- Earth – pinecones, a bowl of dirt or leaves, or flowers.

For rituals and altars dedicated to a specific goddess, see the suggestions throughout the guidebook.

Setting up your Circle

Your Circle can be held outdoors or indoors – you may choose to sit on the floor, chairs, or even around a table, but make sure your Circle is large enough for everyone to sit in. It is important that all participants are comfortable physically and emotionally.

Set up a welcoming altar in the middle of your Circle. I place a mandala blanket on the floor first. Arrange your items in a way meaningful to you, and make sure to include the deck of oracle cards. I like to place a small cauldron in the middle with my card deck on top. I often build out from that, starting with four candles placed at the cardinal points and continuing from there, making a grid with the items I have chosen.

Seal your Circle for unity in purpose towards love, light, and protection. I like to involve all participants in this action to design a closed space that, for a time, is sacred and apart from everyday material life.

Your altar can be as simple or complex as you wish. It is most beautiful and powerful when you work together with others to create it.

Circle Ritual

Play soft music and light sage, palo santo, or other incense, as participants arrive. Once everyone is seated in the circle, encourage the group to breathe in to the count of four and out to the count of six. As everyone relaxes into the moment, connect to one another by holding hands as someone says a quick blessing to thank the Goddess, each other, as well as the oracle deck, for their presence and sharing in the sacred space.

Guide everyone to place their personal items (with their own energy) on the altar in the spirit of a communal moving meditation. By doing this, everyone is co-creating a pattern of energy around the center of the circle. The participants' items will be filled with the energy and blessings that emanate from the sacred circle gathering.

Welcome everyone and invoke the energy of the Goddess to guide, heal, and support all present. Incense clears any negative energies and welcomes the supportive energies of love and light. You may use your hand or a feather to wave the smoke over the altar and the items placed there. Wave the smoke toward yourself and pass it around for each person to do the same or wave the smoke to each participant using your hand or feathers.

Call to the elements and light each candle as you go. Travel in a clockwise direction, starting in the north, as you ask the Goddess to lift all emotional baggage and negativity from the space.

Ask our sacred mothers and goddesses to join you in holding sacred space for the highest good of all. Moving clockwise, with your incense burning, pay homage to north, east, south, and west.

Begin with a shared opening by the whole group, such as a prayer, a meditation, a song, playing instruments, or reading a poem or quote.

Using the Cards in Circle

You can use one goddess card for the occasion by pulling a card for the group. Or you can use one goddess card per individual, where you pass the deck around for each person to take a card. You could also choose a card spread to work with according to the theme, or by pulling a card from the deck.

To commence, say a blessing and pass the burning incense over and under the deck for cleansing. Guide the group to be still and contemplative during this time; sharing can come afterward. Create an atmosphere with inspirational music or mantras. Once you have decided how to use the deck, read each question from the relevant card spread out loud and allow everyone to take notes before moving on to the next. Be aware of flow and space as each person takes time to meditate on the cards they have received. This is the time to commune with the goddess intuitively and individually, allowing her personal message to come through.

When you are finished, thank the cards and Mother Goddess. Go around the group and encourage each participant to share their messages. You can also use the card as a talking stick. The person sharing holds up their goddess card while they speak, and when finished, they place it on the altar. Allow each person to talk and share from the heart. This is the most healing part of the ritual. As we receive divine guidance, we can use it to release, heal, and reenergize. You may want to remind your group that this sharing time is not for giving advice or for interruptions of any kind. If your group is large, you may want to limit the speaking time for each person.

Closing the Circle

When everyone has finished sharing, close the circle by thanking Mother Goddess for all her gifts and honoring your sisters with an embrace as you consecrate the space. Then close the circle by walking it counterclockwise. Again, thank the Goddess for her presence and seal the ritual by saying, “it is done,” “aho,” “amen,” “so mote it be,” or whatever other closing prayer or phrase resonates with you.

After you close the circle, it is time for hugs, catching up, snacks, wine, and any other goodies you have brought to commune with the Goddess and your circle. You can also make this time a celebration by incorporating movement. Dance, sway, drum, or rattle to celebrate the sacred feminine energies in your midst.



AND, LASTLY ...

Allow the sacred feminine and your own divine essence help you be a go-between for the physical and spiritual realms to bring love and light to the world. A life dedicated to the sacred feminine is not religious, but a deep awareness and reverence for creative and powerful energy. A priestess acts as a vessel for receiving and disseminating divine wisdom and healing to herself and others for the highest good of all. She seeks a life of love, joy, and peace in whatever role she is called to serve. You may choose to be a priestess in solitary practice or to practice in a group. What's

important is that you practice in a way that fulfills you and helps others. It doesn't matter what you are called to do – chant, parent, drum, paint, serve the poor, hold space for aging parents, care for disabled loved ones, plant a garden, volunteer at your child's school, write a book – do it grounded in gratitude and lifted into joy through bliss and passion. You are called to live your truth in alignment with who you are: a being of love and light.

Card Meanings





1. Aine

Reclaim Joy

The Celtic sun goddess and Irish faerie queen, Aine, is a powerful goddess of love, light, and fertility whose name means “melody” and “bright.” Her following is still strong in and around Limerick, Ireland, where she is worshiped during the summer solstice. She is associated with fire and water healing rites and is said to be the one who gives and takes away the vital spark of life. As such, she is also associated with death and transitions.

Known for her glow and radiant beauty, she is a goddess of nature and magick and the protectress of the fertility of all flora and fauna. Aine has a connection with lakes and wells that have remarkable curative properties, and on the night of the full moon, All Heal Night, rituals of healing are performed in her honor.

Aine gave birth to the first faerie-human children via her

numerous love affairs with men. She teaches us the meaning of love, about romantic love, and how to express lovemaking in a sacred yet playful manner.

AINE'S MESSAGE

Are you feeling tired or bored with your life, job, or relationship? Are you settling into contentment but wish your life had more joy? Now is a good time to reclaim and restore your spirit of eagerness, adventure, and creativity. Only you can do this! Don't wait for others to join you or invite you – be proactive in seeking out and creating opportunities you enjoy. Harness the excitement you had as a child by engaging in activities that bring you laughter and allow you to explore new ways of seeing and being. It's easy to get too busy working, studying, taking care of family, and other responsibilities, but you need to make time to “play” in your own way.

There may be a new love interest in your life, or perhaps a current or previous romantic relationship will rejuvenate. Be playful and fully express how you feel. Celebrate your unique personality in everything you do, from how you choose to dress (be creative!) to how you live, love, and beyond.

CALL ON AINE

- For romance spells and blessings for all your love relationships.
- For issues pertaining to nontraditional romantic relationships and marriages.
- For heightened libido.
- When life gets tedious and tiring, and you forget to engage in things that make you happy and excited like when you were a child.

- To reveal faeries and for faerie magick.
- For abundance, fertility, and bearing children.
- For keeping magickal vows.
- For environmentalism.

ACTIVITIES AND RITUALS

- Explore new places and things to do.
- Delight in simple treats like a movie or a visit to your favorite restaurant.
- Allow yourself time to take a class or engage in a favorite hobby or fun project.
- Take a walk in nature and look for faeries and other elementals.
- Reread a story you loved as a child.
- Create a faerie garden.
- Light a bonfire or watch the sunset on the beach.
- Burn dried flower petals in a cauldron or kitchen pot for a plentiful harvest and physical wellness.

AINE'S MAGNIFY YOUR JOY CARD SPREAD

Card 1: What is bringing me joy right now?

Card 2: Where is the connection that helps magnify the measure of joy in my life (what works)?

Card 3: Where is the disconnection (what is missing)?

Card 4: What do I need to focus on to bring more joy into my life?

Card 5: What is the gift (or lesson)?

CREATING AN ALTAR FOR AINE

Objects: Faerie paintings and sculptures. Fairy lights, glitter-covered candles, and/or sparkly altar cloth. Small bowls of water with a sprinkle of glitter. Magick wands, mirrors, and gold and silver painted stones.

Fruits, flowers, and herbs: Acorns, apples, figs, oranges, rowan, and elderberries. Foxgloves, calendula, bluebells, daisies, violets, heliotropes, honeysuckle, and purple coneflowers (echinacea). Mint, eucalyptus, chamomile, comfrey, and mugwort.

Incense and scented oils: Rose, clover, and orange.

Stones and crystals: Rose quartz, calcite fairy stone, staurolite (fairy cross), fairy frost (devic) crystal, Herkimer diamond, and unakite.





2. Artemis

Independence and Empowerment

Artemis is the Greek goddess of the hunt and the moon. Like the moon, she is known for illuminating the darkness; she shines her light on our individual paths. Known for her courageous choice to remain a virgin and hold fast to her fierce independence, Artemis is one of the most self-sufficient goddesses. She lived life on her own terms, comfortable both in solitude and in community. Though she refused to marry, she relied heavily on the love of family and friends, surrounding herself with a circle of female companions. Artemis enjoyed a fulfilling life in the mountains accompanied by her nymphs, deer, and her adored pack of hounds. Artemis' brother was born only a few days after she was born, yet she acted as her mother's doula during his birth. Thus, she is a goddess of childbirth and infants.

She is associated with the protection of all animals, children, and women, unmarried women especially. Artemis is not afraid to avenge injustice, and yet, she is one of the most compassionate goddesses. Artemis and her brother were both excellent hunters with the bow and arrow. They respected and honored the lives of the animals they hunted and often avenged the lives of those killed for the wrong reasons.

ARTEMIS' MESSAGE

Do not be afraid to assert yourself. Be aware of your power as a divine creature. You are sufficient and capable of doing anything you set your mind to.

Be confident in yourself and find the courage to stand on your own two feet. This may be in reference to leaving your parents' or partner's home, being independent in business, or being emotionally independent. It is nice to have companionship and emotional support, but you don't need others to reach your goals and achieve your dreams. Have gratitude for the people who surround and believe in you. Most of all, know that you do not need a partner unless you want one. "Alone" is not the same as "lonely."

CALL ON ARTEMIS

- To regain your sense of determination, when you are feeling disempowered and need to assert yourself.
- For help trusting your strength and instincts.
- When you need illumination on your path.
- For support in speaking about your needs and wants, and to advocate for your highest good.

- When you are scared and lonely.
- When you need protection.
- To help heal from broken friendships and open your heart to the possibilities of new relationships with women.
- If you are dealing with codependency and attachment issues.

ACTIVITIES AND RITUALS

- Surround yourself with like-minded friends who accept you as you are and give you space and private time while being supportive.
- Spend time by yourself.
- Get to know yourself; do not be afraid to enforce your personal boundaries to help you feel secure while nurturing your independent spirit.
- Make healthy choices in ways that ground you.
- Spend time with animals, your pets, or volunteer at a shelter, and pay attention to the wild animals around you.

ARTEMIS' BE EMPOWERED CARD SPREAD

Card 1: How do I feel about myself right now?

Card 2: How do I stay centered and empowered?

Card 3: What is empowering and supporting me at this moment?

CREATING AN ALTAR FOR ARTEMIS

Objects: A white altar cloth and silver candles. Images and sculptures of bows and arrows, dogs, and all types of wild animals (especially deer and bears). White wine. Animal bones and fur.

Fruits, flowers, and herbs: Pinecones, mandarins, oranges, apples, and white grapes. Hyssop, wormwood, mugwort, and fennel.

Incense and scented oils: Wintergreen, sage, and myrrh incense. Oils of lemongrass, anise, spruce, bergamot, mandarin, ylang ylang, wintergreen, and juniper.

Stones and crystals: Pyrite, blue aventurine, ruby, garnet, obsidian, carnelian, Dalmatian stone, dragon's blood, and smoky quartz.





3. Athena

Wisdom and Knowledge

Athena, a Greek goddess of wisdom, is a powerful and wise warrior goddess who battles using her wits and diplomacy. She was born from Zeus' head, fully grown and wearing armor, and she was his favorite child. She protects all those who call upon her.

Athena is a lover of the arts and literature. Her companion animal is the cunning and wise owl. She is also represented by the olive tree, which she created in a contest against Poseidon to win the favor of the Greeks. When the people and the gods saw the shade, oil, and olives provided by the tree, Athena's was judged the better gift, and she was awarded the city of Athens.

ATHENA'S MESSAGE

Rely on your power, knowledge, and wisdom to help with your current challenge. Be open to learning more about your situation from all angles. Be humble and unlearn and relearn as needed. This will help you expand your wisdom.

Overcome difficulties through diplomatic wit and strategy. The battles faced in life are not to be fought with violence, gossip, or manipulation. Instead, face trials head-on with truth on your side, always seeking the highest good of all. Focus on your strengths and perseverance to overcome obstacles. Be strengthened from within and honor your own wisdom and knowledge. Do not be reactive to your circumstances. Trust that all you need will come to you, but be prepared and well-informed.

Your power tool in this situation is wisdom. You can gain wisdom through book learning, life experience, and your own divine intellect and inner resources. Engage all of these for success and clarity. Don't second-guess your feelings, but stay grounded in truth and justice instead of aggression. Lean on your wisdom with grace, knowing you are well-equipped with wise intuition and innate power to deal with whatever comes your way.

CALL ON ATHENA

- To solve all types of disputes and legal battles.
- To help with cognitive skills and memorization.
- When you are experiencing challenges and need help trusting yourself and your wisdom.
- For strength to overcome life's challenges.
- When you are tempted to lash out in anger.
- For help with tests and exams.

ACTIVITIES AND RITUALS

- Spend time reading, learning, creating, and further developing your wisdom and intellect.
- Create mandalas, work on word puzzles, and read and write regularly.
- Teach what you know.
- Listen to podcasts and lectures, and read books on subjects you are interested in.
- Nurture your physical body by doing gentle moving meditations, going for short hikes, or practicing yin yoga or tai chi.

ATHENA'S WISDOM CARD SPREAD

Card 1: What do I need to know right now?

Card 2: What knowledge and wisdom are being revealed?

Card 3: What do I need to know and develop further?

CREATING AN ALTAR FOR ATHENA

Objects: A deep-blue or white altar cloth. Athena, dove, eagle, and owl sculptures and images. A bowl filled with olive oil. White feathers, antique books, and attractive papers and pens.

Fruits, flowers, and herbs: Apples, oranges, and olives. Orange blossom, roses, geraniums, and lilies. Bay laurel and olive branches.

Incense and scented oils: Rosemary, cinnamon, citrus, patchouli, musk, ylang ylang, and lemon.

Stones and crystals: Chrysocolla, lapis lazuli, moonstone, sapphire, hematite, ruby, and jade.



4. Bastet

Guardian and Protectress

Bastet, the Egyptian cat goddess, has been known as Bast and also Ubastat. She was once associated with the sun and the lioness, but over the years became the cat goddess as well as a moon goddess. As the favorite daughter of the sun god Rah, she possesses the utchat, the all-seeing Eye of Horus.

Cats are sacred to Bastet and her followers. They are protected, venerated, and in ancient times, any harm done to a cat was considered a crime against the goddess. Bastet is cunning and fast yet also protective, just as a cat. She is the protectress of the hearth and home, other domesticated animals, as well as women and children.

When brought to anger, Bastet can transform into a fierce warrior. Images and statues of Bastet have been used to ward off

all manner of evil spirits, thieves, illness, and fire, as she is also the patroness of firefighters. When angered, Bastet was appeased with rituals incorporating dance, flowing wine, and sensual pleasures.

Bastet is associated with perfume – she is the Perfumed Protectress. She is also known as the Mistress of Delight. As a goddess of sensuality, she enjoys music, dance, and physical pleasure, and loves to see us enjoying life and our earthly bodies.

BASTET'S MESSAGE

Know when to seek action and when to be still. Know when to give and when to receive. Release your need for complete control or perfection. Become an observer in situations and walk the middle path. Stay safe from harm by avoiding dangerous situations. Be cautious as you move around risk situations, including those involving investments or relationships.

Celebrate your sensuality, whether you are single or with a partner. Remember, sensuality is a part of you in everything you do. It is not only about how sexy you feel but about deeply appreciating everything that pleases your senses. Create moments in your day that bring you great delight and satisfaction.

CALL ON BASTET

- To clear away fear and restore positive energy.
- When you need protection, or your loved ones do.
- When your well-being is threatened by negative or abusive behavior and you need clarity, courage, and strength to lead you to a more joyful path.
- When you need help tapping into the full spectrum of sensual delights.

- To remind you that you are a gorgeous being with a beautiful soul.
- To remind you that your sensuality is a manifestation of your sacred connection to the divine source.

ACTIVITIES AND RITUALS

- Move to music or do yoga, alone or with a group.
- Listen to music that is celebratory and uplifting.
- Take time to bask in the rays of the sun or sit by the fire.
- Relax. Take time to sit still, read a book, create art, write in your journal, or spend time with your cards.
- Have a relaxing milk bath with powdered buttermilk, Epsom salts and a few drops of your favorite essential oils. Or with two cups of powdered buttermilk, half a cup of baking soda, half a cup of cornstarch or oatmeal, and ten drops of your choice of essential oil.
- Enjoy sensual pleasures like delicious foods, delightful scents, beautiful scenery, and tender caresses whenever possible.

BASTET'S PROTECTION CARD SPREAD

Card 1: Who or what needs care and protection right now?

Card 2: What do I need to honor in myself?

Card 3: What should I take note of?

Card 4: What do I need to do to trust and feel safe? Or, what should I focus my energy on right now?

