

SACRED SPIRIT

READING CARDS

Spiritual guidance for your life journey

ANNA STARK

Illustrated by Louis Dyer

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A Rockpool book
PO Box 252
Summer Hill
NSW 2130
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ISBN 978-1-925682-84-7

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Edited by Katie Stackhouse

Designed by Jessica Le, Rockpool Publishing

Typeset by Typeskill

Printed and bound in China

10 9 8 7 6 5 4

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Acknowledgements

I created these cards to provide people with psychic tools and energetic guidance that can physically help them in the here and now. The human experience is all about learning and evolving into our authentic selves. There are so many beautiful souls who are just beginning to awaken their intuition and need support and guidance during this exciting and deeply sensitive process. I hope these cards will help them.

It is with deep gratitude and love that I thank my life partner and husband, Ian, for his unwavering supporting through the creation of *Sacred Spirit*. Ian, you have kept me grounded and aligned with purposeful action.

Thank you, Allen and Jill, for your continued support and friendship, and thanks to my teachers past and present, and those in the realm of spirit. May you continue to light the path for global change, awakening love and acceptance across this beautiful planet.

Thank you, Louis, for your beautiful, visionary artwork. Your visionary skills were essential to bring the light of spirit into this deck.

Most importantly, a big heartfelt thank you to Lisa Hanrahan, Paul Dennett and the beautiful souls at Rockpool Publishing for their patience and professionalism, allowing the birthing of these cards to help humanity.

Your soul has brought you to this deck for a reason. No matter your connection to spirit, earth, animals, stars or to source, you will find tools that will bring you closer to your own divine path and connection to the universe where you can live with authenticity and love.

This deck is dedicated to all those seeking to improve their life and connection with the universe. Through your soul's intentions, you can live a loving, blessed and powerful life!

Use these cards with love and let your soul and intuition guide you.

In love,
Anna



Introduction

*You can't make progress if you are always picking up
the pages of the past*

The *Sacred Spirit Reading Cards* are designed to support your intuitive growth and awareness of your deep connection within the universe. Blending intuitive actions with guidance from the soul, the deck consists of 36 cards, each of which holds spiritual and healing messages. Every card has an associated Angel, crystal and affirmation that is aligned to support you in shifting stagnant energy.

You may find meaning in hidden symbols, colours, cosmic influences, shapes or numbers within these cards, as they are deeply transformative. You will find archetype references to assist in deeper understanding of the human spirit and psyche, giving greater depth to readings and personal influences. Included are the Chohans and the Seven Rays: spiritual masters who are here to assist us on our earthly journey.

As well as using them as Oracle cards, use them in meditation, daily and nightly affirmations, mirror work and to gain inspiration. Use *Sacred Spirit* with the *Sacred Power Reading Cards* for deeper insight and intuitive readings. I strongly recommend you record your readings and meditations in a journal for reflection, to record your soul's messages and monitor your healing progress as well as other intuitive insights.

purpose for you. What is your intention for this deck? What are you seeking from this deck? Hold these thoughts and any other intentions you have for them in your mind and recite this mantra, or your own, to activate and ground your cards:

It is my soul's highest intention that all readings bring clear, accurate and divine guidance and healing. I ask that messages be delivered with 100 per cent pure light consciousness and with love, clarity and confidence, as I am a clear, divine channel.

Tip: To keep your cards clear and energised between sessions, wrap them in a special cloth of your choosing and place a piece of Clear Quartz crystal with your deck; setting the tone for clear, accurate and decisive readings.

Healing and Meditation

Prepare your meditation space. Make yourself comfortable, take a few deep breaths in and release anything that doesn't need to be here in this moment. Keeping your palms facing upwards; let your breath find its natural rhythm. Focus on an issue or what you would like to heal in your life. When ready, select a card. Holding the card in front of you, focus on the image, connecting with the energy integrated within the card. Hold this image in your mind's eye, allowing your mind, body and soul to receive. Hold the space as long as you feel necessary or until you feel a shift occur. Take note of any thoughts, feelings and images that occur and acknowledge them. This will give you greater insight into the issue in question. Keep a journal of your experiences to record your progress.

Oracle Readings

Let go of any expectation you have about an outcome. Think of something you would like an answer to: it may be an issue you are facing, an experience you have just been through or an event coming up. If you are giving a reading to someone else, ask them to think about or ask a question. As you shuffle the cards, your spirit helpers will bring the right cards forward to answer these questions.

Card of the Day

When using the cards as a healing tool, it is strongly encouraged that you begin a daily journal to aid in personal reflection. Simply select a card at the beginning of the day and meditate on the image. Write down your thoughts, feelings and other information that arises during this time. Check the meaning and add that to your journal, too, for personal reflection.

One Card Reading

Hold your deck and ask a question in your mind or out loud. If you don't have a specific question, ask your cards 'What message do you have for me today?', or 'What do I need to know right now?' Shuffle the cards the way you are used to, and lay out one card. Consider an intuitive interpretation and the meaning included in this guidebook to help you understand the card's message.

The layout and design of *Sacred Spirit* encourages energetic action. Asking questions such as the following will assist you in incorporating energy work, crystal therapy, angelic assistance and intuitive guidance:

What Energy or Intuitive Skill do I need to work with right now?

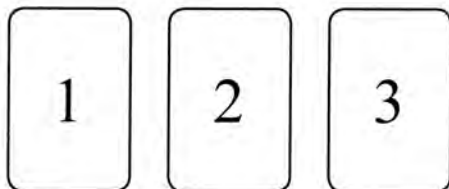
What Crystal or Angel do I need to work with right now?

Simple Three Card Reading

Card 1 Current situation – Your current position in life.

Card 2 Challenge – What is behind you that is still influencing you?

Card 3 Action – The possible outcome/how to move forward based on current events.



Life Guidance Spread

Card 1 – Represents the person currently asking the question. The centre of the reading.

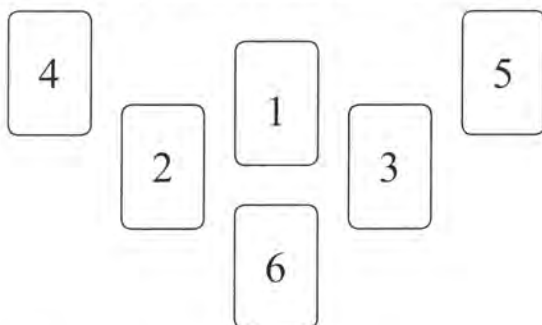
Card 2 – The past issues impacting the current situation.

Card 3 – Current or near-future challenges facing the questioner.

Card 4 – The hidden influences affecting the questioner.

Card 5 – The external influences affecting the questioner.

Card 6 – How to move forward given the previous cards (read the first five cards before turning over and reading the last card)



The Seven Rays

Knowledge of the seven rays can be found in early Vedic literature. White light is composed of light of different wavelengths or colours. An example of this is when light moves through a prism and refraction occurs. The Masters of the Seven Rays are also known as Chohans or the Lord or Lady of that ray. They are the leaders that guide those seeking a higher vibration through the wisdom and resonance of the light rays. Each of the Chohans has walked upon the earth and shared in the human experience. They walk alongside you to support your life and ultimately cosmic and spiritual ascension.

The **Maha Chohan** is the supreme head of the Chohans and embodies all rays within this light spectrum. It is this master who

selects each Chohan for their suitability. Through time as we know it continues, the Chohans will change accordingly, to meet the needs of spiritual evolution and consciousness.

Calling on the Chohans to assist you in their specific areas will bring you greater understanding. They will work alongside your guide team to support your growth and personal path. Be sure to ground yourself appropriately after each meditation and communication.

The Seven Chohans

First Ray (Blue): Master El Moyra – *Power, will, faith and protection*

Second Ray (Yellow): Lord Lanto – *Love, wisdom and understanding*

Third Ray (Pink): Paul the Venetian – *Divine love and compassion*

Fourth Ray (White): Serapis Bey – *Harmony and purity*

Fifth Ray (Green): Hilarion – *Knowledge, wholeness and abundance*

Sixth Ray (Purple/Gold): Lady Master Nada – *Devotion and service*

Seventh Ray (Violet): Saint Germaine – *Magic, forgiveness, mercy and freedom*

Archangels and Guardian Angels

Archangels and angels have appeared across different religions and cultures for thousands of years. All angels are willing to share their healing energy if you ask them, as all angels and Archangels are healers. All you need to do is request their energy be shared with you on a conscious and physical level for the appropriate length of healing time.

In this guide, you will find an *Angel Assistance* suggestion provided for each card. I have included Archangels and Guardian Angels that resonate with each meaning. You can work with each angel or gently and lovingly ask to work with the most appropriate for you at that moment.

How you choose to personally connect with these light beings is up to you. A helpful suggestion is to clear and set your sacred space in similar preparation for meditation, keeping your palms facing upwards or in a self-healing hand position over the heart chakra and solar plexus.

Crystal Healing

Crystals have been used across ancient and modern cultures for their beauty as well as their magical and healing properties. All crystals have their own beautiful and loving energy. Crystals and gemstones such as Clear Quartz are incorporated into both modern technology and holistic healing practice.

In this guide, you will find a *Crystal* suggestion provided for each card. I have included these to support healing and action directly associated with each card. To incorporate crystalline energy into your readings or practice, keep these associated crystals around your person, aura or desired space to achieve the most benefits. If you are an experienced crystal therapist, you may consider using these suggestions in your practice, readings or personal sessions.

Always ensure your crystals have been cleansed before placing on the body, wearing or incorporating into your healing practice.

SACRED SPIRIT

READING CARDS

Align Your Universe

Navigate distractions. Organise your life.



Much like an astrological alignment, the mind, body and spirit need consistent alignment as we navigate our daily life, social calendars, employment, family and home life.