CREATING AN ALTAR FOR BASTET

Objects: A black, deep red or purple altar cloth. Representations of Bastet, cat images and figurines, and the Eye of Horus. Dark

chocolate, honey, and wine. Beautiful perfume bottles and sistrums or rattles.

Fruits, Flowers, and Herbs: Almonds, cardamom, and nutmeg. Lotus flowers, jasmine, and geraniums. Catnip, thyme, and hemp.

Incense and scented oils: Egyptian musk, frankincense, clove, amber, myrrh, sandalwood, and vetiver.

Stones and crystals: Obsidian, jet, hematite, amethyst, amber, smoky quartz, variscite, and red garnet.





5. Blue Tara

Transmutation of Anger

A goddess of Indo-Tibetan mythology, Blue Tara is fierce and powerful. One of the twenty-one Taras, she represents unity and transmutation of anger. She helps us overcome challenges and to break habits that are obstacles on our spiritual path. Blue Tara is connected to the blue star, Sirius, also known as the Dog Star, the brightest star seen from Earth. Throughout time and across cultures, Sirius has been worshiped and admired as divinely powerful, especially in matters of transformation. Meditating on this star creates a connection with Blue Tara.

Blue Tara liberates us from the eight fears related to external dangers, like natural catastrophes, illnesses, and dangerous animals. She also liberates us from threats that exist in our minds, like anger, pride, envy, ego, and attachment. Call on her energy to

cleanse negativity and restore positive energy to your life.

BLUE TARA'S MESSAGE

Consider themes and issues in your life connected to anger. Anger may indicate something needs to be looked at but is too painful. It may stem from boundaries broken, rejection, or abandonment. It may be at someone else's feelings against you. Whatever it is, it is time to heal this energy.

Are you standing up for yourself? Or are you holding back, then feeling resentful and bitter? You do not need to repress your feelings nor express them aggressively. There is another way to bring rapid growth to your journey. Honor your feelings and step into your power!

We experience our ultimate truth through our feelings. They are the sacred language of our higher self or spirit. They are the compass of our hearts. Anger – as well as panic, depression, and intense anxiety – can transform into feelings of peace and harmony. Bring your attention to your feelings and embrace the shadow that surfaces from within. This will help you ascend to your healing and spiritual path, so you can claim your power to break the cycle that keeps you dwelling on things that do not serve you.

CALL ON BLUE TARA

- To help let go of anger and other negative feelings.
- To transform emotions and help you find the positive side of your troubles.
- When you need protection from anger projected at you.
- To help you work through anger and resentment toward specific people and/or situations.

ACTIVITIES AND RITUALS

- Perform a full moon release ritual to Blue Tara by placing selenite crystals on each corner of your space to protect against negative influences.
- Clear away negative energies. Let go of blame and guilt. We cannot change the angry energy of others, but we can change ours. This is how we change the world.
- Burn white sage; then, light a blue candle, stare into the flame, and begin to imagine all your anger soften and dissipate. Imagine it like soft cords letting go. Don't stay long with negative memories. Concentrate on transforming this energy so it no longer has an emotional hold on you. Imagine your heart and mind being cleansed of painful memories and filling with the peaceful and calming light of Blue Tara. This process is quite magickal and works with the law of the universe: that which we hold on to, we give energy to.

BLUE TARA'S TRANSMUTING ANGER

CARD SPREAD

Card 1: What will bring me peace in this situation?

Card 2: What is already available for me to harness?

Card 3: What do I need to focus on to help me release and let go?

CREATING AN ALTAR FOR BLUE TARA

Objects: A blue altar cloth, blue lights, silver and blue candles, decorative blue stars and orbs. Third eye symbols, skulls, swords, and tiger statues or images. Bowls of butter and rice.

Fruits, flowers, and herbs: Apples, melons, bananas, and mangoes. Blue lotus flowers, larkspur, hyacinth, clematis, blue star

flowers – blue and purple flowers of all kinds.

Incense and scented oils: Frankincense and nag champa incense. White sage, neroli, verbena, lavender, clove, and blue cypress oils.

Stones and crystals: Blue quartz, blue tourmaline, sodalite, tiger's eye, lapis lazuli, selenite, and kyanite.





6. Butterfly Maiden

Openness and Renewal

Butterfly Maiden is a goddess found in many native traditions throughout the Americas. She is associated with renewal, transformation, beauty, fertility, rebirth, freedom, and springtime.

The Hopi and Zuni people of North America make beautiful wooden sculptures, called kachinas, to represent the Butterfly Maiden. Girls braid their hair into wings on top of their heads to represent the wings of the butterfly, and they perform dances in her honor.

In Mexico, this goddess of butterflies is Itzpapálotl. She covers herself with an invisibility cloak to avoid the attention of those who are envious of her beauty and powers of eternal regeneration.

BUTTERFLY MAIDEN'S MESSAGE

Open yourself to transformation and growth. You are able to evolve and change continuously. You may feel like spending time alone. Do not be afraid. When you have the courage to explore the darkness, you will rediscover the infinite power of your light. Trust your instincts and do not force things to happen. Know when to protect yourself. It may be necessary to enter the cocoon of darkness and renewal. Nurture, regenerate, and revitalize yourself, to amplify your ability to more fully receive the love and light waiting for you. There is much to be learned from these times.

Conversely, do not be anxious if it is time to leave the cocoon to explore all life has to offer. Know when to open yourself up to new situations, people, beliefs, and opportunities. Work to strengthen your mind, body, and spirit as you awaken to your true magnificence and to the gifts of the universe.

Some situations cause us to withdraw and close up to avoid pain and sorrow. This can be helpful or hurtful. Become very aware of your emotional health and needs. Do you need to cocoon for renewal? Or is cocooning stagnating your free flow of giving to and receiving from the universe? Are you blocking yourself from what you truly desire? Or is it time to open your wings to explore your life, situation, or self? You are here to bring beauty to the world. Do not repress the beautiful being you are.

It is time to move forward into satisfying, loving relationships. If you are lonely and tired, know you can overcome this by becoming comfortable with spending intimate time with yourself. Learn to be alone, but do not isolate yourself. You can then face truths and let go of negative attitudes and the inner critic that stifles your growth and spiritual evolution.

CALL ON BUTTERFLY MAIDEN

- When you need to be exposed to the truth of your situation.
- To help you be open to a new and unknown phase with vulnerability and strength.
- To accompany you on your journey back to the essence of your being.
- To celebrate with you when you are ready to receive.

ACTIVITIES AND RITUALS

- Make time to eat well: in winter, prepare nourishing and warming broths and herbal teas; in spring and summer, eat a cleansing diet of mostly raw fruits and vegetables.
- Spend time meditating and journaling.
- Take a break from work, a relationship, or a situation.
- Take time to cocoon by yourself – a few hours, a day, a weekend – but don't rush the process. Don't stay wrapped up and asleep too long; you are meant to open your gorgeous wings and fly!
- Plant a seed and watch it grow in a pot inside until it is time to take it outside for growth in spring.
- Encourage butterflies to visit you by making a butterfly feeder and leaving out butterfly nectar or fruit mashed into mushy banana.

BUTTERFLY MAIDEN'S ESSENTIAL TRUTH CARD SPREAD

Card 1: A truth I need to know.

Card 2: What is supporting me on my journey back to my essence.

Card 3: What part of me do I need to receive and celebrate fully.

CREATING AN ALTAR FOR BUTTERFLY MAIDEN

Objects: A colorful altar cloth and blue, pink, yellow, and purple candles. Butterfly decor, and butterfly feeders for outdoor altars. Cornmeal in a bowl.

Fruits, flowers, and herbs: Melons, oranges, strawberries, peaches, kiwifruit, and bananas. Milkweed, calendula, borage, coneflowers (echinacea), heliotrope, hyssop, butterfly bush, lilac, sweet alyssum, and verbena.

Incense and scented oils: Jasmine, juniper berry, geranium, chamomile, and lavender.

Stones and crystals: Desert rose, labradorite, aquamarine, hemimorphite, rose quartz, fuchsite, moonstone, kyanite, malachite, and epidote.





7. Demeter

Hope

Healer of emotions and constant change, Demeter is the Greek goddess of grain, abundance, and fertility. She had one precious daughter, Persephone, fathered by Zeus. Against the wishes of both Demeter and Persephone, Zeus gifted his daughter to his brother, Hades, the powerful god of the Underworld.

Grief-stricken, Demeter proclaimed she would never again allow anything to grow on Earth unless her daughter was returned to her. Seeing people dying of starvation, Zeus convinced Hades to let Persephone go. But Hades, who was in love with Persephone, tricked them all by sneaking a few pomegranate seeds into Persephone's mouth. If anyone eats something in the Underworld, they must stay there forever, so Persephone was trapped.

When Hades' trickery was revealed, Demeter's sorrow once again dried the land. The goddess Hecate heard Persephone's cries and came to her aid, convincing Hades to allow Persephone to spend part of the year with her mother and part of the year with him. Hecate became a frequent visitor and companion to Persephone, and Demeter provided bountiful harvests while her daughter was with her. She is also the goddess of harvest and transformation. Demeter taught mortals to cultivate the earth following the cycles of the seasons and introduced wheat to mankind.

DEMETER'S MESSAGE

Changes for the better are coming. Stay hopeful. Your situation will be resolved in due time. Stay centered and do not give up. Trust that this will pass, and you will have a positive resolution to your problem.

Conversely, is there something you are holding on to as false hope? You must be clear about what you want, and to be attentive to signs that you need to reevaluate the situation.

Honor the seasons of nature or Wheel of the Year. This is about transitions and homecomings; even the hardest and most difficult winters will be followed by spring. You will be helped to heal the emotions during this difficult season of your life's journey. Remember: where there is darkness, there is always light.

CALL ON DEMETER

- To help stay steady and strong through the winter of the soul.
- To help find tender places in your heart when you have lost hope and joy and sadness remain.

- To send someone to your side who can hold space for you and be a safe port for your emotions during difficult times.

ACTIVITIES AND RITUALS

- Meditate on Demeter's patient and courageous energy to find the strength and inspiration to hope in all things unseen and to help manifest the outcome you desire for the highest good of all.
- Use intentions to help stay focused on what you are hoping to manifest in your life.
- Begin each day by lighting a candle and writing down an intention. For example: "I intend to relax and let go of this situation, to allow the sacred energy of Demeter to work on my behalf." Hold the expectation that it will come to pass in divine time. Seal the paper in an envelope, tuck it away in a journal or on your altar, and let it go.

DEMETER'S CARD SPREAD FOR HOPE

Card 1: What is my heart hoping for?

Card 2: What do I need to remember?

Card 3: Where do I find my center and peace?

Card 4: What should I focus on to move forward?

CREATING AN ALTAR FOR DEMETER

Objects: A brightly-colored cloth and yellow candles. Images and figurines of pigs and serpents. Honey, cornucopias, and bowls of grain and of sunflower or other seeds.

Fruits, flowers, and herbs: Pomegranates, sunflowers, cherry blossoms, peach blossoms, myrtle, poppies, gardenias, gladioli,

crocuses, and all types of lilies. Bay laurel leaves and all types of mint.

Incense and scented oils: Pomegranate, frankincense, myrrh, amber, patchouli, oregano, blood-red rose, and sandalwood.

Stones and crystals: Agate, amazonite, amethyst, malachite, pyrite, iolite, aventurine, amber, bloodstone, and aquamarine.





8. Eirene

Peace

Eirene is the Greek goddess of peace and the patroness of wealth and prosperity. She is often depicted with her infant son, Ploutos, the god of wealth. Eirene is one of Zeus' daughters and one of the three Horae who presides over matters of peace, order, and justice, ensuring that only those with good hearts pass through the gates to Mount Olympus.

Her role as a goddess of peace is so significant that her name is the modern Greek word for peace – eirini. In Roman culture, she was known as Pax, the Latin word for peace. Eirene brings with her the energy of peace and prosperity for all.

EIRENE'S MESSAGE

Breathe ease and harmony deep into your heart. Have trust; there is a reason for everything. The world as it stands is stressful and peace may be challenged every day by personal, work, and world events.

It is important to stay connected to Spirit, to focus heart and mind on harmonious thoughts with love as the center. Be aware of thoughts that take away your peace. You don't have to know about everything going on in the world, nor do you have to shoulder all responsibilities. Learn to say no when too much is asked of you.

Strive to make life harmonious by choosing what you focus on. Work on any resistance you may have against accumulating wealth; know that wealth brings peace of mind. Your thoughts are powerful. Be mindful and self-aware; don't let the attitudes and actions of others cause inner discord. Make time to sit in stillness without distraction to cultivate peace from within.

CALL ON EIRENE

- If you have anxiety, panic disorders, or post-traumatic stress disorder (PTSD).
- When you need help resolving a conflict.
- When you need to disengage from a loop of negative thoughts.
- To call forth wealth into your life for peace of mind.

ACTIVITIES AND RITUALS

- Write down the things causing you concern on tiny pieces of paper. Cut them up and burn them. As the fire turns them to ashes, repeat this phrase: "I release you into peace."
- Create a crystal grid. Based on sacred geometry, grids are found

throughout the universe in nature and the cosmos and help amplify the energy of the items used. Use some of the suggested stones for your altar and others you feel drawn to intuitively. If you don't have enough crystals, use flowers and leaves. Keep your grid where you will see it (a photo on your phone perhaps), so you can meditate on the energies throughout the day.

- Use meditative practices to bring you a feeling of deep peace.
- Breathe in for a count of four and out for a count of six. Keep your mind on your breath. Imagine it going in through your nose, traveling down to your heart and back up through your head, reaching your third eye. Exhale through your mouth with a loud sigh. Slowly go deeper with each inhalation and release your breath slowly. Each time your attention wanders, bring it back to your breath. Breathe in peace, breathe out your worries. You will find powerful relief after doing this for a few minutes.

EIRENE'S PEACE AND SERENITY CARD SPREAD

Card 1: What shall I put my focus on for more peace and serenity?

Card 2: What shall I nurture to reduce worry, stress, and anxiety?

Card 3: What is my rock, my strength right now?

CREATING AN ALTAR FOR EIRENE

Objects: A white or light-blue mantle and white, silver, and gold candles. Images and statues of Eirene and doves. Gold and silver coins and a bowl of water.

Fruits, flowers, and herbs: Olives and olive branches. Poppies, roses, and basil.

Incense and scented oils: Lavender, vanilla, and sandalwood

incense. Lavender, marjoram, ylang ylang, helichrysum, angelica, neroli, and melissa oils.

Stones and crystals: Clear quartz, blue lace agate, rose quartz, amethyst, citrine, and fluorite.





9. Freyja

Sensuality

Freyja is the Norse goddess of love, fertility, and magick. She is said to be the kindest of goddesses, and through her, the full cycle of life and death is reflected.

Her joyful, playful, and seductive energy is reflected in her day of the week – Friday. People around the world celebrate play and self-gratification on this day. She is also associated with the dead, presiding over the realm of Folkvang, whose inhabitants she selects from among slain warriors. In this capacity, she helps guide the recently deceased to the afterlife.

FREYJA'S MESSAGE

Get in touch with your body. Know your needs and limits. Take care of your body, your temple. Appreciate it in all its beauty and

uniqueness. If you have any issues pertaining to body image, it is time you work on it.

Your sensuality is your divine and sacred right. Your feminine sensuality is a divine gift to be nurtured and cared for. Restore this gift by being gentle with yourself and nurturing everything you perceive within you as feminine. Explore your sensuality and celebrate your beauty. Trust your sacred feminine wisdom and your self-awareness in making the right choices for your body and in your partnerships — delight in your partner's desire for you.

You have the strength to persevere in any situation. Embrace your magical powers to manipulate reality to suit your needs and desires. Acknowledge what brings you satisfaction and follow your heart's desire. Live every moment to the fullest and find joy in everything that surrounds you and engages your senses.

Perhaps it is time to reintegrate and restore your feminine essence. Remember, your body is a sacred vessel, a divine creation, and perfect as it is. Embody your divinity, and see the Goddess reflected in you. Your body is your temple; love it, care for it, and rejoice in it!

CALL ON FREYJA

- When feeling anxious and insecure about your body, your looks, or your sensuality.
- When you're having problems with your sexual partner.
- When battling with eating disorders or other illnesses related to poor body image.
- When you're feeling down and experiencing low self-esteem.
- To help you connect with your true self.

ACTIVITIES AND RITUALS

- Listen to your body. Is today a good day for yoga, the gym, or a gentle walk? Should you have that next glass of wine? Is your body telling you to see a physician? (are you resisting and putting it off?)
- Practice sacred sex to fulfill your desires. Get in touch with your womb and your pleasure center.
- Reconnect with your physical body by taking baths or long showers with essential oils by candlelight. Enjoy a bite of chocolate or a sweet strawberry or other delicious indulgences while you soak.
- Delight in wearing clothes that make you feel confident and gorgeous and soothe your skin.
- Listen to music that makes you feel wonderfully relaxed and comfortable in your goddess skin.
- Look for the unique beauty in all the women around you with their different heights, colors, and sizes.
- Look in the mirror as you apply lotions and brush your hair while giving thanks to Freyja for every part of you. Send healing energy to those parts you're not confident about.

FREYJA'S FLOW IN BEAUTY CARD SPREAD

Card 1: What beauty within do I fail to see?

Card 2: What inner beauty do I need to hone?

Card 3: What force in my life do I need to honor and celebrate?

CREATING AN ALTAR FOR FREYJA

Objects: A green altar cloth and green, gold, and silver candles. Statues and images of Freyja and cats. Mirrors and crystal eggs.

Fruits, flowers, and herbs: Apples and strawberries. Orchids, calla lilies, and roses. Damiana as an herbal tea.

Incense and scented oils: Rose, ylangylang, jasmine, honeysuckle, patchouli, neroli, and vetiver.

Stones and crystals: Jade, citrine, moonstone, cinnabar, Apache tears, amazonite, and carnelian.





10. Gaia

Evolution

In Greek mythology, Gaia is the Mother Goddess – a living being, ever expanding. She presides over the earth and the heavens and is the ancestral mother of all life, including the gods and goddesses themselves. She is both mother and wife of Uranus, Father Sky.

She is the creator of the universe. She is the substance of our own bodies, as ours are the substance of hers. She is the ultimate, the beginning and the end.

GAIA'S MESSAGE

The universe is in constant evolution, and you are part of a bigger story than you can envision. Be proactive in your life experience. Be inquisitive; look further than the eye can see. You are evolving each day in a process of spiritual expansion.

Learn to use your energy to do what you need to do in the world. Spend time with the earth, the sun, the moon, and the stars. Celebrate each moon cycle and each season. Pay homage to the stars and planets that surround you. Pay attention to astrological signs and the weather. Remember, you are one with the universe. Learn to overcome the illusion of limits to truly see that the universe is, at its core, pure energy. You are here to learn how to harness this unlimited supply of energy, to create and grow into eternity.

Use the powerful energy of gratitude to change the energetic environment around you. Surround yourself with energy, people, and objects that attract more of what you're in alignment with. Always be in motion; don't stay stagnant in your plans. Work to move steadily but gently in the direction you want to go.

CALL ON GAIA

- For help in harnessing your energy for manifesting.
- For anything to do with astrology, aliens, sacred geometry, and other mysteries of the universe.
- When you are struggling to make a choice.
- When you have something in mind you are eager to create; commit it to Gaia, and she will help you carry your project to completion.

ACTIVITIES AND RITUALS

- Plant a garden.
- Look at the stars.
- Travel to see landscapes you have never seen before.
- When you're struggling to make a choice, pay attention to how

your energy increases or decreases around people, things, and places. Choose in favor of who or what helps your energy flow and expand.

- Engage the energy of Gaia and the planets to help you evolve and expand into all you are meant to be. Each planet has its own energy and governs a day of the week. Those visible to the naked eye are the most potent. Make a daily ritual to coincide with the energy of the day for seven days.

SUGGESTED EXERCISE

Set up your altar with Gaia's image and seven candles:

Sunday: Invoke the energy of the sun to open you up to vitality, truth, kindness, and dreams fulfilled. Light a yellow candle at your altar. Take this day to rest and reconnect with yourself and your loved ones. Essential oils to use are orange, cinnamon, and grapefruit.

Monday: Invoke the moon to increase your intuition and psychic powers. Light a white or silver candle. This is the best day for magick rituals, exploring the supernatural, card reading, and other divinatory endeavors. Celebrate your femininity and mystery. Essential oils to use are laurel, lavender, and geranium.

Tuesday: Invoke the energy of Mars, the planet of action, speed, and passion, to help propel you into doing the big things in life. Light a red candle. This is the best day to engage in challenging activities that take lots of energy. Essential oils to use are bergamot and eucalyptus.

Wednesday: Invoke Mercury for success in all your endeavors, especially those to do with business and studies. Light a blue candle. Mercury's energy helps with communication, intelligence, and concentration. Essential oils to use are rosemary and vetiver.

Thursday: Invoke Jupiter for growth, pleasure, and good fortune. Light a green candle. Essential oils to use are bayberry, clove, and orange.

Friday: Invoke Venus for all matters related to love, relationships, beauty, and harmony. Light a purple candle. Venus' energy helps with emotions and all creative activities. Essential oils to use are patchouli, vetiver, and myrrh.

Saturday: Invoke Saturn to help achieve your goals and complete tasks. Light a black candle. Saturn will help you be productive and to release the things you no longer need. Essential oils to use are peppermint and lemon.

GAIA'S MESSAGE FROM THE UNIVERSE CARD SPREAD

Card 1: What message does the universe have for me?

Card 2: What is influencing current events and situations in my life?

Card 3: How do I surrender to the universe and make space for what is set to manifest in my life?

CREATING AN ALTAR FOR GAIA

Objects: A dark-blue mantle. Representations of stars, planets, and your astrological sign. Feathers and driftwood.

Fruits, flowers, and herbs: Night sky petunias, Albertinia pincushion, Mexican marigolds, cypress vine, and other star-shaped flowers. Sage, mint, and eucalyptus leaves.

Incense and scented oils: Essential oils for the days of the week as listed in the suggested exercise above.

Stones and crystals: Orgone crystals and pyramids, lava rock, fossils, green aventurine, carborundum, rutilated quartz, brown tourmaline, blue and pink bismuth, unakite, and those that represent your birth month.





11. Green Tara

Compassion and Empathy

Green Tara is a Buddhist goddess of compassion. She is a feminine representation of the Buddha, and one of the twenty-one Taras born when the Bodhisattva Avalokiteśvara (the first eternal Buddha) cried tears of compassion as he witnessed the suffering of humankind.

Green Tara is a goddess of action, as shown by her vibrant green color, and she quickly appears when we are most in need of empathy and compassion. She is a refuge and comfort, acting to help us grow and expand into enlightenment. This is why she is known to be the savior who hears your suffering and encourages you to overcome difficulties. She is a nurturing and kind goddess who has an enlightening and interested influence on us when we seek her.

GREEN TARA'S MESSAGE

Practice empathy by seeing yourself in the other person's shoes. Try to see every situation from both sides. Are you an empath? Do you find yourself affected by everything that happens around you? It is a beautiful gift to feel and love in such a deep way, but it's also important to be compassionate toward yourself and protect your energy. The more clarity you have about who you are, and the more you're able to accept and forgive your own shortcomings and mistakes, the more compassion you will have toward yourself and others.

Don't confuse empathy with codependency. Don't get so caught up in understanding others that you excuse bad behavior. Don't allow others to mistreat or hurt you. Connect to your inner child and heal your wounded parts. It is when you face your weaknesses and forgive and accept yourself that you begin to absolutely love yourself for who you are. When you do that, you will have true empathy and compassion for others. Remember to honor yourself, and don't replace your needs with those of another.

CALL ON GREEN TARA

- For compassion and comfort.
- When you need relief from negative karma.
- For support in finding compassion for others in a challenging situation.
- When you're in a codependent relationship or are taking the role of enabler.
- When all seems hopeless and you need refuge and tenderness.

ACTIVITIES AND RITUALS

- Sing or chant Green Tara's mantra to connect to her compassion, warmth, and protection: Om tare tuttare ture soha (Om! O Tara! I entreat you, O Tara! O swift one! Hail!). You can recite it with a mala (Buddhist prayer beads) of any length from one to three times daily. There are many chants available online you could chant along with.
- Set up an altar for Green Tara and do a traditional ritual in her honor.

SUGGESTED EXERCISE

Place seven small bowls, the length of one grain of rice apart from each other in front of seven tealight candles. Fill the bowls to the distance of one grain of rice away from the top with rice, water, flowers, seeds, and other foods. Light the tealights for seven days in Green Tara's honor for purification and cleansing. Meditate in front of your altar, every day for seven days. This can be from five minutes to as long as you want. Meditate on Green Tara's healing green light. Visualize it slowly covering you from head to toe. Imagine your heart chakra as an opening flower with translucent green petals that allow in light for purification and new energy. When it is open fully, the heart chakra becomes what Buddhists call mahakaruna, a channel for wise compassion through which love flows into us for healing and spiritual evolution. Once you are finished meditating, pull a card from the deck and write down your thoughts. Replace the water in each bowl afterward. At the end of the seven days, gift the seeds and flowers back to nature.

GREEN TARA'S TOUGH SITUATION CARD SPREAD

Card 1: Where will I find more compassion for this situation?

Card 2: How do I move forward?

Card 3: What am I to learn from this?

Card 4: What will support me?

CREATING AN ALTAR FOR GREEN TARA

Objects: A green altar cloth, gold or bronze candle holders, and green and pink candles. Images and sculptures of Green Tara and lotus flowers. A mala (Buddhist prayer beads) and small musical instruments such as cymbals and flutes. Bowls filled with any or all of the following: seeds, rice, water, rose water, flower petals, incense powder.

Fruits, flowers, and herbs: Apples and mangoes. Lotus flowers, utpala flowers, or water lilies. Saffron.

Incense and scented oils: Green Tara incense. White sandalwood, patchouli, cedar, orange, and rose essential oils.

Stones and crystals: Rose quartz, malachite, pink tourmaline, emerald, and jade.





12. Hathor

Celebrate Life

Hathor, the daughter of the sun god Rah and the moon goddess Nut, was a mother figure who nurtured Horus the new Sun, who rose and set in her sky. Egyptian Hathor is a moon goddess of the Underworld, fertility, the arts, romantic love, dance, wine, and music. She represents the energy of the divine feminine in both women and men.

Those in her service were trained as dancers, artists, musicians, and healers. Hathor enjoyed great popularity as the mistress of enjoyment and celebration. She was known to use powdered malachite to color her eyes for her celebrations, including her birthday on the first day of the first month of the Egyptian year. On this day, priestesses honored the spirit of Hathor. They dressed beautifully, painting their eyes with udju, made from

green malachite, and kohl, made from galena, and celebrated life with festivities from the rising of the sun and deep into the night.

A goddess of the sensual aspects of femininity and procreation, she is known as the Mistress of Life who celebrates living with gusto. In connection to astrology, she is known as the Celestial Cow (the Milky Way galaxy). As the mistress of Heaven, she carries the deceased there on her back (or the magick ladder that would take them there) where they're revived and welcomed. She is represented in ancient Theban tombs embracing the deceased as she welcomes them to the afterlife with food and wine.

HATHOR'S MESSAGE

Loosen up! Seek out activities that feed your deep desire for joy. Honor your life by tapping into activities and surrounding yourself with people that make you feel glad to be alive. You will be supported by the happiness you feel when you align with your life's path.

Be mindful of how you spend your time. Dance, play music, create. Fuel the part of you that seeks to celebrate the grace and beauty of life – your body and your spirit. Remind yourself to celebrate each day.

CALL ON HATHOR

- When you are feeling depressed or that life has no meaning.
- To help figure out ways to bring joy into your life.
- To help you heal from the stress of this world.

ACTIVITIES AND RITUALS

- Sign up for a pressure-free, fun-filled class.
- Plan a vacation, even if just to the local amusement park.
- Engage in any act of creation that feels like play! Dance like no-one is watching, finger paint like a toddler, sing in the shower. Adorn your gorgeous body with clothes and jewelry that make you happy.
- Celebrate every day and special occasions with extra flair. Gather friends together and make a party of it!
- Make your favorite meal, for yourself or your family, accompanied by playful settings.
- Play uplifting music whenever you can. Play instruments or move your body loosely to break etheric cords that hold you back from expanding into joy.
- Surround yourself with flowers and bright colors.
- Keep a gratitude journal.

SUGGESTED EXERCISE

Write down at least five things you are grateful for every day for a month. At the end of the month, write one item from each day's list on a small piece of paper – use pens or paper in various happy colors for each – and write the word “joy” several times. Glue the pieces of paper to a small food jar (like those used for baby food). This is your “joy-full” jar. Place a mini sticky notepad by the jar, and each day write down something that has made you feel joyful. Fold it up and place it in the jar.

HATHOR'S CARD SPREAD FOR JOY

Card 1: Where is joy waiting for me?

Card 2: What should I focus on to attract this joy into my life?

Card 3: What step to take to bring it forth?

CREATING AN ALTAR FOR HATHOR

Objects: A turquoise, aqua-blue, or black altar cloth and bronze and gold candles. Images and sculptures of Hathor, cats, and cows. Cow horns and beer and wine bottles.

Fruits, flowers, and herbs: Grapes, figs, and dates. Violets, spathiphyllum (peace lilies), and dandelion flowers. Myrrh herbal tea and sycamore branches.

Incense and scented oils: Myrrh and sandalwood incense. Bergamot, grapefruit, peppermint, and orange essential oils.

Stones and crystals: Peridot, garnet, celestite, obsidian, chalcopryite, malachite, citrine, onyx, opal aura quartz, and topaz.





13. Hecate

Magick and Crossroads

The Greek goddess Hecate is a protectress against evil spirits and a bringer of the light to guide you through the darkness. She is also a bringer of the dark when needed, as a goddess who will exact vengeance upon those who harm the people she protects. As a friend to Persephone, the Queen of the Underworld, Hecate is allowed to go to and from the Underworld while Persephone spends her months there with Hades. Thus, Hecate acts as a guide to and an intermediary with the Underworld. She rules over the dark passages in life, especially those that leave us at transformative crossroads.

Hecate is the keeper of wisdom, teacher of the wise, and guardian of those rejected or abandoned by society. She presides over magick, ritual, prophetic vision, childbirth, death, and the

secrets of regeneration. She is a triple goddess who is generous with her powerful gifts of maiden energy, motherly guidance, and crone wisdom. She holds the powerful energy of the new moon for transition as well as the energy of the full moon for release. She is an independent goddess who, like her cousin Artemis, was unwilling to marry.

Hecate is recognized and honored as the goddess of many contemporary Wiccans, priestesses, and pagans. She is known as Queen of the Night for her connection to the spirit world. She is often invoked for communing with the dead and helping those who need a bridge to loved ones on the other side. Her companions are a black cat and a three-headed dog.

HECATE'S MESSAGE

Have the courage to step into the new and unknown. Know you have the power to co-create with me and that all is happening at the perfect time for your journey. Light and clarity will be provided to enable you to take the next step.

Let go of the idea that there are “wrong” or “right” choices or that everything is “black and white.” Trust your choices. You are enough. Do not fear change. Remember that crossroads are a source of constant growth. Develop and use your skills of divination and intuition.

CALL ON HECATE

- If you have been neglected, oppressed, or bullied.
- To work with magick spells.
- When you must make difficult decisions.
- For help communicating with loved ones who have crossed over.

ACTIVITIES AND RITUALS

- Use your skills of divination and intuition to harness a clear vision of your hopes and dreams.
- Practice guided meditation and spirit journeys to receive direction and insight.
- Work with the energy of the phases of the moon for transformation and release.
- Leave offerings for Hecate at the crossroads as thanks for her help.

HECATE'S MAGICKAL CARD SPREAD

Card 1: Is there magick in my life that I am not seeing?

Card 2: What can I do to hone my magickal gifts?

Card 3: What are my strengths as a magickal being?

Card 4: What should I focus on right now?

CREATING AN ALTAR FOR HECATE

Objects: A black or purple altar cloth and purple, white, and black candles. Images and sculptures of Hecate, serpents, cats, and dogs. Dark chocolate, keys, feathers, torches, wands, pentacles, and a cauldron.

Fruits, flowers, and herbs: Pomegranates, apples, garlic, chilies, almonds, and other nuts. Lavender and dandelions. Cinnamon, white willow bark, belladonna, wormwood, mandrake root, damiana, anise, cloves, valerian, mugwort, hemlock, and yew.

Incense and scented oils: Myrrh, copal, benzoin, acacia, and cinnamon incense. Oils of bergamot, eucalyptus, licorice, cinnamon, cassia, almond, and clove.

Stones and crystals: Fossils, clear quartz crystal, lapis lazuli, sapphire, black tourmaline, aquamarine, azurite, emerald, carnelian, celestite, rainbow moonstone, and amber.





14. Hera

Amplified Awareness

Hera, the Greek goddess of women and marriage, was the daughter of the Titans, Cronus and Rhea, and older sister and wife of Zeus. She was said to be the most beautiful of the goddesses. She represents renewal and is the guardian of all unions between two people.

Zeus fathered a son, Heracles, with a mortal woman, and wanted him to have divine powers like the rest of his children. But in her jealousy, Hera would not help him. Zeus drugged Hera so baby Heracles could nurse at her breast. When Hera woke up, she was furious and pushed the baby aside. As she did so, drops of her milk fell to the ground and became gorgeous calla lilies, radiating her beauty.

HERA'S MESSAGE

There is enough for everyone. Use your wisdom and power to manifest and achieve any goal. Be aware of your needs and desires. Do you feel envy? This is a normal human experience, so use it to your benefit.

Instead of getting caught in envious thoughts and feelings, allow jealousy to be a beam of light that illuminates exactly what you desire. It's important to know how to handle these feelings, whether someone is jealous of you, or you of them. The root of it is usually a fear of insufficiency or a desire for something you don't believe you can have. For example, do you envy someone's great paying job, or do you envy their ability to afford nice vacations? It's probably the vacation, and for that you don't need a great paying job because there are many ways a nice vacation can come to you. If someone else can do it, so can you! Amplify your awareness to know what you want and be encouraged and excited at the prospect of all you are capable of achieving!

CALL ON HERA

- When you are experiencing feelings of envy.
- To find awareness of the goals, dreams, and life possibilities you have been yearning for.
- To help you find a clear vision of how to move forward.
- When you want to work with dream boards and manifesting rituals.

ACTIVITIES AND RITUALS

- Create an altar for Hera. Meditate at her altar in the evening using amethyst and lavender. Focusing on her healing purple

light will assist you to remove negative thoughts that prevent you from moving forward in life.

- Create a “manifestation” collage or drawing. This is like a vision board, but smaller.
- Work with your sixth chakra to help you move past the veil of emotion into your intuition, consciousness, and inner wisdom.