Challenges to our thoughts and beliefs can shake us to our very core. Our values can be destabilised and altered if we have limited confidence in our direction or focus in life. Without the sanctity of

alignment of the spirit, how will you know where you are going in life?

When there are too many distractions or issues all happening at once, we struggle to focus on the important things. What do you feel is a priority or non-priority in your current circumstances?

Right now, you require an alignment in your priorities. Much like the stars contained within the universe, your energy is scattered across time. Distractions and scattered energy are causing lost and missed opportunities for your soul to thrive. Health is also a factor now. Take time to make your health and wellbeing a priority. Align your chakras and energy centres for stability and clarity and sense of self.

You are the centre of your universe! You must align your life accordingly – seek a suitable professional. However this is not a chance to be selfish for ego- or shadow-based reasons. Your soul and spirit need you to take charge of your life now, placing yourself as a priority. You can only do that when you have your energy aligned with clear focus and understanding of where you are right now. Start using a daily or weekly calendar to record your current and future activities and events.

When you align yourself to your own universe, you will begin to see positive changes and experiences relating to yourself and others. Energy balancing is a required state of maintaining adequate health. Adjusting the core of your being to a higher vibration allows a ripple effect to shift and integrate new energy through your whole being.

Shadow Aspect: Attention seeking, selfishness.

Sacred Crystal: Natural Citrine

Angel Assistance: Guardian Angel Laviah – Lucid dreaming, universal alignment.

AFFIRMATION:

It is safe for me to release the fear of the unknown. I can move forward with energy and enthusiasm.

Ascended Masters

Create open communication with others. Listen objectively.



2. Ascended Masters

Create open communication

Throughout time, human beings have looked to spiritual teachers, gurus and philosophers for guidance and wisdom in their everyday lives. Regardless of religious background or affiliation, people gravitate towards those who have achieved levels of ascension on the physical plane.

Philosophers, ascended masters, spiritual gurus and leaders enable those seeking wisdom or higher states of wellbeing and consciousness to connect to something bigger than themselves in this dimensional experience. While there are many ascended masters across the realm of ascension they are still on differing levels of ascension. These inner planes assist those seeking wisdom, connecting to specific energy such as the Light Rays (see The Seven Rays, pages 5–6).

When working with these frequencies or energies be sure to always invoke or request the aspects that exist within 100 per cent pure light frequencies. Ascended Masters still exist with a dual polarity and still have specific purposes and functions relating to the earthly realm.

Right now, you are required to connect to higher wisdom previously shared with a collective purpose. Daily rituals and routine are essential to establish stability through decision-making processes. Open your mind and vision to signs and symbols from the ascended master realm. Many masters are associated with animals and symbols. Pay attention to art and imagery that you may feel emotionally or strongly connected to now, as you are being guided divinely.

Be consciously aware that the masters are working behind the scenes in your life to achieve a greater outcome. Karmic planning and your unique energetic blueprint require certain learning experiences and events for you to grow and expand your soul and spirit into a new state of awareness.

Shadow Aspect: Refusing to be open to new experiences or outcomes.

Sacred Crystal: Hiddenite

Angel Assistance: Archangel Metatron – Channelling, higher wisdom.

AFFIRMATION:

I am a clear channel of divine knowledge. I share this wisdom with compassion and confidence.

Astral Travel

Caution needed. Observe your surroundings.



Astral travel can be described as a wilful out-of-body experience, allowing a person to observe their physical surroundings. Entering the gateway to the astral plane or astral realm with intention is a careful practice that must be aligned with intention, clarity and soulful purpose.

A sacred portal to hidden realms, accessing the astral body allows you to travel and experience different realms of

consciousness and universal experiences. Clairvoyance, psychic abilities and spirit communication all require astral realm connections. The Akashic Records exist within this realm and are guarded by sacred light-keepers. With any astral travel, it is recommended to have a travel ‘buddy’ with you, such as an Ascended Master or Archangel, for added spiritual safety.

Primarily, an astral experience allows individuals to be an observer; a witness to surroundings such as environments, past events, people and our own ‘forgotten’ experiences, including those long before our physical sense of visual or memory recall. Returning from an astral experience can leave everlasting impressions in our waking life or it can leave you physically out of balance. While the soul is still tethered to our physical body via an invisible energetic silver cord, anchoring the soul back into our physical body often requires a physical reset through spiritual or holistic practices.

Astral information and experiences are affected by fear-based thoughts and energy frequencies. Keep your vibration high and alert your senses to any unwanted energetic connections that can influence you in a negative and spiritually abusive way.

Right now, you are being asked to keep your ‘spiritual radio’ tuned to listen for unwanted interference. Observe your surroundings and be aware of manipulation by others through psychic energy, speech and planned social meetings. Caution is required in all areas of communication; keep sensitive information confidential.

Shadow Aspect: Demonstrated lack of understanding and awareness of personal experience.

Sacred Crystal: Labradorite

Angel Assistance: Archangel Michael – Spiritual protection, safe travel.

AFFIRMATION:

I am divinely protected. My soul is safe to explore my path with ease and grace.

Awakened Spirit

Helping others. Desire to change.



4. Awakened Spirit

Desire to change

An awakened spirit is much like Alice in Wonderland. Once you have travelled down the rabbit hole, you can never go back to what you knew before. You become forever changed by your new experience. New information and experiences will change you at your very core; you become enlightened with sacred connection, resulting in physical, spiritual and emotional changes.

You may be feeling lost and confused about your life, relationships, family or social connections, including your employment. This is a time when making meaningful experiences is a priority as you can no longer fathom wasting time on greedy, materialistic or ego-based principles. The question of ‘Why?’ comes to the forefront of almost every experience as you search for meaning and validity for your soul’s experience here on earth.

Seeing through the industrial machine of society, you become more aware of people’s unhappiness and lack of passion, ethics and integrity. At this moment, understanding who you are – the *real* you – beyond what you have been conditioned to believe by societal norms, family, school or institutions, becomes a dominant feature in your life.

Right now, your spirit seeks freedom. Confined by restrictive interactions and outdated ideals, it’s important to understand the connection between your physical body and spiritual self. This deep connection is the soul’s expanding awareness into seeing a broader and bigger picture in life. Health challenges can occur now as you go through this phase of spiritual improvement.

Growing impatience with materialistic people, social media and news programs continually highlight the world’s imbalance of peace and harmony. Humanitarian efforts are supported now: donating time, effort and energy into community programs or groups and implementing healthy and greener alternatives into your life will bring you new opportunities, creating a supportive, healthier lifestyle.

Shadow Aspect: Authoritarian communication, inconsiderate, social disconnection.

Sacred Crystal: White Selenite

Angel Assistance: Guardian Angel Peniel – Understanding difficult situations, life lessons.

AFFIRMATION:

I am free to follow the call of my heart, with purpose, with love and clarity.

Between Worlds

Life transition. New directions.



5. Between Worlds

New directions

The ancient soul of the sea turtle travels on many journeys throughout its physical life. The hard shell of the turtle is its home and protection. Across many religious and cultural groups, turtles can be viewed as good or bad omens. They are often visualised as the bridge between heaven and earth and the guiding spirit that supports the world and its people.

Turtles are independent travellers. Always pushing forward in new directions, the nature of the sea turtle encourages exploration and experimentation at a steady pace. Patience is needed now as you encounter new opportunities that will directly affect your life decisions. While the turtle represents the patience of life and waiting for the right time, you are encouraged not to wait too long.

Right now, you may be feeling energetically blocked, physically stagnating or feeling stuck, or in between decisions that could take you left or right; leaving you worrying if you will make the wrong decision. Everything comes in divine direction with the turtle totem. Try to avoid waiting too long to seize opportunities if they present themselves while the current momentum is present.

Being in the right place at the right time is essential for the turtle. Be patient but assertive. A new change in career path, living arrangements and residential location are possible now. Your home is your sanctuary; ensure a physically clean and decluttered atmosphere for relaxation and wellness.

Pay close attention to where you direct or channel your personal energy as you can be led down opposing paths. Travel and long journeys can be favourable now, including physical and spiritual quests. Go with the flow, enjoy the journey and trust in the process of life. Ultimately, just like the sea turtle, you may need to surrender, let your spirit wander and drift within the sea of life to find your direction.

Shadow Aspect: Irresponsible actions, financial mismanagement.

Sacred Crystal: Elestial Quartz

Angel Assistance: Archangel Suriel – Knowledge of life cycles.

AFFIRMATION:

I trust in the flow of life. I am safe and protected in my soul's sacred journey.

Birth of Creation

Potential growth. A fresh start.



Since ancient times, the egg has been a symbol of the universe, creation and life itself. It's symbolic of the holy resurrection and trinity, the seed of potential life, and luck and wisdom.

A representation of womanhood and fertility, eggs need incubation and serve as protection for the growing life within. A gathering of energy, a combination of light and shadow, yin and

yang, all meeting in one sacred space; evolving and growing at a rate invisible to the outside world.

Like any egg, life can be fragile. Given a sustainable environment, life emerges, cracking and opening its protective layer, to witness the outside world. You are also a product of your environment. Everything that is around you is destined to evolve, change and develop as you grow physically. These environmental influences form a part of your conscious actions as you adapt to the world around you.

Spending time with other people can influence your behaviour, character, thoughts and beliefs. Positive or negative, their energy integrates with yours and can affect your choices. Spend more time with people that ignite the fire in your soul rather than those that hold you back from success.

Right now, your spirit is asking you to try new routines. Get creative: create a vision board about what you would like to achieve in life, whether small or large goals, interests or short or long-term achievements. Take the time to nurture these areas. Birthing new ideas and projects now will bring many blessings.

Family matters, children and fertility are in focus now. Seek professional advice to maintain or provide a sustainable and healthy environment. If you are preparing to start or add to your family, your physical issues and emotional ‘matters’ need to be addressed now.

Shadow Aspect: Resurrecting the past, rigidity,
victim-based mindsets.

Sacred Crystal: Kunzite

Angel Assistance: Archangel Jophiel – Family harmony,
nurture life.

AFFIRMATION:

I adapt lovingly to new environments. I nurture new life with love.

Celestial Gatekeeper

Clear your focus. Timing is critical.



The eagle is considered a sacred animal in many cultures. Unafraid of confrontation, the resilience and unshakeable confidence and courage that eagles demonstrate ensure their presence is felt. Their commanding and majestic presence, soaring high above the land below, demands your respect when you reside or walk within it.

Flying in between the realms of 'earth' and 'spirit', these majestic animals are celestial gatekeepers, transporting spiritual communication between the heavenly gateways. Eagles have always been closely associated with God or a spiritual, higher power. The Aztecs, Sumerians, Romans, Egyptians and Native Americans all viewed the eagle as a sacred bird that empowered the people below them. Many ancient and modern cultures adopt the eagle as their spiritual icon; the freedom and wisdom these majestic birds represent are inspiring.

These predatory birds rely upon their vision and ability to read wind currents to survive in their natural habitats. The sacred relationship between the Mongols and the Golden Eagle signify the power and respect these beautiful eagles represent and are considered more valuable than human relationships as they depend upon them for their own survival in the Siberian wilderness.

Right now, you require a clear focus of what is ahead of you. Your timing is critical. While you may have a sense of urgency, it is important not to rush. Think about the issue or circumstances carefully before you act. Ensure you have planned your forward process. All decision-making needs to be carefully considered before you 'jump in' prematurely. Make sure you have all the facts in front of you.

Eagles are deeply connected to the celestial realm, as are you! Be aware of the eagle's subtle messages as they are encouraging you to raise and elevate your vibration to build a divine relationship, a celestial pathway, with a higher source. Pay attention to dense or lower energies so you can learn how this interaction affects your personal energy.

Shadow Aspect: Dismissive, disrespectful, procrastinator.

Sacred Crystal: Apophyllite

Angel Assistance: Archangel Galgaliel – Joy, elevating consciousness.

AFFIRMATION:

I resonate with divine order. My soul is activated to the highest vibration.

Channel Your Knowledge

Clear expectations. Critical judgement.



Automatic writing is a safe and powerful process of channelling spirit directly into writing. Like any sense or intuitive skill, it can be sharpened and improved with time and practice. More importantly, anyone can learn this skill. Without the 'active conscious' self, the mind becomes free to instruct and navigate the individual.

Automatic writing enables the channel to access higher states of consciousness and awareness. Innovation and creation is a

by-product of channelling in this way. Leonardo da Vinci, Isaac Newton and Albert Einstein were consistently inspired by the form of thought from pen to paper.

If you are just beginning to open yourself to intuitive and spiritual communication, automatic writing can act as a bridge to strengthen your mind and intuitive channel. Before undertaking such a skill, you are encouraged to keep a clear and sacred space free of lower-thought forms and energies that may 'cling' or seek to enter an open channel door. Seek a suitable teacher.

Currently, soul guidance is required. You are being asked to connect to the higher wisdom of your soul. Removing ego-based barriers such as expectations, internal ridicule, fear and control are necessary for clarity and peace of mind.

Feelings of being physically, mentally or energetically blocked or stuck in areas of your life such as employment and relationships, requires action, but you must be ready to let go of your expectations. Creating a peaceful environment to free your mind is essential now. Allowing your pen or pencil to wander on a sketchpad, forming doodles or symbols, or painting or musical creation will assist in writing issues such as writers' block.

With relaxed breath; let your thoughts inspire you to create or record new information as your inner thoughts and spiritual messages are conveyed to you to record in written word. Working with high vibrations or elevated energy levels will improve this communication and length of spiritual discussion.

Shadow Aspect: Ignoring your own advice. Inability to be objective.

Sacred Crystal: Blue Kyanite

Angel Assistance: Guardian Angel Harahe! – Educational success, writing, productivity.

AFFIRMATION:

My mind is open. I receive my soul's guidance loud and clear.

Clear and Activate

Cleanse your environment. Create sacred space.



Everything in the universe consists of energy. It is in a continual state of creation and recycling, adapting and changing to its current environment, interacting with everything that it comes into contact with. There are many ways you can clear and activate chakras, energy fields, meridians, power centres and your higher self.

Energetic clearing applies to all areas of our life. The collective energy, physical exchanges, psychic information, spirit contact, and your home or workplace can be very overwhelming if you don't prepare yourself for these levels of interactions. When you are faced with a challenging moment, your energy centres become affected. A to-and-fro struggle or push-and-pull factor comes into play as you navigate these issues or interactions.

Activating and clearing the energy centres through meditation or chakra balancing will improve your mental endurance. Potential healing can be achieved through yogi practices. Mudras, meditation and exercise are beneficial to creating energetic balance within the physical body.

Currently you may be feeling emotionally sensitive and hypersensitive to your environment, including weather and atmospheric pollution. Take positive steps to create an energetically supportive environment and understand the relationship with self.

Right now, you need to switch focus. Being caught up in gossip, jealous conversations, participating in lower-energy activities, repeated dramas and toxic environments must all be shifted now, if you want to live a better life. You must be accountable for your actions and reactions.

Sunshine not only warms your skin, it also warms your soul. Spending time outdoors can refresh your mind and bring you back into the present moment. Negative and imbalanced energies can shift through natural light and atmospheric absorption through plant life.

Shadow Aspect: Over-reacting, indulgence, negligence.

Sacred Crystal: Clear Quartz

Angel Assistance: Guardian Angel Achaiah – Patience, learning new skills, hidden meaning.

AFFIRMATION:

I am a clear beacon of infinite, pure platinum white light. It radiates through me and all around me.

Cosmic Ancestors

*Learn from those who have walked before you.
Voice your concerns.*



Universal conscious co-existence extends beyond millions of years. Our very DNA has evolved over thousands of years and is continuing to do so. Our genetic lineage or origins are often brought into question. It is hard to refute the possibility of life on other planets far beyond our own star system and galaxy given

the science and astrological evidence we already understand historically about universal astronauts.

You may feel like you are a star seed, disassociated from others as they cannot comprehend how precious life is, planetary evolution or conscious connection with all living creatures. You may have fell into silent pain or be a passionate activist, your heart breaking over the material corruption of humanity and that no-one is listening to the collective cry of the planet, the life of all inhabitants or the global impact of ego-based leadership.

In absolute truth, we all are star seeds, as our personal cosmic origins are mixed within our DNA and consciousness. The very existence of life on planets beyond our current understanding or awareness is evidentiary. After all, you are currently existing within the universe as we know it on a beautiful planet called Earth!

Right now, you must learn from those who have walked before you. Those who have already shone a light on injustices require you to evolve and awaken into a passionate contributor. Now is the time to stand up and be counted.

Life beyond our beautiful planet, beyond our earthly incarnations, is forever written among time and space and is available to us within the records of the Akashic Temple. You may feel connected to star energy or be aligned with a more cosmic understanding of the universe than with others. Call upon the energy of 100 per cent pure light galactic guides, masters or teachers to assist you in understanding your personal connection.

Shadow Aspect: Materialistic, ego-driven, narcissism, dishonesty.

Sacred Crystal: Larimar

Angel Assistance: Guardian Angel Caliel – Integrity, passion and purpose.

AFFIRMATION:

I continuously evolve with conscious action.

Dark Night of the Soul

Healing crisis. Life brings new meaning.



The dark night of the soul is a deep-seated human experience that can be deeply traumatic, filled with sadness and melancholy. This is an incredibly trying time in the human experience, one filled with constant emotional turmoil, feelings of loss, instability and darkness.

Sometimes the most insignificant event can spiral an individual into a dark night experience. Like the straw that broke the camel's back, your soul has said enough is enough! It may seem as if the world may be ending but just as night turns into day, it is a cycle of renewal. Now you are becoming more aware of the ego and how it comes into play with your emotions, your physical drive and motivation, and how others interact with you.

You may feel as though you are clouded in darkness, feeling emotionally broken and helpless in your life, feeling alone and isolated, that the world is broken and lost. This lonely, dark space can be difficult to navigate if you have only a limited support network of close friends or family. Know that at any time you can reach out and talk to someone to shift through these challenges.

Right now, you may be experiencing feelings of deep depression, melancholy and sadness; that a part of you has been lost to the world, never to be seen or heard from again. However, this is far from the truth. Nothing is ever truly lost; we just outgrow our own surroundings, environment and personal interests.

Like the earth's cycle of the night, it is always darkest just before the dawn. Know that you will be emerging soon with a new lease on life, and greater understanding of who you are as an individual. View this time now as a purification of the senses and spirit. You must face hidden memories, concerns or stories that are lying beneath the surface if you wish to emerge enlightened, forever transformed by your experience. Stop and surrender to the universe.

Shadow Aspect: Refusal to accept change, passive-aggressive, fighting for control.

Sacred Crystal: Hematite

Angel Assistance: Archangel Raguel – Conflict resolution, inner harmony.

AFFIRMATION:

I accept and create positive actions through the cycle of change.

Divine Will

Trust the path. Let go of fear.



12. Divine Will

Let go of fear

Accepting that there is a divine plan for every human being, divine will is the process of our human experience to this unique blueprint. Every culture and religion has a narrative of their creator or personal God and their relationship with the human soul or spirit. That an overall plan exists for the outcome of humanity and each individual is a concept of this belief.

While divine will is the concept that there is a divine universal plan for all of us, it still acknowledges that people have free will and the potential to make choices that lead us down this path. In essence, surrendering to divine will allows you to remove self-blocking patterns and tendencies that lead away from your true divine purpose here on earth.