SUGGESTED EXERCISE

Gather some magazines, glue, scissors, markers, pencils, and a piece of paper or your journal. Light a candle to Hera and clear the space with sacred smoke of your choice. Set the intention to transform feelings of lack or “not having” into goals and dreams for the future. Find images in the magazines (or draw your own) that symbolize those things you want to bring into your life. Lastly, thank Hera for helping you manifest your desires. Leave the collage on your altar for no more than twenty-four hours, then put it away. Let it work without your interference. If it’s in your journal, cover it up with a piece of paper and don’t look at it again until a future date.

HERA’S CARD SPREAD OF DESIRE

Card 1: What do I desire most right now?

Card 2: What have I always desired?

Card 3: What can I focus on to help manifest my desires?

Card 4: What can I do right now to help manifest what I desire in life?

CREATING AN ALTAR FOR HERA

Objects: A purple or violet altar cloth and purple, violet, and silver candles. Images or figurines of Hera, peacocks, and cows. Seashells and a silver tiara.

Fruits, flowers, and herbs: Pomegranates and pears. Calla lilies, lotuses, holly, gardenias, honeysuckle, and violets. Anise and angelica.

Incense and scented oils: African violet, benzoin, amber, and myrrh incense. Citronella, patchouli, and ylang ylang oils.

Stones and crystals: Purple topaz, peridot, rose quartz, moonstone, green aventurine, garnet, amber, citrine, and amethyst.





15. Isis

Sacred Unions and Relationships

Isis is the Egyptian goddess of magick and life and is one of the most powerful goddesses of the ancient world. A caring goddess, she spent time amongst her people teaching the skills of reading and psychic abilities. Relationships are sacred to her, and she is revered as the great partner, lover, and soulmate, who taught women and men how to relate to each other and live in harmony.

Isis held a central role in Egyptian magick and ritual, especially those of protection and healing. Able to heal the sick and revive the dead, she reigns over Heaven and the Underworld. Along with the god Thoth, she taught humankind the secrets of medicine.

She is the mother of all mothers and adopted all her children, including Horus, son of the goddess Hathor. When Horus was wounded, she healed him with the power of her milk, which

became a standard feature of her healing spells. As the Great Mother, she is depicted with Horus on her lap. As a role model for mothers, she is known for her unconditional and nurturing love.

ISIS' MESSAGE

Relationships and partnerships are important, so take time to nurture them and those you care about. Make time in your life for friends and family. Practice active listening and sharing. It is important to give clear messages about how you feel to ensure your needs are met. Do so in ways that are constructive and effective. Sort out the issues in your heart to be clear about the message you want to share.

You also have the magickal power to heal yourself and others. Strengthening your relationships will help you expand into who you are meant to be. Learn the sacred dance of living deeply and loving fully. Learn to meet your own needs rather than relying on your loved ones to do so. This frees everyone for a healthier, more nurturing love.

CALL ON ISIS

- To help foster good feelings and heal negative patterns carried through from childhood and previous relationships.
- For help in healing relationships with others.
- When you have suffered a heartbreak that is difficult to get over.
- To invoke her support and blessing in ritual and magick.

ACTIVITIES AND RITUALS

- Connect to Isis' energy to harness your healing intuition for your physical and emotional needs.
- Raise your energy levels by meditating on gratitude and magnifying your love force.
- Spend time with loved ones.
- Practice listening to your desires and needs around intimacy and partnership.
- Meditate with the energy of Isis' motherly love. Imagine her wings embracing you and lifting you up, and healing pain you have suffered through family, lovers, or friends.

ISIS' CARD SPREAD FOR RELATIONSHIPS

Card 1: What is hiding in plain sight?

Card 2: What needs to be nurtured?

Card 3: What does the other person need?

Card 4: What will the outcome be?

CREATING AN ALTAR FOR ISIS

Objects: A dark-blue altar cloth and blue, gold, and silver candles. Images and sculptures of Isis, snakes, cows, scorpions, the Eye of Horus, and pentagrams. Feathers, wands, rattles, eggs, honey, and a bowl of milk.

Fruits, flowers, and herbs: Grapes, lotus flowers, white roses, and lavender. Alfalfa, angelica, bat's head root, bay laurel leaves, belladonna, borage, celery, cloves, clover, knotweed, marshmallow root, yarrow, marjoram, rosemary, and goldenseal. The leaves of acacia, cedar, myrtle, and eucalyptus trees.

Incense and scented oils: Musk, dragon's blood, frankincense, eucalyptus, and cinnamon incense. Essential oils of myrrh, sandalwood, and amber.

Stones and crystals: Isis quartz crystal, desert rose, carnelian, malachite, labradorite, azurite, bloodstone, emerald, kyanite, sapphire, snowflake obsidian, lapis lazuli, chrysocolla, Herkimer diamond, turquoise, larimar, rhodonite, amazonite, and clear quartz.





16. Ixchel

Fertility and Healing

Mayan goddess of the moon, Ixchel, is a triple goddess. Her name comes from the Mayan words *ix*, which means “goddess of the feminine,” and *chel*, which means “light.” Ixchel is the goddess of the sacred light and is known as Lady of the Rainbow. She is the giver of water and rain.

Ixchel is a powerful healer. Her companion animal is the snake, which is associated with shamans, kundalini energy, intuition, medicine, and other healing powers. She is also a fertility goddess and patroness of midwives, doulas, and pregnant women. Ixchel is responsible for the gestation of the baby in the mother’s womb and decides the gender and birthdate. Mayans placed her image under the birthing bed.

Women were to make two pilgrimages in their lives to Ixchel’s

home on Cozumel, an island in the Caribbean Sea. First with their mother, and the second time with their daughters. Here, they would leave Ixchel offerings of food, flowers, and pottery.

IXCHEL'S MESSAGE

Connect with your feminine energy to develop your intuitive power for healing. Be open to the divine and sacred gift of energy and natural healing. The laying on of hands, reiki, energy medicine, chakra cleansing, whatever you choose to call it – connect to this energy to heal yourself and others. Practice and experience the magickal healing gifts of plant medicine, essential oils, shamanic ceremonies, crystals, and more.

CALL ON IXCHEL

- To aid fertility rites, pregnancies, births, adoptions, as well as metaphorical births such as new ideas, ventures, or anything you are hoping to bring into your life.
- To help heal emotions, especially those to do with sexual trauma, infertility, miscarriage, and abortion.
- For assistance with energy medicine and other holistic practices.
- To further develop intuition, especially through dreams.

ACTIVITIES AND RITUALS

- Seek Ixchel's guidance through dreams and signs in your waking life. Someone gifting you an herbal tea you resonate with or have just read about would be an example of how she may reveal answers to you.
- Before you go to sleep, ask Ixchel a question, write it in a small notebook, and keep it by your bed. Say a prayer to her, light a

candle, or perform any other ritual you think she would like. As soon as you wake up, write down anything you remember. Do this for a few days and you will see how answers begin to come forth. Remember to look for meaningful symbols in your dreams.

- To help you align with perfect health, learn about all types of holistic modalities and practice those that appeal to you. Learn about medicinal plants, essential oils, and meditation. Make use of prayer, crystal grids, reiki, humor, song, compassionate listening, warm baths, and sound baths. Be wise in your choices: rely on your intuition but do your research and seek professional medical advice when necessary.
- Build an altar to Ixchel to help heal sexual trauma and the emotional pain of miscarriage and abortion. Light a candle on special days and, with the help of her healing light, slowly allow the pain to lessen.

IXCHEL'S CARD SPREAD FOR HEALING

Card 1: What is fertile in my life?

Card 2: What should I focus my attention on for healing?

Card 3: What should I be open to receiving?

Card 4: What is my next step?

CREATING AN ALTAR FOR IXCHEL

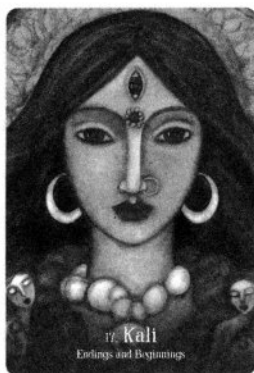
Objects: Representations of Ixchel, rainbows, snakes, rabbits, and jaguars. Mayan moon crystal skulls and pottery. Chocolate, sugarcane, and aloe. Abalone, conch (and other seashells), and a jug of saltwater.

Fruits, flowers, and herbs: Bananas, corn, hot peppers, oranges, and mangoes. Lilies, tulips, orchids, and hibiscus (flowers and herbal tea). Sage, rosemary, melissa, oregano, basil, bay laurel leaves, mint, chamomile, nutmeg, anise, and cloves.

Incense and scented oils: Palo santo, sage, and Mayan white and black copal incense. Essential oils of clove, oregano, lavender, rosemary, and chamomile.

Stones and crystals: Jade, tumbled black agates, obsidian, Mayan amber, unakite, rose quartz, carnelian, moonstone, aquamarine, amethyst, and ruby zoisite.





17. Kali

Endings and Beginnings

The powerful Hindu goddess Kali provides liberation from the ego. She wears a garland of skulls – trophies – that symbolize how liberated her children are from attachment to the body and limited ways of thinking. Kali is a warrior goddess, a power to be reckoned with, as well as a maternal goddess as she births through death and transformation. She is a mother and fierce protectress all in one.

Kali is the most misunderstood of the Hindu goddesses because of her association with death. However, the death she brings is a necessary one. Kali's energy is strong and she will shake you with the raw truth. She will see that you do not continue down the path that causes you to stumble and doubt yourself.

As the shining one and the goddess of darkness, Kali

encourages personal evolution through the darkness into the light. When faced with letting go of different life stages, places, people, and ways of thinking, Kali is the goddess who leads us through the most challenging times into manifesting our true self. She helps to expand our mind further than our limited view of reality. Kali will tear off your rose-colored glasses.

She is said to inhabit cemeteries, and devotees often go to these places for sacred rituals. They do this to celebrate the eternal and ever-changing state of the soul as well as the natural passage of the physical body from this journey to the next.

KALI'S MESSAGE

You are an eternal sacred being whose attachments to people, things, and events are ephemeral and constantly shifting. Take responsibility and let go of bad habits that keep you from achieving balance and harmony.

There may be something or someone you need to release to make room for what will truly help you on your path. Ego sometimes holds on to people, behavior and things unbeknownst to us, obstructing our growth. Whether it is our role as perpetrator or victim, the guilty or innocent one, the falsely accused, the scoundrel or saint, we are all meant to flow in peace and love. Bring an end to those things that no longer serve you.

Do not fear the dark as it holds the secret for release into freedom and greater knowledge. There is no bigger force than a mother protecting her child. You will be given the strength to let go, to transcend, to open a new chapter.

CALL ON KALI

- To help see the truth about yourself and those around you.
- For help with letting go of old habits, addictions, and obsessive behaviors.
- To help you access courage and strength when it is time for a change in your life.

ACTIVITIES AND RITUALS

- Let go of the story you have created because of your life circumstances.
- Let go of roles created because of past hurts, abuse, and disappointments.
- Open a new door and start again. There is so much out there for you.

KALI'S CARD SPREAD FOR BEGINNINGS AND ENDINGS

Card 1: What aspects of my life shall I address in terms of beginning or ending something (relationship, career, habits, etc.)?

Card 2: What can I do to help myself through this process?

Card 3: Who is supporting me?

CREATING AN ALTAR FOR KALI

Objects: A red altar cloth and black candles. Representations of skulls, serpents, and lions. Bowls of rice and lentils. Chocolate. Gold and bronze items.

Fruits, flowers, and herbs: Kali haldi (black turmeric) and root vegetables. Akanda (crown) flowers, water lilies, lotus flowers,

roses, red hibiscus, and all types of red flowers.

Incense and scented oils: Sandalwood, nag champa, and dragon's blood incense. Essential oils of sandalwood, myrrh, blue cypress, and other woody oils.

Stones and crystals: Smoky quartz, tourmaline, obsidian, hematite, white aragonite, howlite, red jasper, white kunzite, jet, and apatite.





18. Kateri Tekawitha

Fearless Authenticity

Kateri Tekawitha was the daughter of a chief of the Mohawk Turtle Clan. She had a heart for the divine feminine as a Marian devotee after she was converted to Catholicism and dedicated her life to building a community of women supporting one another. She died young, at just twenty-four years of age. Due to many miracles attributed to her, which continue to this day, she became the first Native American to be canonized by the Catholic Church.

KATERI TEKAWITHA'S MESSAGE

Are you feeling timid and afraid to be yourself? Are you bullied, criticized, or rejected when you try to live your life authentically? Don't be discouraged; shine forth into the world with your own unique light.

Liberate yourself from hurtful memories. Be courageous; forgive others so you may live more gracefully in your authentic truth. Each day is a gift to be lived. Be grateful to be alive. You are worthy and have something valuable to give to the world.

There is no need to sacrifice your unique values and needs for those of others. To do so can bring depression, resentment, and bitterness. Surround yourself with those who appreciate and welcome you as you are. Be strong and steadfast about your beliefs and what you are passionate about. Be honest with yourself; live in alignment with what you believe and you will feel peaceful and powerful.

Love yourself just as you are, perfectly and uniquely you. As long as you are led by love toward the good of all, your path is blessed.

CALL ON KATERI TEKAWITHA

- If you have suffered rejection by being outcast or marginalized.
- When you need to be reminded to love yourself.
- For help trusting your instincts, values, and your inner compass for your heart's desires and priorities.
- When you need to be bold and ask for what you desire from guides, elders, and teachers.

ACTIVITIES AND RITUALS

- Release the pain and wounds from the past caused by parents, classmates, lovers, to help your self-esteem.
- Meditate on the healing light of Kateri Tekawitha. Imagine her turquoise light coming from the ground up, into your legs, your torso, washing away all the hurt and obstacles preventing you

from shining forth as all you are meant to be.

- Embrace the fact that you are imperfect; this is part of our human condition and you are “perfect” as the unique being you imperfectly are!
- Set boundaries by being true to your feelings and needs. There may be some who will not like the changes they see, but do not fear it. Realize that you do not need everyone to like you. When you embrace the real you, you’ll be happier and more at peace, and people and situations will come into line with you.
- Use palo santo and feathers to sanctify yourself. Breathe Kateri Tekawitha’s healing light down into your core. As you do, feel the love for your unique and authentic self build inside.

KATERI TEKAWITHA’S AUTHENTICITY CARD SPREAD

Be absolutely honest as you respond to each card. You may never have learned to “feel” your body and emotions, which makes it difficult to meet your needs, much less your wants, so allow the cards to lead you.

Card 1: What aspects of myself do I need to allow to come forth instead of holding back?

Card 2: What will support me in expressing my true self with compassion and wisdom?

Card 3: What will be the result of my authentic self-expression?

CREATING AN ALTAR FOR KATERI TEKAWITHA

Objects: A turquoise or white altar cloth and turquoise and white candles. Representations of Kateri and figurines of turtles, wolves, eagles, and bears. Animal hides, feathers, turquoise jewelry,

crucifixes, and Catholic rosaries.

Fruits, flowers, and herbs: Apples, raspberries, butternut squash, corn, elderberries, and teddy bear cholla cacti. Lily of the valley, white desert primrose, evening star, pussy willow, agrimony, yarrow, tobacco, catnip, hemlock, and ginseng. Willow, wild black cherry, white pine, and sugar maple trees.

Incense and scented oils: Palo santo, sage, lavender, rosemary, cypress, jasper, mandarin, rosewood, sweet orange, pine, and cedarwood.

Stones and crystals: Carnelian, rose quartz, white (milky) quartz, obsidian, amethyst, charoite, rhodonite, moss agate, tiger's eye, citrine, and turquoise.





19. Kuyén

Ancestors and Past Lives

Kuyén is the moon goddess of the Mapuche people of Chile and Argentina. She represents the three phases of the moon: kuyén ulcha, the new moon; kuyén ñuque, the full moon; and kuyén cushe, the crone moon. Kuyén controls all the lakes and oceans of Earth. She is the wife of Antu, the sun god. He struck her once so she stays out of his reach and will until she is healed. They still love one another, so he never tires of his pursuit to win her back. They gifted one of their daughters to Earth and to man; she became the first woman and mother to all.

The shamans of the Mapuche are females called machi. They lead all ceremonies and rituals and are the doulas and healers for the tribe. Each machi owns a ceremonial drum, called a kultrun, that she uses to call forth the spirits of the ancestors. The drums are

sacred and painted with the cardinal directions in red to represent the blood shed for the land, along with symbols of the moon, sun, and stars. Magical items are placed inside the drum as suggested by Kuyén. These can be crystals, teeth, and other sacred and secret items, known only to the machi.

KUYÉN'S MESSAGE

Know that you are supported by those who have come before you. There are hidden messages available for the asking. There are stories and vibrations held in your cellular memory, which can work for or against you in your current life.

There are issues, habits, and thoughts hindering you on your life path. Some behaviors and belief systems passed down may no longer serve you or those who'll come after. It is time to break those ties and cut those etheric cords. Look for answers from your ancestors. Seek the knowledge of elders in your community. Remember that when you stop evolving, your ancestors stop, too. It is like a current, either changing or stagnating. When you take steps to further your spiritual growth, your cellular memory and your ancestors will also move forward into spiritual enlightenment and evolution.

CALL ON KUYÉN

- When you want to get in touch with your ancestors.
- To heal those things passed down through generations that continue to affect you.
- To work with Akashic records and past life regressions.