Currently, you are being asked to stop! Stop trying to force a door open. Your resistance will continue to make distance between you and your desired outcome. The overall picture is much bigger than you can see right now. Trust in your unique path and that you are exactly where you need to be; right here, right now.

Surrendering to the universe and to divine will is removing the internal fight of being in control of every possible situation, issue and scenario that may or may not eventuate. When you stop and surrender you can live freely, having a new sense of freedom in letting go of the events or circumstances that you simply cannot control.

Everything will always be received in divine timing. Sometimes when we work so hard at achieving a goal or outcome, it can be marred by setback after setback. This does not mean you will not receive success; more that you need to adjust and be open to a new approach to receive the outcome or resolution you desire.

You may need to acknowledge, however, that the door isn't ready yet, or it is physically not meant to be opened by you.

Shadow Aspect: Unwilling to make decisions, fanaticism, avoiding responsibility.

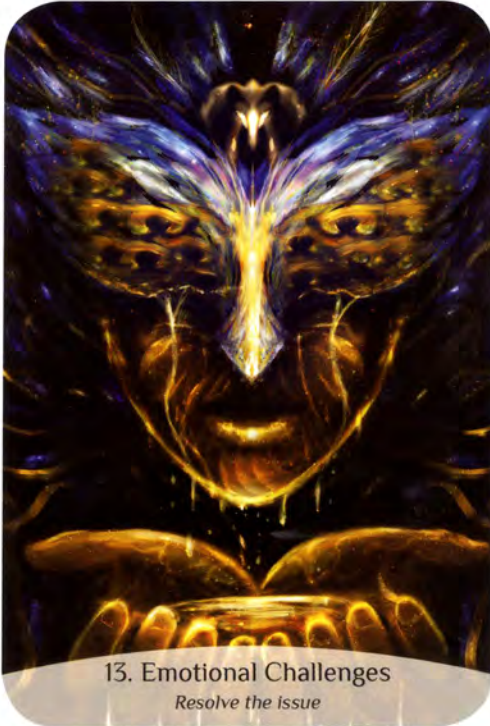
Sacred Crystal: Amethyst

Angel Assistance: Guardian Angel Hasdiel – Generosity, tolerance, community projects.

AFFIRMATION: I let go of control and surrender to divine synchronicity.

Emotional Challenges

Express yourself clearly. Resolve the issue.



It is not uncommon for individuals to experience regular emotional challenges. A part of the human experience is to go through different stages of the emotional wheel – from love, joy and happiness to grief, sadness and betrayal. Not all emotions can be conveyed at once and therefore a process of understanding

our current and past feelings to move forward with an issue or challenge is essential.

We can't always be 'light and fluffy'. We must acknowledge feelings such as anger or bitterness. Refusing to acknowledge personal anger, resentment or mistreatment towards yourself will only leave you feeling depressed, with your self-worth being sacrificed just to please others.

Right now, you are experiencing an emotional challenge. You may be feeling overwhelmed, have had your trust broken or felt betrayal from people close to you. You may have been hurt by others either physically or emotionally. Know that you have the resilience and strength you need within to overcome this challenge in life.

This is a temporary phase. You must acknowledge your emotions now if you would like to move forward quickly. It is important to remember not to dwell on events for too long as they can keep you stuck and stagnant in life.

Verbal confrontations are possible now. Attempt mediation to remove the emotional charge out of the conversation so all parties can be heard and express themselves equally. ***Remember you can only heal something you choose to acknowledge.***

If you have experienced a traumatic event or continued cycles of emotional triggers, please seek a suitable professional that can help you unpack this emotional baggage and get to the real cause of the issue.

Shadow Aspect: Fear in displaying emotion, self-sabotage, denial.

Sacred Crystal: Rhodonite

Angel Assistance: Guardian Angel Jehoel – Stress, practicality, calmness and awareness.

AFFIRMATION: *I acknowledge and express my emotions with ease and grace.*

Energy Signature

The past is in the present. Expose what has been hidden.



Understanding that everything is energy: the air we breathe, the elements, emotions, sound, animals, people, our thoughts; all of this is energy. Quantum physics seeks to explain these phenomena. Denser or heavier energy can be felt by a human being's normal senses. Most people will already understand what it feels like to walk in a room where an argument has just taken place. Filled with

an unseen tension, people react to these sensations, perhaps with an immediate awkwardness or a feeling that they need to vacate the building!

As people progress through life, familiar experiences such as patterned behaviours become more clear and evident as you pay attention to the energy of the environment, people, social gatherings, events and places around you. It is up to you, though, to be proactive with this sense of inner vision.

Often you may find yourself saying, 'I have felt this before', or 'I recognise this, but I'm not sure why'. Currently you are being asked to read the energy of this issue and the people surrounding these circumstances. You must shine a spotlight and use all your senses to remove these masks and expose the energy that is being hidden from you. Not only will you identify insincere and dishonest people, you will begin to understand patterns that you have created in your life that aren't serving you to the fullest.

Right now, you must use your sensory and intuitive intelligence for answers. You have experienced this type of energy before. But you must ask: what is it? When recognised, you can adapt and modify your behaviour and actions accordingly to avoid unnecessary arguments, tension and toxic situations in your social, work or family environments.

When practised, reading the energy signatures of your environment becomes a built-in intuitive warning system. Prior to an issue occurring, you have the possibility of avoiding explosive exchanges, accidents, conflict or confrontation as it becomes in line with your fight or flight response, creating self-awareness and energetic resilience.

Shadow Aspect: Fear mongering, secrecy, escapist.

Sacred Crystal: Blue Lace Agate

Angel Assistance: Archangel Gabrielle – Clear communication, music and creative writing.

AFFIRMATION:

I remove the illusion that hides the truth. The answer is before me.

Eternal Union

New love is forming. Strengthen your relationships.



15. Eternal Union

New love is forming

In a lifetime, we are destined to meet many members of our soul group and soul family. Many of them enter through life as a soul mate, fated to teach us lessons about unconditional love and ourselves. A soul mate can be a friend, family member, work colleague, partner, neighbour or someone you strongly disagree with, clashing with every time you are around each other.

When a soul mate enters your life, they offer your soul support, guidance and growth, whether physically, emotionally or spiritually. You may feel you have known them forever or you may be instantaneously comfortable in their presence. Dependent upon what your soul needs, a soul mate may be a brief encounter or this relationship could last a lifetime. Acting as a catalyst for growth, these souls are here to teach you something new.

Currently, meeting new people will bring great conversations. Interesting people will enter your life now to teach you something valuable about yourself and your interests or passions in life. Social gatherings and casual meet ups will create opportunities for meaningful connections.

Right now, you are being encouraged to actively listen to others. For those who you despise or see as enemies, view these people as possible soul connections; they are there to teach you life lessons and challenge your structured belief systems.

This new understanding will deepen the love you have for others, including new and existing partnerships; opening doors for an expression of eternal union. This living expression of love will influence romantic connections, including marriage with long-term commitments possible now.

The expression of eternal union between two souls will bring new levels of love on an emotional, physical, mental and spiritual connection. True love is limitless.

Shadow Aspect: Introversion, restlessness, disenfranchised.

Sacred Crystal: Emerald

Angel Assistance: Archangel Haniel – Attracting meaningful relationships.

AFFIRMATION:

I am a living and loving expression of the eternal union.

I am blessed.

Expansion

Learning through life experiences. Educate your mind and senses.



Expansion is an inevitable process of the universe. The knowledge of history, sciences, mathematics and social understanding continue to grow through the foundation of new knowledge, awareness and experience. Human beings and human consciousness also continue to evolve and expand; it is part of the evolutionary process.

Clinging to old and past experiences restricts a person's ability to grow. Expanding yourself spiritually and emotionally allows you to feel a greater sense of love, compassion and harmony. Self-realisation follows these new levels of awareness as you build upon your previous knowledge and life experiences.

Realise that you are always in a permanent state of learning. Learning about yourself physically and emotionally; how you interact with others, and what you like or dislike are all experiences that create expansion within your spirit. More importantly, it is never too late to learn!

You may have just left behind an 'old life', previously gone through separation or divorce, began a new job or career path or started a family. It might seem confronting now but don't be afraid to ask for help or advice about these matters. Support is available to you; just ask.

Right now, you are in a process of learning. Career goals, education and skills-based training are a focus now. This new information is needed for the next step of your life. You may be feeling that you aren't up to the task ahead. Don't fear! Everything you need will be available to you in divine timing.

It may feel like you are on the edge of not knowing what to do next. All that means, is that this is a new experience and you require more information for the journey ahead. Research your area of focus. A new level of study or education will benefit you now as you prepare and organise your future.

Shadow Aspect: Restriction, illiteracy, discouraging.

Sacred Crystal: Azurite

Angel Assistance: Archangel Azrael – Life transitions, support and comfort.

AFFIRMATION:

My mind is open. I learn new information easily.

Galactic Healer

Don't look back! Move forward with an open mind.



17. Galactic Healer

Move forward with an open mind

We exist within a multiverse with multiple realities. Anything is possible if we set our mindset accordingly. Reaching beyond limitations and what is currently visible to us enables humanity to continually evolve as a species. Sacred symbols, ancient architecture and medicine have been inspired by astrological phenomena. You may find yourself searching for knowledge on ancient healing practices, energy work or light-based information

such as DNA coding, energetic downloads, sacred symbols and self-healing techniques.

A guiding hand of a star or galactic healer can facilitate profound healing. Experiencing frequent ringing in the ears, unusual hot flushes or perhaps knowing answers to questions you have little experience or knowledge of will take focus as you adjust to this higher resonance.

Born healers and psychics may experience deep soul activations as galactic healers are present in your life right now. You may feel particularly connected to Pleiadian, Orion or Arcturian energy and it is strongly recommended you discover more about this connection now. Honour your own connection, for at last this may identify why you have felt so isolated and misunderstood in life.

You may already feel strongly connected to the times of ancient Egypt, Atlantis and ancient Lemuria. Now is the time to reawaken your inner knowing and the ancient knowledge that already resides within you. Know that a deep awakening is occurring now, and you must acknowledge how far you have already come in this journey of life.

While remembering past life experiences can be advantageous to understanding our psyche, it is important to remember you can only integrate healing towards this level in the present moment through conscious thought. Try not to get lost in these connections. You must remember that your time now is in the present and you must incorporate and embrace these aspects of you if you wish to further your understanding of self and share healing and knowledge with others.

Shadow Aspect: Arrogance, oppressive leadership, irrational behaviour.

Sacred Crystal: Moldavite

Angel Assistance: Archangel Raphael – Deep physical, emotional and spiritual healing.

AFFIRMATION:

I reawaken my soul's desire to learn and grow beyond existing limitations.

Ground Your Light

Shine your light on the world. Let your soul shine.



18. Ground Your Light

Let your soul shine

The method of grounding our energy bodies, auric fields and consciousness is to solidify our being in the present. Through the grounding process, our emotional, physical and spiritual bodies become unified, bringing balance and wellbeing to our soul and spirit. While this practice can be challenging, it is important for you to remember you are influenced energetically by your environment.

Grounding anchors your energetic fields and connects you to your emotional body while being present and mindful within those moments. Strengthening your aura and emotional and physical body is the primary goal of mindfulness, as we feel everything that we experience through this energetic space.

You are doing yourself a disservice if you refuse to honour your own shining light. Embrace the inner spark that sets you apart from everyone else. Claim and accept who you are as an individual, so you can thrive in life! Embrace yourself with this new confidence.

Currently, you may be feeling sluggish, unmotivated and energetically flat. Your energy is distributed across different areas of interest and therefore is making you weaker. Pay close attention to how your body reacts around certain people, places and situations. It is up to you develop healthy personal and physical boundaries.

Right now, you need to ground your own light, come back to your heart space and centre yourself in the present moment. Make yourself consciously aware of your breathing. Is it slow? Is it fast? Is it intermittent? Integrate your physical space, your physical body, with positive charge by grounding your new and current experiences with breath work.

Bringing in new light energy through your crown and anchoring your sacred self through your earth chakras will assist the grounding process. More importantly, never give power to anyone to dim your light! You are a lighthouse and deserve to shine your light across the night!

Shadow Aspect: Shyness, people pleaser, self-sacrifice.

Sacred Crystal: Red Jasper

Angel Assistance: Archangel Sandalphon – Energetic grounding, being in the present.

AFFIRMATION:

I anchor and ground my divine light in my heart. I am free.

Guardian

Guard your energy. Visualise positive outcomes.



19. Guardian
Guard your energy

Guardians of the spiritual realm are perceived differently across all cultures and religions. Totem spirits, angels and other shamanic spirit helpers are assigned to everyone at birth and can be discovered through vision quests, meditations and deep forms of prayer. In ancient times the medicinal assistance of hallucinogenic plants was used.

Every individual has a guardian or guiding spirit that watches over them during their lifetime. Different stages of life can bring change to those helpers, depending on what lessons or guidance are needed to complete levels of soul growth for the soul's ascension.

Guardian spirits are often perceived in animal forms due to the recognition of their personal characteristics and mannerisms. The wolf depicts challenges in personal boundaries and being able to trust others with your emotional vulnerability.

Right now, you must guard your energy fiercely. Be mindful of how you feel energetically around others: exhaustion, fatigue, confusion and clouded judgement is possible now if you allow yourself to be influenced by these energy vampires. Only you decide on a conscious or subconscious level if you wish to interact with these toxic energies.

It is possible now to have interactions with police and emergency service personnel as the Guardian is a protector and teacher of spirits; highlighting personal safety and the safety of others. Currently, lunar cycles are influential. Be cautious of the Full Moon's influence over people and places; always put your personal safety first. Avoid taking unnecessary risks.

Use careful practice in your holistic, counselling, intuitive and healing practices, as you are absorbing unwanted energy from others and need to clear and ground yourself after each session or experience to minimise mental and physical fatigue.

Shadow Aspect: Abuse of power, co-dependency, irresponsible, carelessness.

Sacred Crystal: Rutilated Quartz

Angel Assistance: Archangel Sealtiel – Manifestation, humility and concentration.

AFFIRMATION:

I am clearly guided by my divine guardian. I am protected always.

Hidden Realms

Create conscious awareness. Analyse your dream cycles.



Traditionally, shamans are the gatekeepers to the hidden realms of ancient wisdom and magic. Accessing the hidden realms for further meaning and insight into a soul's pain or an individual's dis-ease. Using conscious communication, the shaman works to bridge the realms between humanity and creation.

Communicating with the elementals, nature, animal realms, ancestors, angelic forces and spiritual beings that serve humanity as guardians, guides, teachers and masters and more, is the role of the shaman. These ancient practices have been developed and refined across time with shamans, seers, visionaries serving their communities as mediators between the human experience and the world of nature.

Restoring power to those who have experienced disempowerment or physical experience, shamanic practitioners reconnect the aspects of the soul that have been lost through trauma or life experiences.

Right now, you are being asked to connect to the hidden realms, expanding your consciousness, to open your mind wide and reconnect with your soul for deep healing and transformation. There is much to be learned from the hidden realms that can assist you in your waking life. Examine your dream cycles and interpret your subconscious messages.

Creating conscious awareness will allow you to actively connect to your universal guardians, the elements and celestial realm. Like any learned skill, practice will improve the strength of your connection. Pay attention to any symbols, animals or visual images that appear in your life now, as there is deep meaning that applies to you.

Shadow Aspect: Social disconnection, day-dreaming, co-dependency.

Sacred Crystal: Nuummite

Angel Assistance: Guardian Angel Sealtiah – Psychic and spiritual awakening, transformation.

AFFIRMATION:

I am a clear and successful mediator of conscious, divine communication.

Illuminate the Shadow

Simplify the issue. Focus on a solution.



When we understand our shadow, we can fully appreciate the light. We must have both aspects within our spirit to have a meaningful life. Without darkness how can one fully appreciate the beauty and simplicity of life in all its forms? Once we remove fear and personal doubt it makes room for love, confidence and motivation; reclaiming your personal power.

Our shadow self highlights the need to place ourselves first. When we are 'stuck' within our shadow side we are unable to see the light of day. We become clouded and foggy with confusion, often forgetting gratitude and compassion through our own selfish moments.

Illuminating the shadow is to fully understand our personality and subsequently, understand the shadow in others, enabling us to be more considerate of another person's hardships, and developing empathy with, and compassion for, other people.

Right now, you are encouraged to illuminate the sections of your personality that are working against your situation. Accept that these challenging aspects are a part of you, embrace them, love them and plan how to achieve a form of balance and make this part of your psyche ultimately work for you.

Now is the time to focus on a resolution instead of just on the problem or challenge. How did you get here? Acknowledge your current circumstances and focus on how you can achieve a positive outcome. Now is the time to get your personality in line with conscious thought.

Apply these balanced characteristics to areas in your life that could utilise these energies, such as leadership, communication, relationships, employment and self-talk with your spirit. Once you grow your understanding of your unique personality, you can begin to realign your life to nurture and support your goals and personal interests.

Shadow Aspect: Narrow mindedness, ego-driven, cynicism.

Sacred Crystal: Golden Sheen Obsidian

Angel Assistance: Archangel Barachiel – Problem-solving, finding solutions.

AFFIRMATION:

I effortlessly create peaceful solutions with my personality.

Rising kundalini can trigger positive and negative experiences. A spontaneous awakening can be triggered by extreme events in your personal life such as abuse or trauma, accidents, major life events, extreme stress and drug use. Being unprepared can leave you feeling lost in life, overwhelmed, depressed or fearful as the body and brain struggle to comprehend its intensity, choosing to restrict its movement.

In a more controlled environment, yoga practice, intense energy work and meditation can also release this potent energy. If you have a limited ego structure and are ready to surrender to your kundalini, you will pass through this experience with minimal complications. Ultimately, how you receive this awakening depends upon your outlook on life. Continual spiritual work is recommended now to remove any self-restrictions you may have in your life.

Right now, you are heading into unfamiliar territory. Empathy for others increases while the interest in your own life begins to step into the shadows. As you begin to realign your life, you may be even asking, 'Who am I?' Releasing patterns and conditions the self has placed on the psyche, now is the time to realign your being to your unique blueprint.

Currently, you are dissolving personal patterns that are no longer needed, if it is not serving you at the highest level, it will soon be removed. The release of kundalini energy can herald great change. Assess the success of your coping strategies during stressful and emotional periods. Forever changed by your experiences, reignite your fire and passion for life by connecting to your inner spark.

Shadow Aspect: Ambition, rebellious, risk-taking.

Sacred Crystal: Tigers Eye

Angel Assistance: Guardian Angel Melahel – Removing toxicity, self-expression.

AFFIRMATION:

I am my own healer. I hear these messages loud and clear.

Lead the Way

Listen to yourself. Light your own path.



23. Lead the Way

Light your own path

The faithful deer is a creature of deep sensitivity. With heightened senses and a strong fight or flight response, the deer is always alert to the environment around them. Their swiftness in response to potential threats allows them to escape any danger by running away at the slightest indication. This sensitivity and readiness of the deer requires a symbiotic relationship of trust of the physical senses.

We are conditioned through various stages of life to behave and act a certain way; to please family, teachers, work colleagues and friends, and allowing others to dictate terms to our emotional wellbeing. Now is the time to ask yourself what is it that you truly want or need in your life right now?