ACTIVITIES AND RITUALS

- Let go of memories and resentments you may still be holding onto. This will help to advance your spiritual path and to transcend limitations. Forgiveness is something you do for yourself. It does not mean that a broken or toxic relationship needs to continue. In fact, for it to truly end, you must release that person and situation.
- Release karma and other energies that get in the way of peace and harmony with yourself and the world. Invoke Kuyén when you work with rituals to cut ancestral and karmic ties that no longer serve you.
- Take up drumming to open the passage to the ethers for clearer communication with the spirit realm. Striking the drum calls forth the powers of the animal kingdom, and the thunder of the skies and the rumbling of the earth brings forth a state of trance that invites and invokes healing and prophecy.
- Pay attention to and take advantage of the cycles of the moon for use in energetic work with visions, dreams, prayers, and intentions. The moon is the mother of the water spirit and all that is feminine, including the energy of dreams. Meditate on the moon and imagine her light coming down from the center, closer and closer, until she encircles you with her bright light of strength and grace.

KUYÉN'S ANCESTORS CARD SPREAD

Card 1: What message does the past have for me?

Card 2: What message do my ancestors have for me?

Card 3: What do I need to focus on right now?

Card 4: What or who will support me in this situation?

CREATING AN ALTAR FOR KUYÉN

Objects: A black altar cloth and blue, red, gold, and silver candles. Representations of Kuyén, the moon, bats, jaguars, and black woodpeckers. A trapelacucha (Mapuche necklace), driftwood, and copper and sterling silver items.

Fruits, flowers, and herbs: Morchella mushrooms and copihue (Chilean bellflowers). Chamomile, llantén (broadleaf plantain), valerian, cinnamon bark, and bay laurel leaves. Araucaria and mayten trees and cacti.

Incense and scented oils: Sandalwood, frankincense, myrrh, and vetiver. Orange and cinnamon bark oils.

Stones and crystals: Rose quartz, lapis lazuli, celestite, pearls, black tourmaline, chrysocolla, amethyst, and petrified wood.





20. Lakshmi

Abundance and Good Fortune

Hindu goddess Lakshmi was born from the foam of the ocean carrying a lotus flower in her hand. However, she is known as a daughter of the goddess Durga. Lakshmi married the god Vishnu and gives him the energy to continuously regenerate. She is celebrated in October each year, during Durga Puja when she is worshiped in all her forms for three days, and during the festival of lights called Diwali.

Lakshmi is honored daily in Hindu homes and businesses. She is worshiped and prayed to for blessings of abundance and prosperity in both the spiritual and material aspects of life. She is also associated with beauty, immortality, and the essence of life.

LAKSHMI'S MESSAGE

Be attentive to opportunities that present themselves. They hold nuggets of prosperity that will manifest in your life now or in the future. Act toward achieving prosperity, trusting that you are supported, and your objective will come to fruition. Good fortune is coming your way; expect a positive turn of events in your life. Your path is clear to receive financial flow. Relax, enjoy life, and share your abundance with others. There is enough for everyone.

Keep in mind that prosperity speaks of the richness and abundance that surrounds you in ways you may not be seeing. Become aware of beauty and joy already present in your life. Allow yourself to experience all that surrounds you with gratitude. Gratitude is a great magnifier and attractor for abundance.

CALL ON LAKSHMI

- When you feel unfulfilled.
- To help you heal scarcity-mindedness.
- To support the co-creation of material and spiritual abundance in your life.
- For blessings of prosperity in your home and business.

ACTIVITIES AND RITUALS

- Get to the root of your needs for spiritual and physical abundance to bring Lakshmi's prosperous energy into that space.
- Think about what you desire or aspire to and set your heart and mind to achieve it.
- Be aware and grateful for all the abundance that is already yours. Visualize not needing anything and feeling absolute fulfillment

and comfort. Magnify abundance by being generous with yourself and others.

- Meditate or use healing modalities that resonate with you to heal the fear of deficiency.
- Enjoy life. Don't skimp but spend responsibly and share. Express your appreciation and good stewardship of money.

SUGGESTED EXERCISE

Start collecting the coins you find on the ground, in your car, bottom of your bag, etc. Clean each coin before you put them in a clear container on your altar. When it's full, start another one. When you have enough coins, exchange them for bills at your bank and donate them, or buy yourself something that makes you feel prosperous! This could be as simple as a gorgeous smelling soap you would otherwise not purchase. Keep this practice going, but don't spend the cash on something you need, only on something you desire.

LAKSHMI'S CARD SPREAD FOR ABUNDANCE

Card 1: What is fertile and prosperous in my life that I could give more energy to?

Card 2: Where should I look for abundance in my life?

Card 3: What will help me fertilize my manifestations and good fortune?

CREATING AN ALTAR FOR LAKSHMI

Objects: A white, pink, or gold altar cloth, and white, gold, and green candles, as well as tealight candles in small clay pots. Representations of Lakshmi, Vishnu, Ganesh, elephants, and

white owls. Bowls of rice, seeds, milk, ghee, honey, or coconuts. Cowrie and conch shells, coins, gold jewelry, and anything that feels like abundance to you.

Fruits, flowers, and herbs: Phal, dates, figs, and oranges. Lotus flowers, orange blossoms, and red flowers. Saffron and turmeric.

Incense and scented oils: Sandalwood, rose, lotus, rosewood, tangerine, grapefruit, and jasmine.

Stones and crystals: Citrine, garnet, goldstone, aventurine, imperial gold, pearls and mother of pearl, ruby, jade, malachite, amethyst, and moss agate.





21. Lalita

Follow Your Bliss

Divine Mother Lalita, the beloved Hindu goddess, represents play, bliss, and love that is pure. She sets order to all creation and organizes karmic energies. Lalita trusted Destiny to make the final choice about whom she would marry. She tossed a garland of flowers into the air, and it landed on Lord Shiva. However, she consented to marry him only if she could remain independent.

Lalita was the leader of an army of female warriors, one of the most feared in the land. One day when they were under attack, she found all her soldiers asleep and they could not be woken. Lalita opened her mouth, not to scream, but to laugh, and it was then that she gave birth to the god Ganesh. He helped her break the spell that had caused her soldiers to sleep, and they won the battle.

Lalita desires perfect harmony and compassion amongst all

human beings. To this end, she manifested the great saints who emerged from her fingertips to restore righteousness on Earth.

LALITA'S MESSAGE

Don't compare yourself to the success and achievements of others. Awaken your Goddess-given talents and tap into that dream you have deep inside. Satisfy your passion for doing whatever calls and makes you excited and joyful at the thought of it. Everything will come together if you do not compromise what you truly aspire to.

Review the path you are on. Are you feeling stuck, complacent, or afraid to follow your highest excitement? Are you afraid you will fail or be criticized if you change direction? Remember, if you honor your authentic truth and do what brings you joy, you will excel at everything you do. Live in a way that amplifies the vibration within you, those around you, and the planet.

CALL ON LALITA

- When you need help to reach your highest potential.
- To help you stay true to your inner voice.
- For help in realigning with pleasure as part of your divine birthright.

ACTIVITIES AND RITUALS

- Honor Lalita by reciting or listening to the Lalita Sahasranamam, which holds the thousand divine names of the Goddess.
- Meditate on Lalita's red light of play. This will help you tune in to your desires to better define your version of success and happiness.
- Do something that taps into your bliss every day.

LALITA'S FOLLOW YOUR BLISS CARD SPREAD

Before you begin, light a red candle, create sacred space, and ask Goddess Lalita for direction and support.

Card 1: What is something that supports my bliss?

Card 2: What should I pay attention to so I may connect to my bliss.

Card 3: What can I anchor to as I follow my bliss?

Write down the answer to each question as you pull each card. Visualize what your life would look like if you were living fully in bliss, where every day was so enjoyable it felt like play! Thank Lalita for helping you live as you are meant to – with passion and purpose.

CREATING AN ALTAR FOR LALITA

Objects: A red or yellow altar cloth and red and gold candles. Representations of Lalita and Ganesh. Coins, peacock feathers, and conch shells. Small bronze or gold-colored bowls of milk, honey, ghee, and rice offerings. Anything that symbolizes fun to you.

Fruits, flowers, and herbs: Oranges, coconuts, apples, dates, figs, and black sesame seeds.

Incense and scented oils: Sandalwood, rose, wild orange, ylang ylang, vetiver, bergamot, jasmine, geranium, camphor, and frankincense.

Stones and crystals: Fuchsite, green tourmaline, bustamite, peridot, green tourmaline, carnelian, selenite, pyrite, citrine, and amazonite.



22. Mama Cocha

Deep Dive, Shadow Work

Mama Cocha, or Mama Qucha, is the Incan goddess of the oceans. Her name means “mother of the waters” and she is especially venerated in Ecuador, Peru, and Chile, where the ocean is an essential part of life and trade. She is also known as Goddess of Lakes and Springs, and she is honored with ceremonies to invite her blessings for bountiful harvests from both land and sea. Her rituals consist of fresh water and coca flower offerings called kintu. She came to Earth to bring harmony and balance to humanity, so all could live in peace and love. Mama Cocha represents everything feminine and life-giving.

It is said that the Incans began to worship her when they recognized her as Divine Mother. In return, she gifted them water in the form of rain and the knowledge of where to plant

crops. She is the wife of the supreme god Vira Cocha, also known as Wiraqucha, and mother to the goddess of the moon, Mama Quilla, and Inti, the god of the Sun.

Mama Cocha is called on by farmers for bountiful harvests, fishermen for tranquil seas and full nets, and sailors to calm storms. She is sometimes depicted as a mermaid, and at other times, a whale goddess.

MAMA COCHA'S MESSAGE

You are about to overcome or are beginning to deal with something you have been avoiding. It may be time to expand consciousness and spiritual growth to help deal with those parts you are ashamed of, that are painful, or make you angry. Let go of those things others have projected onto you. They do not serve or belong to you.

Remember who you are at your core. Get to know yourself truthfully and be empowered. Do not be ashamed or afraid to face your errors, shortcomings, or your deepest hurts and fears. Go down into the dark and unknown. Commune with those parts of your subconscious. Allow the forgotten and hidden parts of yourself to float to the light to be cleansed and cleared. Surrender to the sound of the ocean's waves and dive deep into your sacred essence.

CALL ON MAMA COCHA

- When you are ready to work on painful and deeply buried issues and traumas.
- If you wish to do shadow work.
- For support as you respond to difficulty (confronting difficult

- people and situations, in therapy sessions, etc.).
- For help allowing and trusting for things to flow.

ACTIVITIES AND RITUALS

- Allow Mama Cocha's energy to accompany you into the dark as you confront and work with your shadow side. It can be uncomfortable processing yourself into the light, so seek the help of a spiritual advisor or counselor if you need more support.
- Meditate and journal with your cards (see card spread below) to help you dive deep into and heal your cellular memory. Be sure to spend time processing your emotions.

SUGGESTED EXERCISE

Place a representation of Mama Cocha on your altar and light a candle. Invoke her help and bless your deck of cards with white sage or palo santo. Shuffle your cards and ask them to help you in your process. Go through the deck and select a card you have reservations about. Maybe you don't like the title or the artwork. You might associate that goddess with certain things or events. Set it aside and write down everything you don't like about it and why. Let's say you have a problem with a card because of a predominant color, green, for example. Your reflections may follow a structure similar to this:

Green is not my color. It makes me look washed out. It's the color of the coat my papa bought me when I was little for my private school where uniforms had to be blue. A girl told on me because of it, in the middle of class, and I felt deeply ashamed. I was often shamed when I was a child in school.

My mother always shamed me. I have issues of toxic shame I need to deal with ...

Allow the writing to flow in a stream of consciousness. The more you write, the deeper you will go. When you get to the core issue, you can release it to the light. When you have finished, place the paper in a bowl with salt water and leave it until it is soft and mostly dissolved. Flush it down the toilet.

MAMA COCHA'S SHADOW WORK CARD SPREAD

Card 1: What will support me as I face my shadow?

Card 2: Where should my focus be as I work on my shadow?

Card 3: What will evolve and strengthen when I face my shadow?

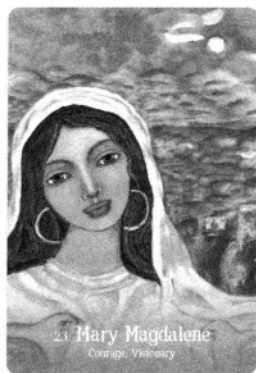
CREATING AN ALTAR FOR MAMA COCHA

Objects: Blue altar cloth, blue candles, sea-shells, bowls of saltwater, sand and a bowl of quinoa.

Fruits, flowers, and herbs: Marigolds, zinnia flowers, lilies, sunflowers, bluebells, flowering cacti, cantuta flowers, copihue (Chilean bellflowers), and anise.

Incense and scented oils: Palo santo, wiraqoya, copal, ylang ylang, vetiver, lavender, anise, and eucalyptus.

Stones and crystals: Obsidian, pearls and mother of pearl, azurite, clear quartz, combarbalita, lapis lazuli, pyrite, unakite, and rose quartz.



23. Mary Magdalene

Courage, Visionary

Mary of Magdala, known as Mary Magdalene or the Magdalene, is divine feminine energy incarnate. She is the thirteenth and closest disciple of Jesus of Nazareth and known as the Apostle of the Apostles.

In ancient Aramaic, Mary means “she who illuminates.” It is said that nobody understood Jesus’ message as well as she did and that she was able to share it clearly with others. She wrote the Gospel of Mary after his death, recounting her role as a teacher, leader, and visionary who received secret revelations and divinatory knowledge from the Divine. She was a scholar who shared her knowledge with Jesus and her fellow disciples. She was the energy of the sacred feminine to Jesus’ sacred masculine.

The Gospel of Mary remained shrouded in mystery and secrecy

for centuries; in the meantime, Mary Magdalene was depicted as a former prostitute, a narrative started in the sixth century by the Catholic Church. Many believe this was to prevent women from accessing roles of leadership in the Church. It was not until 1969 that the Vatican formally corrected the error, stating she was distinct from the sinful woman mentioned in Luke and that she was a devoted disciple of Jesus.

In the Bahá'í tradition, Mary Magdalene is glorified and highly regarded as an enlightened master – powerful, knowledgeable, and holy. There are many versions of who Mary Magdalene was or was not, but she was undeniably a goddess who lived among us, who was well-versed in book knowledge and well-connected to the spirit realm. She was a conduit for illuminating truth, courage, and strength, based on her own visions and private revelations. Despite naysayers, she lived her truth.

MARY MAGDALENE'S MESSAGE

Stay focused on things of true importance. You have nothing to prove to anyone but yourself. Your spiritual walk is a personal one. Have courage and do not shy away from your purpose. Step up and speak your truth powerfully with grace and wisdom. Trust your inner strength to lead you to where you are meant to be. Awaken to love within and all around you. Know you are held in the arms of love and cannot be separated from the love that created you.

One gentle, empowered voice can set grand and sacred designs into motion. Pay attention to intuitive guidance and revelations and share those things revealed to you. Expand your knowledge into more truth, more clarity, and more grace. You have gifts that

can help make the world a better place. Share what you know with patience and devotion. Remember to address challenging people with compassion and integrity without sacrificing your needs or losing sight of your purpose.

CALL ON MARY MAGDALENE

- To receive visions that bring about spiritual growth and for help understanding the messages.
- When someone is jealous of you or vying for your position, whether at work or in family life.
- For reassurance that you are on the right path and that there is no need to worry or defend yourself.
- If falsely accused and needing the truth of a situation to be revealed.

ACTIVITIES AND RITUALS

- Practice meditation, prayer, and mantras to help you relax into a state of grace and be a better channel for the energy already yours.
- Allow Mary Magdalene to be your companion to illuminate your path, to help release the ties preventing you from harnessing your power to expand into who you are.

MARY MAGDALENE'S COURAGE CARD SPREAD

Card 1: What will help me find the courage to live true to my personal vision?

Card 2: What within me seeks deeper expression?

Card 3: What is available to help me on my path?

CREATING AN ALTAR FOR MARY MAGDALENE

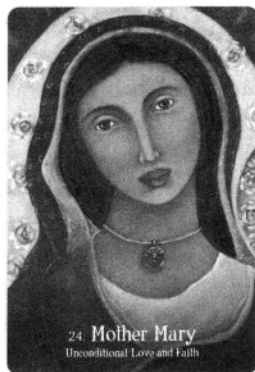
Objects: A red mantle. Candles, veils, sea salt, and small alabaster or clay jars for essential oils.

Fruits, flowers, and herbs: Maqui, schisandra, goji berries, and garlic. Roses, blue lotus flowers, and lavender. Nettles, spikenard, basil, vervain, verbena, valerian, mugwort, and thyme.

Incense and scented oils: Rosewood, myrrh, frankincense, sage, cinnamon, sandalwood, clove, and jasmine.

Stones and crystals: Ruby, selenite, rose quartz, clear quartz, garnet, carnelian, lapis lazuli, and tiger's eye.





24. Mother Mary

Unconditional Love and Faith

Mother to Jesus of Nazareth and known as the Virgin Mary, Queen of Angels, Miriam, or Maryam, she is pure unconditional mother love. She was promised to Joseph as a young teen; but before they could marry, the Archangel Gabriel came to Mary and told her she was carrying a child. Although she faced an extraordinary situation, Mary had great faith in her role on Earth and married Joseph. Following signs and the guidance from her visions and never wavering in her beliefs, with faith in a divine plan, Mary watched her son grow to be a great teacher and later be tortured and crucified. She supported his work even though she knew his fate, and after his death, she continued to spread his message of love.