Previously, you may have been or appeared naive and innocent. This has created vulnerable situations where you have not been able to fully comprehend your environment or the true intentions of others. In life, facing potential threats or confrontations is necessary and something we can't always avoid. Like the deer you may instinctively react, choosing to run away from your problems, however this will not help this situation improve.

Right now, you are being encouraged to connect strongly to your base instincts. What does your 'gut' tell you about this situation? Be alert! Currently, personality conflicts are strong and have the potential to cause emotional distress. You must decide how you choose your approach. Do you need to face this person, or can you remove yourself from the situation peacefully?

Like the deer totem, you may need to hold a torch for others to be guided down positive paths or in a direction that was previously hidden. It is important to assist others when they do not have a light to guide them. Instinctively, you must learn to accept the changes in life and run peacefully with the flow of the universe.

Shadow Aspect: Authoritarian approaches, unable to share knowledge, avoiding conflict.

Sacred Crystal: Super Seven

Angel Assistance: Archangel Nathaniel – Determination, willpower, perseverance.

AFFIRMATION:

I choose my own way forward. I am a guiding light.

Light Codes

Travel awaits you. Share your mission and ideas with passion.



24. Light Codes

Travel awaits you

Light codes are a language written in creation. Energy patterns, colours, sacred geometries, sound waves, light patterns and universal frequencies are all forms of light codes. Working with light codes initiates deep transformation and transmutation, breaking old belief patterns, paradigms and autocratic systems.

Light language is a universal form of communication. While human beings use speech, sign language and body language, other forms of communication are visible across different species – animals and plants use their own language through sound and scents. Light codes are the human being's cosmic fingerprints.

Light coding helps to bring change into the world! When individuals are aligned with their personal light codes, they can connect to higher realms and galactic origins, and awaken others. Lighting up others enables them to fulfil their own life mission and personal path.

Connecting to higher states of consciousness can access the realm of light languages. Discovering new symbols, incorporating tones and gestures through meditation are recommended to access your inner knowing, higher self, and personal connection to spirit and celestial realms for insight, personal power, balance and wellbeing.

Right now, you are on a mission! Humanitarian efforts, becoming earth-conscious, and choosing how you contribute to humanity and the planet is a focus now. A change in dietary habits, incorporating a more meat-free approach to your body, will leave you feeling lighter and proactive about your physical contribution.

Like Leonardo da Vinci, revolutionising outdated processes, innovative ideas and creative pursuits are of interest now. Use your special talents and share your passion to inspire others to awaken their personal gifts and passions with purpose. If you are a light language channel, be sure to ground yourself accordingly after each transmission.

Shadow Aspect: Headstrong, overimaginative, opinionated.

Sacred Crystal: Lemurian Seed Crystal

Angel Assistance: Guardian Angel Nanael – Spiritual communication, sacred knowledge.

AFFIRMATION:

I awaken the dormant light within me. I am radiant.

Living Light Energy

See the beauty in life. Spend time in nature.



25. Living Light Energy

See the beauty in life

Understanding that everything is energy: the air we breathe, the elements, emotions, sound, animals, people, our thoughts; all of this is energy. Living light energy is positively charged and full of physical life, radiating its permeance throughout the universe.

Cosmic and earthly energy is all living light energy as it stems from the celestial light source. All of creation, the cosmic 'big bang'

and its remnants make up the wonderful and beautiful collective of living light energy. It is pure energy that vibrates at its original blueprint. While energy is transformed, transmuted and recycled across time, its living light energy hums in synchronicity with universal planning.

All energy pulses its divine signature, with plants and animals also resonating with living light energy. The very state of their being, biologically unaltered, is an open receptacle to living light energy, with creation in all forms stemming from its divine beauty.

Opening yourself to receive living light energy requires only an open heart that wishes to be balanced and harmonised with universal flow and the divine source of all that is. Whole and complete, this energy now awaits you to integrate and unify your heart into an all love energy.

Currently you may have discovered or reignited a passion for crystals and gemstones, water gardens, walking or hiking in nature, and gardening. These beautiful energies are encouraging you to connect with living light energy; to open your heart to natural beauty and the breath of life.

Right now, see the beauty in life. The simplicity of nature and its divine elegance will encourage you to reset your mind in the present moment. All energy is recycled. Know that now, you are changing your attitude in life, soon to emerge from the deep slumber of transformation. Surround yourself with living energy such as plants, crystals or minerals to support your light body through this powerful transition.

Shadow Aspect: Hatred, dissonance, exhaustion.

Sacred Crystal: Celestite

Angel Assistance: Archangel Ariel – Healthy living, connecting to animals and nature.

AFFIRMATION:

I integrate living light energy within my heart, mind and soul. I am one.

Love and Light

Resistance, higher intervention is required. Act with care.



Sending this love and light means two things: love, the deepest form of unconditional love possible that you have in your heart and beyond physical comprehension; and light, the purest form of light that permeates any darkness and finds any cracks or imbalances that are unable to resonate at this frequency or vibration, gently raising those to this level.

People can sometimes be resilient to assistance. Those with addictions or challenging behavioural or physical issues may not be able to ask or be willing to receive help. Feeling helpless can be overwhelming to caregivers and those with strong empathic qualities.

Not being able to offer aid or having assistance refused when a person's pride is too great can also feel disheartening. More importantly, though, is to remember to respect their free will by acknowledging their own personal interference or intrusion into this person's life. Being too pushy in this area, will have the opposite effect and personal karmic backlash so make sure your ego is kept in check.

Those stuck in victimhood archetypes or their emotional pain body are often not willing to be active participants in their own healing on a conscious level, particularly if their reasoning is recent or raw including issues such as trauma and grief. Everyone heals in their own time and it's important for respect to be given in this moment.

All you can do right now is send this issue or person love and light. You are merely an observer in this case and it is out of your control. Regardless of the physical outcome, there is little you can do except send this loving energy to this issue. This has the potential to energetically shift the situation into a positive outcome.

Anyone you know can receive this loving form of healing energy. Purely sending from your heart with the celestial realm of 100 per cent pure light can alter lower energies into a higher frequency, helping those experiencing hardships or a tough time in life.

Shadow Aspect: Pride, emotional and physical defiance, loss.

Sacred Crystal: Rose Quartz

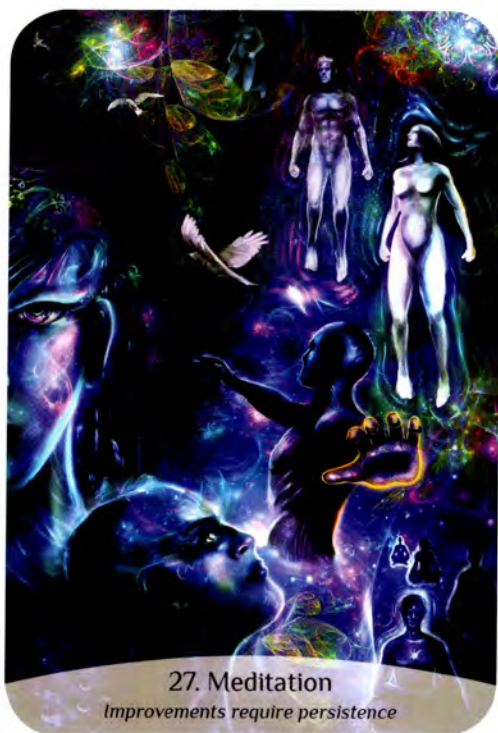
Angel Assistance: Guardian Angel Rahmiel – Giving and receiving love, compassion.

AFFIRMATION:

I accept I cannot save everyone. I choose to help those open to assistance.

Meditation

Improvements require persistence. Create goals with intention.



Meditation is an important aspect of spiritual practice. Proven to relieve mental stress, physical pain and improve a person's outlook on life, meditation is not bound to religion, culture or spiritual groups. Anyone can practice meditation, and everyone can receive its benefits.

Used and practised for thousands of years, meditation is often associated with spiritual understanding and enlightenment by achieving direct communication with a supreme being or ultimate reality. For example, the enlightenment that Buddha received underneath the Bodhi tree.

Using concentrated focus upon the breath, sounds, visualisations, objects or movement meditation can enhance relaxation, strengthen the mind and instigate spiritual growth and self-awareness. These different meditative practices can be simple in nature or emotionally groundbreaking, dependent upon your needs and intentions for this practice.

You may be feeling stressed, anxious or overwhelmed now. Poor sleep patterns or insomnia are triggered by technology use and require you to detach from the materialism and wants of today. Respiratory issues may arise now: please see a suitable professional if you require attention.

Right now, meditation holds the answer. Focus on your breath. Reconnect back to self, where you will have more time and energy for the areas in your life that have been neglected. A form of meditation is required now for you to feel whole once again. Be aware that your mind reflects your physical world. Is it balanced or imbalanced, busy or still, chaotic or calm, noisy or quiet?

Physiological and psychological change is taking place. Use meditation to assist in healing, health and wellbeing goals, specifically to set intentions, aid physical recovery and influence mind mantras. Importantly, now is the time to focus on your personal health and wellbeing.

Shadow Aspect: Chaotic, dismissive, emotional detachment.

Sacred Crystal: Fluorite

Angel Assistance: Archangel Cassiel – Serenity, solitude and temperance.

AFFIRMATION:

My mind creates a reflection of my physical world. I am at peace.

Mindful Wisdom

Create inner harmony. Silence your inner critic.



Mindfulness is the simple act of being present in each moment, but for most people it is not always achievable during daily life. Complications of employment, relationships, children, social activities and career choices can all seem to distract us from achieving this goal. It is only when you choose to become present

that you receive clarity of consciousness, peace of mind and objective understanding surrounding current issues.

The owl is a representation of inner knowing and mindfulness. Patiently and carefully monitoring their surroundings, followed by clear and direct action. You may be feeling confused about people's actions, but like the owl we must observe our surroundings to the best of our ability to see the real meaning of a person's actions or the origin of specific issues.