She was judged and chastised as a whore and a liar in regard

to the virgin birth, and it was not until the beginning of the fifth century, after the Council of Ephesus, that she became important to the Christian Church. When she was introduced to the Americas, Mary transformed the religious landscape and quickly melded into the local culture replacing their goddesses. She is worshiped and adored to this day, as a deity in her own right, with rituals, processions, and festivities all around the world.

Mother Mary is innocent, pure love, which is inclusive, unconditional, and without judgment or jealousy. She is surrender, gentleness, comfort, and peace. Mary supports and understands us as she can relate to our human pain and suffering. She offers protective and soothing energy as she loves us unconditionally for all eternity.

MOTHER MARY'S MESSAGE

When you need reassurance and faith, and your heart needs strengthening from all you have suffered, be held in the energy of perfect, unconditional motherly love. Believe in yourself and your dreams. When you feel as though you will never reach that goal, remember to have faith, even faith the size of a mustard seed, and you will see it manifested. Have faith in yourself and the eternal love of the Divine.

Your visions and thoughts have the power to create and heal, to restore you to wholeness of mind, body, and soul. Remember, inner healing does not have to be a painful and tiresome experience. Honor your feelings and begin your transformation by realizing what you need to let go of. Once you do let go, fill that empty space with something else. Do not give attention to the things you don't desire; instead, put all your attention into

that which you do desire. Have faith, it will come to pass. It is done!

CALL ON MOTHER MARY

- To help manifest goals and wishes into reality.
- When you need to feel loved, safe, and at peace.
- For motherly support and guidance.
- To help you heal from emotional or spiritual wounds caused by poor parenting.
- When you need help in mothering children, whether biological or spiritual.

ACTIVITIES AND RITUALS

- Invoke the comforting rose light energy of Mother Mary to surround and nurture you. Open your heart and feel the warmth of her love. She says:

“I am here to wipe away your tears and to push you forward to your goals and dreams. Believe in yourself and your power to manifest — have faith. I will go with you, hold your hand and guide and comfort you with every step you take. You are my blessed child, perfect all along!”

- Combine visualization and prayer to call forth manifestations for the highest good of all.
- Trust in Mother Mary’s energy to make the best decisions for every aspect of children’s lives, remembering that good mothering is only possible when you take care of your own needs, also.

MOTHER MARY'S HEALING YOUR INNER CHILD CARD SPREAD

Card 1: What part of my inner child needs healing?

Card 2: What will help me heal this wound?

Card 3: How can I heal this wound?

Card 4: How will the unconditional love of Mother Mary support me?

CREATING AN ALTAR FOR MOTHER MARY

Objects: A rose, white, or blue velvet mantel and white candles. Mother Mary and angel images and statues. A Catholic rosary and a dish of holy water.

Fruits, flowers, and herbs: Apples, plums, dates, figs, persimmons, pomegranates, olives, and almonds. Lilies and clematis (especially Madonna lilies and virgin's bower clematis), Greek anemones, cyclamen, roses, irises, and rosemary.

Incense and scented oils: Myrrh, sandalwood, frankincense, and benzoin incense. Geranium, rose, orange, and lemongrass oils.

Stones and crystals: Rose quartz, pink tourmaline, prasiolite, azurite, blue lace agate, angel aura quartz, rainbow obsidian, and sunstone.





25. Oonagh

Creative Solutions

Oonagh, goddess of nature, love, and magick, and Queen of the Faeries, was the Celtic wife of the leader of the Irish, the Tuatha Dé Danann, the original inhabitants of Ireland. This ancient Irish queen is available to you for spells and creative guidance.

When their enemy, the Gaels, invaded their land, Oonagh relied on her creativity and ingenuity. She led her people underground, where they created a magickal and safe world from which they could always access the land they loved. They later came to be known as gnomes and faeries.

OONAGH'S MESSAGE

Sometimes problems need creative solutions rather than a “fight or flight” reaction. Consider it possible to resolve your current

situation by inventing a different scenario, one you have never thought of before. It is sometimes better to rewrite your story and live the life you want.

You can survive and achieve victory by thinking outside the box. Do not rush to make things happen while in a state of apprehension. Instead, have the faith to use your wits to find ways to solve problems. Trust that everything is occurring in perfect timing and be open to the fact that the right answer may at first seem unconventional.

CALL ON OONAGH

- To help you solve problems in imaginative and magical ways.
- When you sense nervous energy and need to find ways to feel at ease.
- When you want to work with the Faerie realm.

ACTIVITIES AND RITUALS

- Be alert to nontraditional solutions to things that challenge you, remembering that everything happens in divine timing.
- Let go of controlling how you think something should go. Things may not be as they seem.
- Believe in magick.
- When self-doubt and fears come, remember Oonagh's message and be gentle in your words and actions. Trust that all is happening as it should be.

OONAGH'S CREATIVITY CARD SPREAD

Card 1: In what areas would I benefit from more creativity?

Card 2: What is available to me to help me think more creatively?

Card 3: What will I gain when I am more creative? .

CREATING AN ALTAR FOR OONAGH

Faeries and elementals prefer to be outdoors and in quiet environments, so create an outdoor altar if you can. I once made one under a large umbrella to protect it from the rain, but you can do it on a covered porch or even create one in a flowerpot inside your home. The key is to be creative. They love faerie gardens.

Objects: A sparkly and brightly-colored altar cloth and candles. Representations of Oonagh, faeries, butterflies, and gnomes. Wands, coins, and other shiny things. Wine, beer, honey, butter, sweet cakes, and cookies.

Fruits, flowers, and herbs: Mushrooms, apples, berries, seeds, acorns, and dried pinecones. All wildflowers.

Incense and scented oils: Tangerine, clary sage, peppermint, jasmine, saffron, honeysuckle, daisy, sunflower, heliotrope, lavender, and rosemary.

Stones and crystals: Fairy quartz, moss agate, citrine, prehnite, jade, moonstone, and tourmaline.



26. Pachamama

Mother Nature and Grounding

Pachamama, Mother Earth Goddess of the Andes, embodies nourishment and abundance and encompasses all creation. She is associated with rituals for fertility, protection, and healthy crops. Her name comes from the Quechua words *pacha*, meaning “world,” and *mama*, meaning “mother.”

She is the supreme giver of life, expressing the unconditional love of the universe past, present, and future. She teaches that each one of us is divine and eternally connected. When we live in service to love, we are vessels of love and spirit. She manifests her gifts in abundance, planting and harvesting, generosity, and femininity. She is the ancestral mother of all life, the ultimate nurturer. It is she whom we walk on daily. We breathe in her breath and drink her waters. She nurtures us abundantly, providing for body, mind, and soul.

PACHAMAMA'S MESSAGE

You may be feeling distracted and unable to focus. Ground yourself. Connect to Mother Earth, the power that energizes you. Balance your energy to travel even further into the higher realms of consciousness while staying connected to Earth, your home at this time. It is possible to have real communication with the Earth through grounding. Embrace the outdoors in ways that are joyful and easy to incorporate into your daily life. You are offered beauty, nourishment, respite, and enjoyment.

CALL ON PACHAMAMA

- To help you ground and reconnect to her essence when feeling impatient, clumsy, dispersed, insecure, or unstable.
- To be your emotional container when working to heal trauma, especially where you have escaped your body to avoid the pain of abuse.
- Anytime you encounter blockage, anxiety, or lack of concentration when trying to tune in to higher realms of consciousness.

ACTIVITIES AND RITUALS

- Stay grounded by regularly spending time outside. Walk barefoot. Sit on the ground and relax and sway in the gentle movement of the earth.
- Practice conscious breathing and use crystals and essential oils to help you revel in the presence of Pachamama.
- Balance your root chakra with meditation. Visualize roots coming out of your feet, going down to the center of the Earth, and pulling that energy up through your body.
- Allow the earth to help you release free radicals, which may help

reduce cortisol levels, blood flow, and more.

- Take care of Mother Earth by recycling, growing a garden, gathering rainwater, or volunteering at animal shelters.
- Take care of all species and the land by becoming aware of your food and shopping choices.
- Nourish yourself inside and out by surrounding yourself with flowers and plants in your living and work space.

SUGGESTED EXERCISE

Make an altar for Pachamama (if you cannot have your altar outside, use a large flowerpot or other container filled with soil) and take part in the ritual known as Corpachar, meaning “feed the earth.” Dig a circular hole in the dirt. This represents the womb of Pachamama and is the sacred space where you will make your offerings. Place flowers, candles, a water bowl, and food and drink offerings around the altar (see the suggestions for creating an altar below). When possible, use small bowls made of clay to put your offerings in. Adorn yourself for this special day by tying strings of wool or lace around your wrists and ankles. Say a prayer of gratitude to Pachamama for all her blessings. Use palo santo to cleanse and bless the space, then burn rosemary, bay laurel leaves, or sage. Pour some water from the bowl into the sacred space you have dug. Take a sip of the water. If in a group, you may choose to pass the bowl around for all to share. Do this also with your food and drink offerings, always sharing first with Pachamama by placing them inside the sacred space. If you can, place eucalyptus, rosemary, cinnamon sticks, palo santo, and other dried herbs, in the space and light them to create a sacred fire. At the end, each participant, with great care, covers the sacred space in a beautiful design with soil, stones, fresh and dried flowers and herbs. Finally,

thank Pachamama for all her blessings of food, work, health, etc. and ask her for continued strength on your journey.

PACHAMAMA'S CENTER AND OVERCOME CARD SPREAD

Card 1: What energy is available to help me center myself?

Card 2: Where do I want to be?

Card 3: What is the first energy I should work with?

Card 4: What is the second energy I should work with?

Card 5: What is the third energy I should work with?

Card 6: What will help me overcome obstacles?

CREATING AN ALTAR FOR PACHAMAMA

Objects: A green, blue, yellow, or brown altar cloth and beeswax candles. Representations of Pachamama, condors, eagles, turtles, llamas, jaguars, deer, and other animals of your choice. Wine, pisco (Peruvian brandy), and small clay bowls of water. Stones (see below), soil, bones, driftwood, and any other objects from nature you collect from day to day.

Fruits, flowers, and herbs: Potatoes, rice, corn, acorns, and any fruit of your choice. Fresh and dried flowers and herbs (anything native to your locale), cacao and coca leaves.

Incense and scented oils: Vegetable resin, palo santo, patchouli, cedar, sandalwood, cinnamon sticks, rosemary, sage, coca leaf, eucalyptus, and bay laurel leaves.

Stones and crystals: Fossils, kroehnkite, rhodochrosite, emerald, aquamarine, citrine, lapis lazuli, amethyst, topaz, opal, ametrine, smoky quartz, obsidian, red coral, black tourmaline, and pyrite.



27. Psyche

Third Eye Knowledge and Intuition

Greek goddess of the soul and the third eye, Psyche was the wife of the god Eros (whose Roman counterpart is Cupid). She used her third eye knowledge to attain her goal of being able to reunite with her lover. Psyche did not start out as a goddess, she was human, a beautiful princess who became a goddess through a difficult path and a broken heart. Because of jealousy and her own curiosity, she was made to suffer and go through great feats to regain her place as a goddess and to reunite with her lover.

Psyche's story is one of overcoming challenges and leading with intuition and great passion for achieving one's purpose. She exemplifies a woman's search for authentic personal growth and has the drive to meet all her goals and dreams.

PSYCHE'S MESSAGE

Stay strong, steadfast, and trust your own inner guidance. Your life's journey may take you through difficult and challenging times. But the experiences, however sad or frightening now, should be seen as the contrast you need to propel you into the life you are meant to live.

You can accomplish what your heart is set on. Pay attention to what you feel as that is a way your intuition communicates with you. Be open to signs that come your way as messages of clarity and truth. Intuition and third eye knowledge are gifts we all have, and they can be continually developed and enhanced. Be inquisitive and proactive in your ascension to the higher realms of consciousness by devoting time to develop this special gift.

CALL ON PSYCHE

- When you are ready to move with power into higher realms.
- To help find hidden truths.
- To elevate consciousness for deeper spiritual insight and awareness.
- To open your third eye, intuition, and psychic abilities to help you gain access to spiritual truths and give you a better perspective of your inner and outer world.
- To help transcend life situations.
- To be reminded that you can resolve the problems thrown your way.

ACTIVITIES AND RITUALS

- Become aware of sensations that pass over the physical body. These are things like goosebumps, chills, warmth, visual

manifestations such as auras and orbs, as well as “downloads” and “knowings” (how Spirit and your higher self communicate with you via tools such as oracle cards and dreams).

- Journal your dreams, presentiments, sensations, and the signs you receive. Write down everything, even if it doesn’t make sense at the time. As your intuitions begin to show themselves as true, you will feel more confident, and this will fuel your abilities even further.
- Use oracle cards, meditate on your sixth chakra, or use other energy modalities that resonate with you to help make a strong connection to your higher consciousness.

PSYCHE’S INTUITION CARD SPREAD

Card 1: What innate gifts and talents do I have that already help me with my intuition?

Card 2: What do I need to focus on to develop my intuition to its full potential?

Card 3: Which energy will help me develop my intuition right now?

CREATING AN ALTAR FOR PSYCHE

Objects: A red altar mantle, and purple, green, and red candles. Sculptures and images of Psyche and Cupid, hearts, and the third eye.

Fruits, flowers, and herbs: Blue lotus flowers. Calendula, fennel, nettles, rosemary, bay laurel leaves, peppermint, sage, mugwort, cinnamon, and anise.

Incense and scented oils: Palo santo, frankincense, bergamot,

clary sage, vetiver, sandalwood, cinnamon, and patchouli.

Stones and crystals: Amethyst, selenite, magnesite, prehnite, deep-blue dumortierite, moss agate, azurite, malachite, labradorite, and nuummite.





28. Quan Yin

Forgiveness

The Buddhist goddess of compassion, Quan Yin (or Kuan Yin), is dedicated to relieving suffering in the world. Her name translates to “she hears the cries of the world.” She is the one who cares and nurtures all who come to her. She hears the cries of her children and responds to the heartfelt needs and anguish of the people of the Earth, regardless of their backgrounds or beliefs.

Her energy is associated with the white lotus, symbolizing purity, peace, and harmony – the dragon for power and wisdom. Quan Yin is a bodhisattva, a being of wisdom, destined to become a Buddha but who took the vow of the bodhisattva to save all beings from suffering, forgoing the final state of Buddhahood. Her unconditional love resides in and around us.

She was once a male deity, but her fellow Buddhas decided she

embodied the more feminine qualities of grace and compassion. She became a female deity who later incarnated into the male Bodhisattva Avalokiteshvara, he who created the twenty-one Taras.

QUAN YIN'S MESSAGE

Issues of forgiveness are surfacing in your life. Perhaps you are facing a situation where you need to ask for forgiveness. Perhaps you need to forgive someone or yourself. In forgiving yourself, you will find your compassion for others expanding and life becoming much easier every day. Remember that forgiveness is a constant process. Be compassionate with yourself yet humble of heart. Forgive yourself for past misunderstandings and errors and the role you played in these.

Consider the issues causing you pain and take the time to let them go. Do not be afraid. Wipe away your tears and shed the protective armor of righteous anger and resentment against those who have hurt you. Compassion and forgiveness are the keys to happiness and peace. Don't forget, forgiving others does not mean disempowering yourself. It is not a sign of weakness, nor is it an open door for someone to hurt you again.

Forgiveness can free you from the past and empower you in the present and future for your highest good and the good of all.

CALL ON QUAN YIN

- If you have suffered deep heartbreak and need to free yourself from further suffering.
- To guide you through the path of forgiveness.
- To help transcend disappointments and transgressions directed against you.

ACTIVITIES AND RITUALS

- Use Quan Yin's soothing energy to help you manage negative emotions that arise from anger, hurt, and fear, and to appease negative feelings of vengeance and the need to strike back.
- Devote your energy to things and people that bring you joy.
- Reconciliation requires forgiveness, but you may forgive someone and still create physical and emotional distance from them. In other words, reconciliation is sometimes not necessary for forgiveness. Sometimes, the best thing you can do is to cut the ties to those who continue hurting you.
- Strengthen your boundaries. Forgiveness does not release anyone from the responsibility of their actions.

QUAN YIN'S RELATIONSHIP CARD SPREAD

Use for any type of intimate relationships such as romantic, parental, sibling, or close friendship.

Card 1: How do I feel about this relationship right now?

Card 2: What common thread or pattern runs through my relationships that I should take note of to bring more ease into the relationship in question?

Card 3: What will support me as I move forward in this relationship?

CREATING AN ALTAR FOR QUAN YIN

Objects: A pink mantle and pink and white candles. Representations of Quan Yin, chi lin (dragon horse), fu dogs (imperial guardian lions), and dragons. Bowl of rice and oil lamps.

Fruits, flowers, and herbs: Oranges, coconuts, bananas, apples,

lemons, mandarin oranges, grapes, and pineapples. Lotus flowers, jasmine, honeysuckle, red carnations, marigolds, lilies, roses, and vanilla beans.

Incense and scented oils: Nag champa, sandalwood, rosewood, and jasmine.

Stones and crystals: Rhodonite, chrysoprase, rose quartz, Apache tears, peridot, sodalite, rhodochrosite, chrysoprase, kyanite, apatite, and pearls.





29. Rhiannon

Self-Love

Rhiannon is the Welsh lunar goddess of birds and horses, faerie magick, and dreams. She was a faerie queen who fell in love with a king in the Upperworld. She had to leave her world forever when she was falsely accused and imprisoned for murdering and eating her infant son. She suffered greatly from the loss of her child and her seven-year imprisonment where she was forced to live as a horse as punishment. Rhiannon endured it all with patience and dignity until a farmer and his wife were able to break the spell that had hidden her baby. Exonerated, she again took her place in the palace as queen.

Rhiannon is a fertility and love goddess who provides powerful guidance through dreams. She also helps the dying to reach the Underworld without fear, guiding them with her song,

accompanied by her healing songbirds.

The story of Rhiannon teaches us that with truth, patience, and love, we can create change, no matter how bleak life seems.

RHIANNON'S MESSAGE

You may have begun to doubt yourself. Or, uncertainty may be a long-running theme in your life. Honor yourself and your needs by spending time to build your confidence. Respect yourself. Love yourself. Do not allow others to diminish your self-worth. The opinions and behaviors of others are not a reflection of who you are. You are good enough.

If you have been a victim of false witness and gossip, stay steadfast. You will be empowered to rise above your circumstances. Breathe in and trust that truth will prevail. Develop strong boundaries. This will help you heal and reclaim your personal power to live in the freedom of being your unique and true self. Discard the mask you wear daily to please others. Know you are worthy of the good things in life. Trust your heart. It holds innate wisdom beyond the logic of your rational mind and acts as a compass to guide you. Trust this sacred guidance and know your worth, and that you are always connected to Spirit.

CALL ON RHIANNON

- To help transition through endings, be it death, a relationship, a job or career, moving house, or other life changes.
- When you have been a victim of false witness or gossip.
- For strength to overcome the need to feel accepted by others.
- When your self-esteem has suffered.
- To overcome codependency.

- To help transcend the role of victim. It is important to remember that those who harm or speak ill against you are on their own path. Their story does not have to be part of yours.

ACTIVITIES AND RITUALS

- Seek guidance or counseling to help you develop boundaries and limits.
- Communicate your needs to your loved ones, and be the first to meet those needs.
- Surround yourself with people who are respectful and honorable.
- Start a journal where you write down all your strengths and qualities. They can be as simple as, “I make good pancakes,” to bigger accomplishments. You can add photos, cards from loved ones with positive messages, or awards you have received.
- Meditate on Rhiannon before you go to sleep and ask her for protection, especially if you are experiencing nightmares or night terrors.
- Work with Rhiannon’s energy to communicate with those who have passed on as she decides who goes through to the other side.

RHIANNON’S SELF-CONFIDENCE CARD SPREAD

Card 1: What should I focus on to strengthen self-love?

Card 2: What will help love and self-confidence flow toward me?

Card 3: What do I need to work on to make this possible?

CREATING AN ALTAR FOR RHIANNON

Objects: A dark-purple altar cloth and gold, black, purple, and white candles. Images and sculptures of Rhiannon, black and

white birds, and white horses.

Fruits, flowers, and herbs: Honeysuckle, jasmine, lavender, and gypsophila (baby's breath) flowers.

Incense and scented oils: Honeysuckle, jasmine, lavender, and patchouli.

Stones and crystals: Pearls, obsidian, green tourmaline, and moonstone.





30. Sulis Minerva

Justice and Healing

Sulis Minerva is the Celtic and Roman sun goddess associated with the City of Bath, known in Roman times as *Aquae Sulis*, which means “Sulis’ waters.” She is a powerful goddess of truth, fairness, and justice. Curse tablets with petitions for justice were placed in her temple, calling for punishment against wrongdoers until they corrected their ways.

Her dress is the milky, greenish-gray of the water of the springs, and her hair is the bright orange of the deposits left behind by the mineral-rich healing waters of the hot springs. Sulis Minerva’s power manifests through water to help with healing, relaxing, and calming the body and spirit.

SULIS MINERVA'S MESSAGE

Justice and fairness are available to help you with the imbalance of energy brought about by old wounds. Be mindful of how you move around in the world as karma will work on your behalf. Seek the best outcomes and highest good for all involved. Do not remain silent; speak up with sincerity for yourself and for those who do not have a voice.

Focus on taking care of your wellbeing, both emotional and physical. You have the power and ability to heal yourself and others and it begins with the choices you make, starting now. Commit to the changes you need to make to live a life which brings you ease and joy.

CALL ON SULIS MINERVA

- When you need healing.
- When you have been wronged.
- For fulfillment of wishes, especially for justice against wrongdoing.
- For courage to speak your truth.
- To help in the healing of others.

ACTIVITIES AND RITUALS

- Commit to releasing wrongs and injustices to bring feelings of peace and well-being.
- Raise your energy levels by meditating on gratitude and magnifying your love force.
- Breathe slowly in and out to help bring you calm and to reconnect you with your body's ability to heal.
- Make time to relax as it is vital to your health. Gift yourself and

Sulis Minerva a sacred bath (or shower) with essential oils, salts, and herbs. Follow your card readings, the astrological signs of the moon, numerology, or whatever resonates, to build a water ritual into your monthly routine.

SUGGESTED EXERCISE

Take a sacred bath or shower. While you prepare your ingredients, play music that inspires you and light candles and incense to set the mood for sacred ritual. Exfoliate your skin with a dry skin brush, using gentle circular motions, from the feet up to the heart. If showering, cleanse your body with a mild soap and use a small spray bottle to diffuse essential oil as you shower. If you are having a bath, fill the tub with water and add your choice of sea or Himalayan salt, milk, rose petals, lavender or other herbs, flowers and essential oils (see list below for creating an altar). Afterward, put lotion or essential oils diluted in coconut oil over your body; use an oil specific to your healing needs – chamomile for an upset stomach, eucalyptus for respiratory issues, lavender for anxiety, and so on.

SULIS MINERVA'S HEALING CARD SPREAD

Card 1: What will help me heal?

Card 2: Where is my strength?

Card 3: What action must I take?

CREATING AN ALTAR FOR SULIS MINERVA

Objects: A light-blue altar cloth and copper, gold, olive-green, and orange candles. Representations of Sulis Minerva, owls, eagles, and phoenixes. Sea salt and spring water in separate stone bowls.

Fruits, flowers, and herbs: Oranges, lemons, grapefruit, ginger, and garlic. Orange roses, heather, and honeysuckle. Feverfew, echinacea, chamomile, lavender, eucalyptus leaves, mint, rosemary, chives, bay laurel leaves, dill, kava-kava, valerian, and cinnamon.

Incense and scented oils: Lavender, clove, sage, lemon, bay laurel, eucalyptus, cinnamon, ginger, and chamomile.

Stones and crystals: Kyanite, celestine, topaz, pyrite, amethyst, rose quartz, hematite, lapis lazuli, and carnelian.





31. Tlazolteotl

Restoration and Transformation

Moon Goddess Tlazolteotl is the Aztec pardoner of sins. Fiercely powerful and known as the Eater of Filth, this is who the Aztecs confessed their worst deeds to. They made sacrifices in her honor to receive the purifying and regenerative power of the earth. She is the midwife who, through the decomposition of that which no longer serves us, brings life. She proves that anything that overwhelms and destroys also has the power to heal.

Tlazolteotl is the goddess of spinners and weavers. As such, she is a goddess of fertility and sexuality who connects us to the cycle of creation and the ever-changing power of the earth. She is also the patroness of illicit affairs and lust.

The Aztecs would not only go to Tlazolteotl and her priestesses for confession and cleansing, but for advice on when

to have relations for procreating. This was to ensure good health and longevity of the child to be conceived. She was invoked at births to cleanse babies of their parents' transgressions. Patroness of midwives, doulas, doctors, nurses, and all other healers, she gifts humanity with herbs and magick and was said to be able to heal those gravely ill and near death.

Tlazolteotl ate the errors of her people to restore them to their true selves. Through destruction and decomposition, she recycles misdeeds in the life-affirming cycle of our lives, destroying with the power to heal and enlighten. Tlazolteotl is that shadow part of ourselves we fear because it is so powerful, but when we work with her energy, we can find absolute mercy and compassion.

TLAZOLTEOTL'S MESSAGE

It is time to transform and restore your physical body, a broken relationship, or anything that needs to be changed to better serve you on your path. It is time to face your shadow self, those things that have you entangled in toxic shame, guilt, or despair. They can hold you in a place of fear and insecurity and lead you to act in ways that hurt your relationship with yourself and others. You are perfect in your essence, and strong enough to deal with the most difficult of issues.

Be more mindful in your intimate relationships. Transform sensual energy into beautiful ways to connect to each other and to all that is sacred. The exchange of energy between lovers is powerful and one that needs to be respected and nurtured. Take note and be thoughtful of every decision you make, especially when it comes to sexual partnerships and conception.

Remember, there is no sin, only errors on life's journey. Be

brave; the pain of transformation is only temporary.

CALL ON TLAZOLTEOTL

- When you are ready to transform into your best self by letting go of the past and facing the future centered in the now.
- To help you work on aspects of your personality developed from past hurts.
- If you are feeling the burden of remorse.
- For help in your sexual partnerships, sacred sex, tantric sex, celibacy.
- To help with conceiving.

ACTIVITIES AND RITUALS

- Restore yourself from harmful behavior such as codependency, addictions, or pride.
- Explore situations currently troubling you and assess your part and responsibility in these honestly.
- Ask for direction and commit to working through subjects you struggle with.
- Make an altar for Tlazolteotl, then light a candle and meditate on her energy. Ask her to help you transform and evolve into your best self.
- Release and put negative trauma, toxicity, and “filth” behind you. Expect a new beginning and know there is no going back.

SUGGESTED EXERCISE

Make an offering to Tlazolteotl by cleaning out all your closets and donating items to local charities. Use white sage to cleanse your closets before putting back things you want to keep. Arrange those things in a way that makes sense to you (I like to do it

by color). Finally, light some palo santo to bring in uplifting, purifying energies.

TLAZOLTEOTL'S TRANSFORMATION CARD SPREAD

Card 1: What will support me as I move forward to transcend and transform this issue?

Card 2: How will I grow when I transform this issue?

Card 3: What do I need to actively move forward.

CREATING AN ALTAR TO TLAZOLTEOTL

Objects: A black or purple altar cloth and black, white, and purple candles. Skull totems and representations of Tlazolteotl, eagles, snakes, and jaguars. Feathers, cotton, yarn, and a small bowl filled with dirt.

Fruits, flowers, and herbs: Cacao beans, corn, mangoes, coconuts, and dried chili peppers. Cloves, cinnamon, and maguey.

Incense and scented oils: Palo santo, white sage, cinnamon, and tobacco leaves.

Stones and crystals: Labradorite, jet, smoky quartz, citrine, watermelon tourmaline, and black tourmaline.





32. Vesna

Awakening and Victory

Vesna is one of the most well-known Slavic goddesses, particularly in Serbia and Slovenia. Her name means “messenger,” but the word *vesna* originates from Sanskrit and means “illuminated” and “shiny.” Vesna is a fertility goddess who brought renewal – spring – to the Slavs, awakening the land to warmer weather and a bountiful life of fruits and flowers, after her counterpart, Morana, goddess of darkness and death, took her leave at the end of winter. Vesna was also known as a goddess of victory as she overcame death and darkness to awaken the land.

The Slavs used rituals to quicken Vesna’s return, most popularly the burning of Morana. As winter came to an end, they made wooden or rag and straw dolls that symbolized Morana. The dolls were set on fire, then drowned in a river to return Morana

to the Underworld. To awaken and welcome Vesna back into the land, they made small clay larks which were placed on sticks and wrapped with herbs and flowers.

VESNA'S MESSAGE

Victory has come or is on its way. Stay on course and focus on your role. Allow things to blossom in their season. Even though you fall back into your old ways of thinking at times, you are awakening and starting to see things differently. Keep focusing on this new vision.

As you continue to grow from a tight bud into your fully-flowered awakening, help will be given so you see life, the universe, as it really is. Like the gradual opening of the third eye opening and blooming after winter, awaken to the knowledge that you are a sacred being.

CALL ON VESNA

- When you feel confused.
- If you are feeling stuck, lack direction, and need clarity and light on your path.
- To help you awaken to your true purpose and passion in life.
- When suffering has lingered for a long time in your life and you are ready for victory.

ACTIVITIES AND RITUALS

- Ask Vesna to help awaken positive feelings inside you. Meditate on the feelings and sights in your heart and your mind's eye.
- Focus your energy on the light waiting to expand within you. Allow the life force to awaken every part that has been neglected,

suppressed, and forgotten. Feel your power as you continue to shift into a new and awakened self. Remember that life is a cycle.

- Continue your growth from season to season with every challenge encountered, and do not allow anyone to steal away your peace and vitality.
- Create a lark out of air-drying clay. Decorate it with flowers and herbs and place it on her altar.

VESNA'S CARD SPREAD FOR AWAKENING

Card 1: What am I awakening to?

Card 2: What will allow me freedom from illusion?

Card 3: How will my life change once I step into my newly-awakened perspective?

Card 4: What will support me in this process?

CREATING AN ALTAR FOR VESNA

Objects: A white or pastel-colored altar cloth and white, violet, and purple flowers. Representations of Vesna, butterflies, eggs, and nests. Clay figurines of larks, cranes, owls, ducks, geese, and other birds.

Fruits, flowers, and herbs: Apricots, apples, berries, and birdseed. Gypsophila (baby's breath) and spring flowers. Vervain, sage, cinnamon.

Incense and scented oils: Palo santo, sandalwood, rosewood, vervain, vetiver, sage, copal, eucalyptus, cinnamon, orange, and grapefruit.

Stones and crystals: Clear quartz, lapis lazuli, moonstone, carnelian, kyanite, sodalite, red jasper, amethyst, pyromorphite, chrysanthemum stone, and blue and purple fluorite.



33. White Tara

Life Force, Health and Longevity

Goddess White Tara, the Indo-Tibetan deity whose name means “star,” is one of the twenty-one Taras. She was born from a tear of compassion shed by Avalokiteshvara, the male incarnation of the goddess Quan Yin.

White Tara is associated with healing, longevity, and life force (prana, qi, or kundalini in other cultures). She purifies body and spirit to help remove obstacles in life. She protects against stress, bad karma, and other negative influences on health.

WHITE TARA’S MESSAGE

Life energy is the inner power that connects you to all that is magickal and spiritual. It is your own cosmic energy and divine spirit. It is your umbilical cord to Spirit and your higher self. When

it is stagnant, your vitality, passion, and manifestations become stuck, affecting your happiness and your path to becoming all you are meant to be.

You have the potential to be empowered in all aspects of your physical and mental well-being. If you focus on taking responsibility for your health, you will have the potential for increased life energy and longevity. If you currently have health challenges, White Tara's presence says you will soon break through them. Nourish your body with rest and healthy food and have faith that they are purifying your body.

CALL ON WHITE TARA

- If you are stressed about a medical condition – yours or a loved one's.
- To seek intuitive guidance on healing modalities.
- For help with anxiety, panic attacks, addictions, post-traumatic stress disorder, or other mental health challenges.
- To help you create a different story about your physical and mental health.
- To increase and strengthen your vitality.
- To help you stay in the flow and connected to your life purpose.

ACTIVITIES AND RITUALS

- Visualize yourself in perfect health and send healing light to those places of your body suffering pain and disease.
- Believe in your body's natural ability to heal and trust that White Tara will support you. Find joy in being a healthy person without getting caught up in rules and restrictions you find difficult to uphold. Laugh, live your passion, be kind and compassionate.

- Learn to use healing modalities such as essential oils, tinctures, herbs, crystals, emotional freedom techniques (EFT), acupuncture, and reiki.
- Have your vitamin and mineral levels checked and replenish deficiencies. Eat wholesome foods that resonate with you, rather than a diet that makes you feel constricted and resentful.
- Relax and rest.
- Limit your technology time and engage your senses in things like cooking, writing, going to the park, painting, and gardening. Go outdoors for fresh air whenever possible.
- Release toxic relationships.
- Commit to selecting one oracle card a day and journaling a response to the reading for a dedicated number of days.
- Meditate daily, and keep your chakras aligned.

SUGGESTED EXERCISE

Draw a septagram (a seven-pointed star) on a piece of paper to represent the seven chakra points. Make it large enough to set one pillar or tapered candle (corresponding to the chakra colors: violet, indigo, blue, green, yellow, orange, and red) on each point of your star. In the middle of the star, write down what you would like purified. Light palo santo and call in White Tara's energy. Meditate on her purifying light as you slowly light each candle. Take a deep breath and visualize perfect health and longevity. Then snuff out each candle and thank White Tara for her support, trusting that your petition has been set into motion. Repeat this daily until the candles have burned down. You may choose to burn the paper on which you've drawn your septagram when your last candle is about to burn out. Thank the goddess for her service.

WHITE TARA CARD'S SPREAD FOR INCREASING LIFE FORCE

Card 1: What do I need to do to unlock my life force?

Card 2: What do I need in my life right now?

Card 3: What do I need to be open to receiving?

Card 4: What do I need to do as a next step?

CREATING AN ALTAR FOR WHITE TARA

Objects: A white altar cloth and white candles. Representations of White Tara. Butter lamps and a mala (Buddhist prayer beads).

Fruits, flowers, and herbs: Dates, figs, oranges, and whole garlic. Lotus flowers and lilies. Sprigs of rosemary and aloe vera plants.

Incense and scented oils: Palo santo, Hem prana, nag champa, rosemary, lavender, thyme, Indian sandalwood, and sage.