Now is the time to journey inwards to access your inner knowing and personal wisdom through mindful practice to create a homeostasis, an equilibrium in your heart and mind. Bring yourself back to a heart space where you can approach anything with calmness and clarity.

Right now, place yourself of value! When the owl appears in your life, it encourages you to use strong intuition to gain wisdom about matters that you shouldn't ignore, more importantly self-worth and confidence. Tolerance can be achieved through objectivity and inner peace. Acknowledging all our experiences so we can be objective with our emotional and mental processes.

Instead of reacting immediately out of anger, mindfulness allows you to be aware of this anger, helping you realise why you are angry and then process the circumstances surrounding this emotion. This new form of emotional intelligence allows you to physically react using a positive process and method that is beneficial to you and others, while understanding the reasoning behind their behaviours.

Shadow Aspect: Stubbornness, impatience, forgetfulness, thoughtlessness.

Sacred Crystal: Charoite

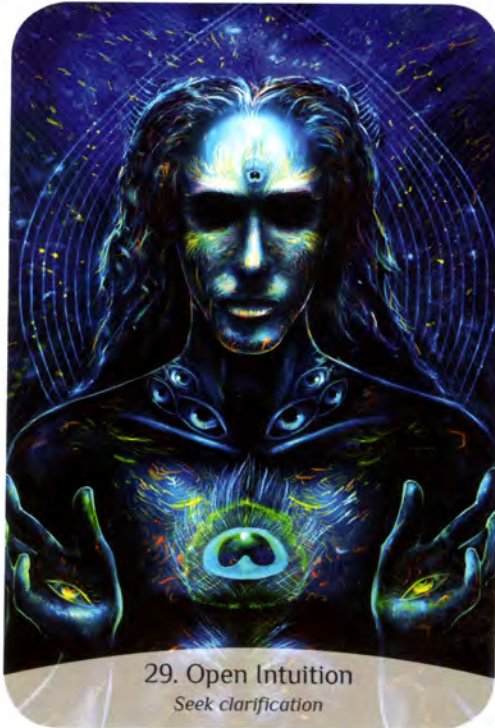
Angel Assistance: Archangel Tzadkiel – Forgiveness, releasing judgement and painful memories.

AFFIRMATION:

I react sensitively to others as I respect my personal boundaries.

Open Intuition

Seek clarification. Possible misinterpretations now.



Intuition is the inner voice of the soul. Opening our intuitive channels and trusting the messages that we receive can be challenging in the beginning. Not knowing how to interpret these 'vibes' can lead to confusion, for are you really listening or is it just your imagination?

You are already intuitive! Think about the times you have felt, heard or just known about events or insights about others or places. Those gut feelings are your primary mechanism for this natural, base instinct.

It might seem daunting at first but opening your intuition can be performed in a variety of ways. Being open and trusting is the start. Meditation, visualisation, or connecting to your angels or guides to assist in these processes can significantly increase your sensory perception and accuracy of vision.

Over time you may have always felt there is a force guiding you in life. You may have had a near-death experience or had to face your own mortality abruptly. These moments can trigger a forceful opening that can be challenging to comprehend and understand if you have had no prior awareness of them.

You may be experiencing unexplained headaches, migraines or sinus complaints. This area around your third eye and crown chakra is currently stagnant or blocked and needs to be balanced.

Right now, you must learn to decipher this internal guidance. You are receiving many messages but are misinterpreting their meaning. Focus on clearing your mind and resetting your psychic antenna. Remain open to receiving signs and messages as you continue to build your skills using clairvoyance, clairsentience, clairaudience, clairsentience and claircognisance.

Keep an intuitive journal and record those vibes or premonitions you feel you receive. Observe these moments without judgement. Reflection will bring you confidence and help you understand and configure your interpretations of symbols, signs and verbal messages.

Shadow Aspect: Misinterpretation, disorder, manipulative.

Sacred Crystal: Lapis Lazuli

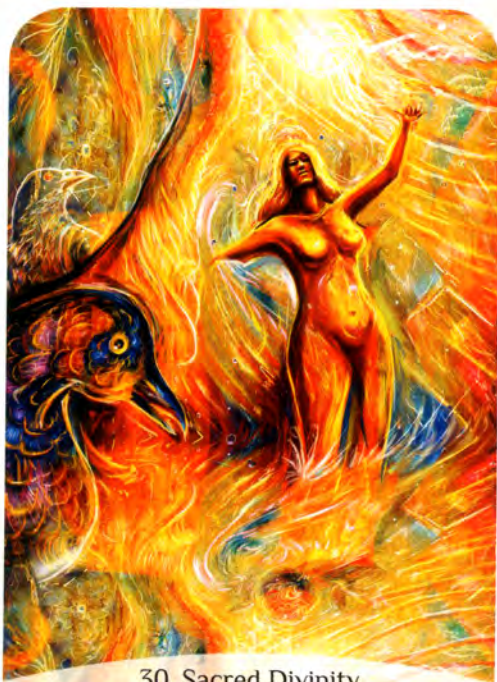
Angel Assistance: Archangel Ratzel – Mystical knowledge, strengthening sensory abilities.

AFFIRMATION:

I am an open channel for my soul to seek its guidance.

Sacred Divinity

Honour your divinity. There are two paths ahead.



30. Sacred Divinity

There are two paths ahead

Embracing your sacred divinity is honouring the divine feminine and masculine that resides within you. Every person shares both aspects of divinity. These are not stereotypical versions of what it means to be a female or male. The divine feminine incorporates aspects of unconditional love, compassion and gentleness, but these are also qualities of the divine masculine.

Having expanded our intelligence and consciousness, human beings are no longer critical survivalists. We have evolved and adapted as a collective group. With growing intelligence and awareness, human beings regardless of gender can achieve these divine qualities. Men are able to embrace these inner gentler qualities and women outward qualities of strength. Connecting to our divine self is to align with the divinity of Source. Divine balance occurs when these dual aspects are in harmony within the body, resulting in a feeling of wholeness.

Currently, distortion of the divine feminine and masculine has occurred within you. You may be feeling highly analytical or overly emotional. Now is the time to address this issue as you are weighed down with imbalanced energies. You may feel emotionally disconnected from either the masculine or feminine side.

Right now, you are being asked to honour the sacred divinity, that exists within you. Expressing the divine traits of creativity, expression, gentleness, confidence and strength is what is required now. Feel the beauty and love that is uniquely you and honour it. Give yourself a special gift to remind you of this inner journey and how much you care about your divine self and wellbeing.

Connecting and creating a strong sisterhood or brotherhood is fantastic but you must remember you radiate with energetic duality. If you find yourself ignoring or judging this side of yourself, ask yourself what you are hiding. Identify these qualities without judgement and work on healing or balancing these aspects.

Shadow Aspect: Illogical, exploitation, oppression.

Sacred Crystal: Crocoite

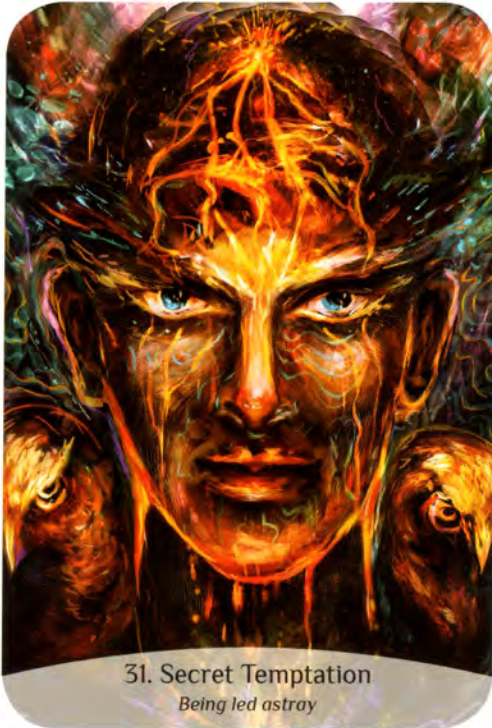
Angel Assistance: Archangel Chamuel – Love, tolerance and personal boundaries.

AFFIRMATION:

I honour and respect the sacred divinity that pulses through me.

Secret Temptation

Being led astray. Accept your choices.



Temptations can be everywhere, dependent upon your vices, and unfortunately there will always be a temptation to the human psyche. We can learn from these vices as they teach us about our emotional triggers prior to our actions. Self-mastery is key.

Risk-taking should be avoided now, with careful consideration of any planning of events, career changes or major decisions. A

lack of willpower may influence your impulses; be strict with your budgets as financial blowouts are significant now.

Right now, the truth is yet to be revealed. Be cautious in lending any goods you wish to have returned as deception is around every corner. Be mindful of any agreements or contracts at this time and seek professional advice where appropriate. If you are in a relationship, you may feel that it is 'at risk' of a third-party influence.

Addictions such as gambling, drugs, sex, alcoholism and even food are indicated through this card. Being tempted by devilish behaviour is leading you down a bad path. This health card encourages you to regain control of your life, building willpower and determination using a step-by-step approach for support and encouragement.

Ultimately, the temptation to be 'bad' or 'let loose' is having a negative effect on yourself and the people around you. If you are experiencing challenges with your personal habits at the moment, now is the time to develop structured and systematic coping strategies that you can lean on when you are tempted to be led astray. However, you are a conscious creator, so be accountable for your past and current choices and seek to change them in the present and in the future.

All is not lost, but you must act if you wish to improve your circumstances. Continuing to ignore the problem will only make this situation worse. Professional assistance is required now: seek a suitable health practitioner associated with your specific challenges.

Shadow Aspect: Lack of impulse control, addiction, deception.

Sacred Crystal: Fire Agate

Angel Assistance: Archangel Zachariel – Major change, release destructive tendencies, self-sabotage.