Stones and crystals: Topaz, blue lace agate, white quartz, garnet, bloodstone, pearls, jade, onyx, pyrite, rainforest jasper, carnelian, mookaite, turquoise, aventurine, and aquamarine.





34. Yellow Tara

Wealth and Prosperity

Yellow Tara is the goddess of wealth and prosperity and is one of the most well-known deities in Tibetan Buddhism. Yellow Tara has the power to increase our good fortune. She represents all the benefits of success and achievement in our work and life's purpose. Her energy helps to provide financial stability. She supports and enables us to flourish in every aspect of life.

She is one of the twenty-one Taras, and as with all the Taras, is a deity of compassion. Her energy also helps overcome plagues and diseases of epidemic proportions, especially those new to the world.

YELLOW TARA'S MESSAGE

Money is coming your way. Call it faith, the law of attraction, or quantum physics, but believe you are worthy, it will come. It could be a raise, a new job, a gift, but it will be unexpected.

There is no shame in seeking wealth. Money gives you the freedom to do the things you want to do. Wealth can provide comfort and a more enjoyable life. It can afford you time to seek your highest joy, to meditate, or to spend time with friends and family. Be grateful for abundance and remember to be compassionate and generous whenever you can.

Trust in the infinite wealth available in all dimensions of the spiritual and physical worlds, not just the financial aspect, but in supreme wealth of understanding. It will liberate you from the poverty of ignorance and teach you empathy and gratitude.

CALL ON YELLOW TARA

- When organizing your budget.
- For help increasing wealth and making plans to save for a new home or other investments.
- If you are facing financial difficulties.
- When you feel there is a lack in any area of your life.
- When applying for a job or a raise.

ACTIVITIES AND RITUALS

- Commit to giving to a charity that resonates with you without the attachment of benefiting. The energy must be of joy, because you are helping, and of gratitude, because you know there is enough and more to come. It is the nature in which you give that determines the nature in which you receive.

- Start a savings account, a piggy bank or a savings jar – a decorated glass jar you can leave at your altar dedicated to Yellow Tara.
- Make daily offerings to Yellow Tara for twenty-one days. Use affirmations, repeating them twenty-one times, once a day at your altar. They can be the same or different affirmations each day, but make them simple such as, “I am provided with everything I need,” or, “My life is prosperous.”
- Focus on the area of your life you wish to bring wealth to and ask Yellow Tara to guide you. Close your eyes and imagine a bright light like the sun shining in front of your third eye. Concentrate only on the color – the depth and brightness of the yellow – then relax your gaze and soften into its warmth.

YELLOW TARA'S WEALTH AND PROSPERITY CARD SPREAD

Card 1: What is already available to open the path of abundance and wealth into my life?

Card 2: What do I need to focus on to attract a river of wealth and abundance into my life?

Card 3: What do I need to be grateful for to multiply abundance in my life?

CREATING AN ALTAR FOR YELLOW TARA

Objects: A yellow or gold altar cloth, yellow and gold candles, and an oil lamp. Representations of Yellow Tara, a bowl of milk, a bowl of rice, singing bowls, and bells. Paper money, coins, and any item that's gold.

Fruits, flowers, and herbs: Dates, figs, apples, oranges, mandarin oranges, lemons, mangoes, and coconuts. Lotus flowers, marigolds,

and other yellow and orange flowers. Sage, basil, chamomile, bay laurel leaves, angelica, comfrey, mugwort, and ferns.

Incense and scented oils: Nag champa, sandalwood, myrrh, sage, sandalwood, myrrh, nutmeg, orange, geranium, rose, clove, cinnamon, and patchouli.

Stones and crystals: Citrine, peridot, sapphire, jade, green aventurine, pyrite, lodestone, tiger's eye, and alunite.





35. Yemayá

Surrender and Soothe

Goddess Yemayá is the mother of the Orixás, a group of deities originating in Africa. Her name means “the one who protects her children.” She is a comforting and inspirational goddess who soothes the suffering of all, especially women and children in crisis. She is also worshiped in parts of Cuba and Brazil, where the beliefs of African slaves intertwined with Catholicism in the seventeenth and eighteenth centuries. In some cases, like that of the Umbanda religion, the original African spirituality also blended with indigenous religions and spiritism. Yemayá is also known as Mama Watta, mother of the waters, the goddess of the living ocean, the source of all the waters and the seven seas.

Her story is tragic, as her son turned against her in violence and raped her. She cried so much her tears caused a great flood on

Earth, creating the oceans from which the first man and woman were born. Her story is about insuperable challenges, utter despair, and sadness leading to the creation of something new.

Like water, she represents soothing ease and constant change, bringing forth life, protecting it, and changing it as is necessary. She is motherly and fiercely protective of all her children, comforting them and cleansing them of their sorrows. She can be fierce, but she is not fond of violence or aggression.

YEMAYÁ'S MESSAGE

Surrender into the fluid and ever-changing waves of life. Be comforted. Be encouraged. Float on my waters and I will take you there. Trust that help will be there when the waves get rough. You will be taken to still waters.

Embrace your own magickal way of being in the world – no matter what you look like, your religion, gender, or age – embrace your inner mermaid and never give your power away. There is a reason for everything you are going through. Sink into soothing waters and trust that all is well. Open your heart and be ready for all you desire to flow your way.

CALL ON YEMAYÁ

- When you need comforting.
- For blessings of fertility and creation, including new projects.
- To bring ease from anxiety, sorrow and fear.

ACTIVITIES AND RITUALS

- Meditate on Yemayá for seven days using seven candles or a single seven-day candle.

- Repeat the following words or write them down and put them where you can see them: “Your love soothes and protects me; I am safe within your arms.”
- Visit the sea or a lake, collect seashells, and meditate on Yemayá’s calming yet powerful rhythm and blue and turquoise light energy. She will reveal many mysteries and ancient wisdom. If you are far from water, listen to meditations that have ocean sounds in the background. You will find yourself refreshed and inspired, and it will help you flow through challenging times.

SUGGESTED EXERCISE

Take a full moon or new moon bath with Yemayá. Light seven candles (for the seven seas) in white, blue, and silver. Use white sage to clear the space before you bathe. Place stones like moonstone in your bathtub, along with chunks of Himalayan salt and seaweed flakes. You can also add essential oils such as myrrh, clary sage, and sandalwood. Then, bask in the warmth of Yemayá’s loving energy and absorb her soothing and relaxing tenderness.

YEMAYÁ’S SOS SOOTHING CARD SPREAD

Card 1: What will soothe my heart?

Card 2: What do I need most right now?

Card 3: Where can I turn to/what can I trust to help me surrender right now?

CREATING AN ALTAR FOR YEMAYÁ

Objects: An aqua-blue or white altar cloth with a crocheted white topper. Wooden boats decorated in white and light blue. Large conch shells and seashells in general, seaweed, coconuts.

Bowls of sand and saltwater, and a glass of sparkling white wine.

Fruits, flowers, and herbs: Whole coconuts and watermelons. Gypsophila (baby's breath), chrysanthemums, jasmine, daisies, and white flowers. Fennel, chamomile, lavender, yarrow, rosemary, valerian, kava kava, Saint John's wort, and seaweed of all kinds.

Incense and scented oils: Myrrh, clary sage, rosemary, rosewood, jasmine, lavender, gerbera daisy, sandalwood.

Stones and crystals: Amethyst, pearls and mother of pearl, larimar, hematite, malachite, turquoise, blue lace agate, blue apatite, and rose quartz.





36. Priestess of Divination

All is not as it appears.

Commit to a daily practice of working with your cards, keeping track of messages that come forth so you can look back and see your growth and evolution. Ask the Goddess for signs that she is with you and supporting you every day – a feather on the ground, a certain song at the right moment, etc.

Pay attention to your dreams. Keep a dream journal and take note of all your intuitive hunches. This will deepen your ability to discern and communicate with Spirit.

Receive the gifts in store for you.

PRIESTESS OF DIVINATION CARD SPREAD

Card 1: What gift of mine should I pay attention to?

Card 2: How should I develop it further?

Card 3: What new gift is available to me?



37. Priestess of the Healing Water

You can change the world.

This card holds truth and healing for you and yours. You have experienced darkness and have come through, time and time again. There are lessons you have learned. You have healed and are healing further as you evolve in this lifetime. You have the power to heal. You can help others by sharing. Together, we heal.

It is important to be honest with yourself, without judgment. The ways we act and react are connected to emotional or physical survival; they are a result of the process we have to go through to reach the point where we can fully transform. Speak and act truthfully, centered in love. Look at your life situations, grounded in love, balanced between faith and magick. Be active in your healing and focus on all the good around you with wonder,

creativity, and gratitude.

You attract the energy you put out – this is what co-creation is.

PRIESTESS OF THE HEALING WATERS CARD SPREAD

Card 1: What needs healing in my life?

Card 2: What energy will help heal this?

Card 3: What energy or resource do I use that already supports me?





38. Priestess of the Triple Moon

You are ageless and timeless, a spirit in human form.

You are the crescent, full, and waxing moon. Mother, maiden, and crone energy unlock mysteries and fuel manifestations. You are in perpetual motion and yet you are a constant force of divine energy. Be open to learning from the three aspects of this Priestess (mother, maiden, crone) as you expand and evolve.

You are protected, living a human experience on Earth, separate from the ethers in many ways, yet perpetually connected. Your essence is divine and sacred, a unique and powerful independent force, and at the same time, you are part of it all. Your stories are ancient and eternal – past, present, and future.

Be encouraged to take in the truth of the whole of who you are. Strive to embody the virtues, gifts, wisdom, and powers that

reside within you. This is your sacred contract: to experience life in a way that causes you to evolve into your best self. Allow each experience to move you through all stages of the triple moon, waxing and waning, flowing, with each stage focused on gratitude.

You are not alone.

PRIESTESS OF THE TRIPLE MOON CARD SPREAD

Card 1: Where in my life am I presently evolving?

Card 2: What is helping me as I grow through this situation?

Card 3: How can I center myself for love, peace, and joy?





39. Priestess of the Gift to Serve

Be at service to your community and universal tribe.

There is wisdom in observing rather than acting. Take your time and gather information before you act. Trust your intuition; but do not be fooled by illusions. Stay on track for your life's true purpose and passion. Be of service to others and you will flow with joy and ease, enabling you to live the life you desire.

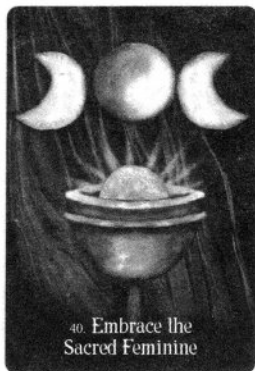
Give powerfully and, likewise, be open to receive.

PRIESTESS OF THE GIFT TO SERVE CARD SPREAD

Card 1: How can I serve others?

Card 2: Why will this help my own evolution?

Card 3: What energy is supporting me right now?



40. Embrace the Sacred Feminine

The powerful energy of the divine feminine, the Sacred Mother and Goddess is calling to connect with you. Love yourself deeply and radically. Live compassionately and fully. Connect to your intuition and your spirit, grounding deep into the earth. Allow yourself to be fully present, alive, tuned in and living in love.

Perhaps you have some resistance? Believe in and allow her energy to flow in your life. Deepen your practice by harnessing her power and walking in her path. It is time to move through the veil into other realms.

EMBRACE THE SACRED FEMININE CARD SPREAD

Card 1: What do I need to do more of to nurture a closer connection with sacred feminine energy?

Card 2: What should I focus my heart on to harness and honor it?

Card 3: What gifts are offered by this energy to support me in moving forward?

ALTAR FOR THE SACRED FEMININE

Your altar can include anything that embodies the Goddess and her divine feminine energy. Create your altar with intention, staying focused on what this beautiful energy means to you. Use any color and item that makes it a beautiful offering to the Goddess.









About the Author and Artist

Claudia Olivos, BA, BFA, MFA, is a painter whose works vary from abstract to surrealism and everywhere in between. Her

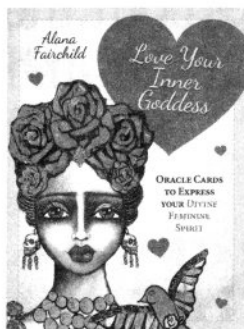
unique approach explores human consciousness and experience as it relates to the spiritual.

Claudia's paintings are part of private and public collections and exhibited in art galleries and museums all over the world. They have been featured in novels and magazines, on CD covers, in live theatre, orchestral performances and more.

With a Bachelor of Arts in Psychology, Claudia has dedicated her life and art to helping individuals reach their highest potential. What began as individual counseling and therapy developed into channeled paintings, oracle cards, and other tools to help people heal, grow, and expand into their best selves.

Claudia divides her time between Santiago, Chile, and the home and studio she shares with her partner and fellow artist, Sergio Olivos, in Washington DC, USA.

Also Available from Blue Angel



LOVE YOUR INNER GODDESS Oracle Cards to Express Your Divine Feminine Spirit

ALANA FAIRCHILD
Artwork by Lisa Ferrante

This luscious oracle deck has been created to help you tune into your intuition, fire up your creativity and celebrate your sacred feminine spirit.

The sacred feminine in you is unconventional, healing, loving and beautiful – and ready to rumble! She doesn't want to be hidden away. She wants to rise up, so her creative fire and loving wisdom can transform your life.

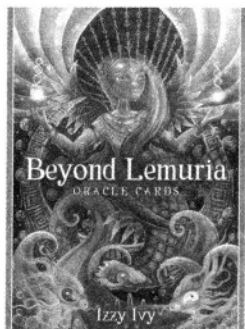
Discover your own sacred feminine spirit – that includes your inner priestess of love, medicine woman, gypsy spirit, mermaid soul, empowered warrior goddess and more. This card set will help awaken your soul talents, as you love, respect and nurture your authentic self. You are supported to discover and express a sense of passionate purpose to live your own unique and beautiful life.

It's time to love your inner goddess, as you live with playfulness and courage, straight from the heart.

ISBN: 978-1-925538-24-3

44 cards and 96-page guidebook set, packaged in a hardcover box.

Also Available from Blue Angel



BEYOND LEMURIA ORACLE CARDS

Izzy Ivy

Transform shadow into light, bridge duality and inspire heaven on earth through practical and enlightening insight from Lemuria. Recall the past and glimpse the future. Expand your conscious awareness and behold the wonders of the greater world.

This uniquely stunning deck from artist and author Izzy Ivy is infused with loving guidance, greater knowledge and encoded symbols to enliven the truth in you with the majesty of the Universe.

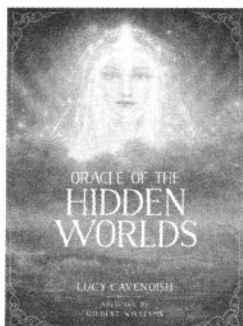
Fusing childlike innocence with all-knowing depth and strength in her characters, Izzy Ivy combines art with the spirit that dances her. Every image is seeded with subtle symbolism for the collective dreaming and keys to a deeper recall. Meet the Lemurians, connect with their energy and work with the macro-microcosm to reclaim wholeness and step into your light.

It's time for the remembering ... it's time to go Beyond Lemuria.

ISBN: 978-1-925538-83-0

56 cards and 148-page guidebook, packaged in a hardcover box.

Also Available from Blue Angel



ORACLE OF THE HIDDEN WORLDS

Connect with the Wisdom and Healing of the Divine Realms of Heaven and Earth

LUCY CAVENDISH

Artwork by Gilbert Williams

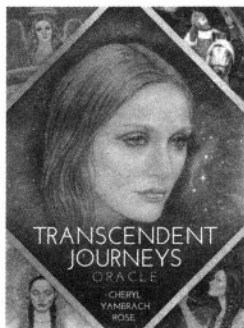
Beyond this world, just out of sight, lie wondrous realms you may have glimpsed, imagined, remembered or visited in dreams. These other worlds exist behind the veils, to protect and preserve their knowledge and energies. They are slowly revealing themselves, allowing themselves to be experienced and discovered, remembered and restored. Enter the visionary artwork of Gilbert Williams and embark on a marvellous journey into secret spaces and magical places with bestselling author Lucy Cavendish as your personal guide.

Discover light temples, liminal pathways, Lemurian relics, Camelot's mysteries and more! These worlds may be hidden, but their magick, glory and wisdom are within your reach.

ISBN: 978-1-925538-66-3

44 cards and 132-page guidebook set, packaged in a hardcover box.

Also Available from Blue Angel



TRANSCENDENT JOURNEYS ORACLE

CHERYL YAMBRACH ROSE

**Wisdom of Stars, Knowledge of
Earth, Guidance from Source.**

Cheryl Yambrach Rose begins her visionary portraits by painting the eyes of her subjects. From there, she works outward, to create intimate portrayals of divine and mythical beings through a vortex of color and energy. Thus, her images are described as direct portals to the profound and enlightening moments, mentors, messengers, and magic the world needs right now. Work with this deck to bridge worlds, deepen connections, and awaken your soul to a higher vibration.

This 45-card deck is lovingly attuned with the Pleiades, ancient teachings and present-day revelation to bring you clarity, direction, and inspiration for the good of all. The guidebook includes simple instructions on how to use this oracle with layouts and meanings to activate your intuitive processes.

ISBN: 978-1-925538-81-6

45 cards and 64-page guidebook, packaged in a hardcover box set.



For more information on this
or any Blue Angel Publishing release,
please visit our website at:

www.BlueAngelOnline.com