AFFIRMATION:

I continue to make positive choices. I free my emotional burden.

Shield Your Energy

Look beneath the surface. Cleanse your space.



32. Shield Your Energy

Look beneath the surface

The frog is a diverse amphibian. Living all over the world, the frog thrives in clean habitats. Its life is a process of metamorphosis from egg to tadpole and then to adult frog. Frogs are often seen as the ultimate rainmaker with the exotic and intrinsic sounds of their beautiful sacred song echoing through their native bushland.

This slippery creature cannot endure a toxic environment and requires unpolluted habitats to thrive. In order for you to succeed right now you must clear and screen your surroundings. Closely connected to the moon cycles, the frog encourages you to release your emotions in a healthy way; washing away any negative physical or mental energies that restrict you from having a positive and peaceful life.

Encouraging you to look deeper into a situation to find the truth of the matter, the frog will challenge you to release anything that is holding you back from success. You may be feeling swamped right now, swimming through murky water but just like the frog, you may need a long rest or to hibernate from others while you gather your senses and a fresh perspective.

Right now, the gentle energy of the frog totem is requesting you to look deep beneath the surface. Not everything is what it appears. Influence from toxic environments is suffocating your natural gifts and talents that need to be nurtured. You require a healthy, supportive and loving environment for you to grow and thrive as an individual.

Now is the time to take care of your health, releasing emotions and examining your own energy and how it interacts with others. Use the element of water to unblock your energy fields and create a smooth flow of kundalini for personal healing and growth. Find your own sacred song. Call to others who share your passions and interests where you can support and renew your inner fire.

Shadow Aspect: Stagnation, untidy, hoarding.

Sacred Crystal: Black Obsidian

Angel Assistance: Archangel Uriel – Clear focus, mental clarity, shielding negativity.

AFFIRMATION:

I sing the beautiful sacred song of my heart, clear and loud for all to hear.

Soul Fragments

Balance will be restored. Reclaim your inner power.



33. Soul Fragments

Balance will be restored

The life of our soul is infinite and while aspects of the self are never truly lost, they can separate through times of trauma, grief, separation, loss or refusing to deal with an issue. The psyche's self-preservation causes this illusory disconnection as it chooses to distance itself from the situation in question. These fragments are

merely in places our consciousness has chosen to 'forget' to spare the emotional turmoil from an intense emotional experience.

Recalling these fragments with love, healing and understanding allows the soul to continue moving forward, without the individual feeling stuck in the past or unable to 'get over' an issue or event. Empowering and liberating, retrieval is recommended if you feel you are 'missing' parts of yourself.

Although sometimes challenging to find, conscious thought and skilful self-awareness is all that is required to recall a soul fragment back to its host. Seek a professional guide if you feel more comfortable. Currently, you may be feeling incomplete, not like yourself, physically flat with no motivation, lacking joy in your life or even that you are unable to move forward in life.

Right now, your soul needs to reclaim a part of its missing memory. Past trauma that is being held within you is crying out to be healed. Through recollection you will be able to see the truth and the situation for what it is. Be careful! You are entering a period in which you will be challenged emotionally. Build your resilience and remain objective.

Fear-based experiences need to be addressed now. Past life regression could be beneficial to create understanding of phobias, deep-seated fears or subconscious patterns that have previously controlled areas of your life. Reclaim your power.

Shadow Aspect: Fear, shallowness, detachment.

Sacred Crystal: Boji Stones

Angel Assistance: Guardian Angel Rampel – Clearing Karmic debris, recalling lost soul fragments.

AFFIRMATION:

I am the master of my own mind. I am ready to move on.

Spirit Messages

Observe limitations. Reflect and adapt to your surroundings.



34. Spirit Messages

Observe limitations

The beautiful hovering hummingbird is a positive animal totem. Its simplicity, and seemingly effortless glide across flower gardens reminds us to take things slowly. Often believed to float between realms, hummingbirds are light-bringers. Their healing hum encourages you to open your heart to receive love in your life.

The hummingbird can travel large distances despite its small size and has the ability to fly backwards, reminding us that no matter where we are in life, we can always take a few steps back and try again. Being willing to step back and see things differently in order to take in the sweetness of life is all a part of the hummingbird's blessing.

The hovering wings of the hummingbird move in an infinite loop – the figure eight pattern; the symbol defined as an unending sequence. This powerful symbol represents endlessness, the infinite life of the spirit.

Right now, you have spirit guiding you. There are many messages around you that are waiting to be acknowledged. Pay attention to specific encounters as these special meanings will bring confirmation from the spirit realm.

Know that right now, you are being visited by passed loved ones. They are asking you to be observant of the signs they are sending you on a daily basis. Be aware of these moments as your mind wanders to nostalgic memories from the past. You may be visited by loved ones while you are lucid dreaming. Keep a handy journal next to your sleeping space so you can record these moments immediately. Please acknowledge these signs and communication with love and gratitude as it takes a great deal of energy for these special encounters.

The beautiful hum of the hummingbird inspires magic and joy to those that witness these joyful encounters. If you witness the flight of the hummingbird, know that luck and positivity is on its way.

Shadow Aspect: Creating complications, over-analytical.

Sacred Crystal: Moonstone

Angel Assistance: Archangel Phanuel – Hope, eternal wisdom, heavenly guidance.

AFFIRMATION:

I am ready to receive confirmation from my spiritual team now.

Spiritual Evolution

*Forgiveness and compassion is needed now.
Set your heart free.*



Expansion goes together with spiritual evolution. Without the process of expansion, one cannot evolve spiritually. Expanding the heart and mind allows you to live a more wholesome and loving life with compassion, tolerance and acceptance. There is no denying

that learning through life experiences, good and bad experiences alike, encourages soul growth on a positive level.

Like a caterpillar to butterfly, individuals must go through their own transformations if they wish to excel, achieve or move forward in life. Seeking something better in the future requires a little faith in yourself. You can't always have everything straightaway; long-lasting success takes time to build.

Evolving the spirit requires an individual to empty their spiritual backpack. Taking out and removing experiences that are holding you back in life, healing past issues, addressing karmic imbalances and creating a balanced mind and body are all parts of this process. Evolving the spirit takes time. It is a gradual process in which you need to do the work on yourself to achieve long-lasting effects.

Right now, forgiveness is required if you wish to move forward in life. Sometimes you must accept an apology you know you may never receive. Forgiveness will set your heart free from an invisible control that has been existent over this situation. Forgiveness does not mean you will forget what has occurred, it means that you can live without it controlling your life any longer.

Remove any past emotional and physical ties that are no longer serving you in the here and now with love and gratitude, for that has brought you to this point in life where you are ready to change and let go of the past. Open your heart to your soul's calling; your soul is calling you to be free.

Shadow Aspect: Stagnation, condemnation, repetition.

Sacred Crystal: Tibetan Quartz

Angel Assistance: Guardian Angel Samuel – Health, energy, vitality, healing from trauma.

AFFIRMATION:

As my love and experience grows, the consciousness of my spirit evolves.

Third Eye Vision

Liberate your vulnerability. Reclaim your mind.



The third eye chakra is located along the brow line, with its axis point between the eyes. Every individual has a third eye, but not all choose to open. In ancient times and across different cultures, the third eye was an asset. The ancient Egyptians, Greeks and Hindus all viewed the third eye and pineal gland as a gateway to the

heavens, expanding consciousness and higher wisdom. Known in Sanskrit as 'Ajna', its meaning is 'command' and 'perceiving'.

This multidimensional door allows individuals glimpses into different realms, as well as remote viewing, distant healing, visionary experiences and energetic practices. Using third eye vision requires careful practice. Psychic debris, energetic distortions and imbalanced frequencies can 'stick' to the third eye chakra and to an individual's aura and energy bodies. This can leave you with emotional disturbance, insomnia or nightmares, a negative outlook on life or mysterious physical aches, pains or illness.

Currently, you may be feeling forgetful, moody and extremely sensitive to smells, lights and taste. Visual stimulation is overpowering. Now is the time to reclaim your mind. Satisfy your needs first instead of people pleasing.

Right now, feelings of vulnerability will rise to the surface. Fear of self-exposure and judgement will influence your current relationships. Try to avoid crowds and busy places as collective mental energy will influence your state of mind. Continually trying to protect yourself from harsh criticism and personal judgements will keep you in a defensive mindset and influence your decision-making.

Intuitively, don't rush into a third eye experience. Take it slow and seek a suitable teacher to avoid spiritual risks. If you wish to intensify or gain third eye visions more regularly, activate and decalcify your pineal gland through visualised meditation.

Shadow Aspect: Delusion, fictitious, studious, self-sacrificing.

Sacred Crystal: Iolite

Angel Assistance: Archangel Jeremiel – Opening third eye vision, prophecy.

AFFIRMATION:

I see clearly and accurately through my mind's eye.

About the Author



Anna Stark is a professional intuitive, and energy specialist. Her love for reading tarot began at age 15, and she would sense spirit constantly throughout her readings. Growing up in country New South Wales, Australia, Anna was known as a 'sensitive' child and would often receive psychic messages about people, events and places. In a search to understand her own unique abilities, she found a love for all things paranormal, developing a love for history and sociological understanding.

In an effort to heal her own stress, panic attacks and anxiety in her early twenties, Anna began to explore natural methods of healing. Anna was able to heal her own physical and

emotional issues and trauma, and healing soon became a passion. Becoming a Reiki Master and Teacher in the healing modalities of Usui, Seichem and Angelic Reiki®, later becoming a Kinesiologist and professional Teacher, creating a platform to illuminate and awaken others towards their own infinite potential and authenticity.

Her down-to-earth nature provides compassion, understanding and personal mentoring. Anna's soul purpose is to empower others so they can realise their unlimited potential. It is her primary

mission to motivate others into higher states of consciousness through self-development, knowledge and spiritual understanding. Her wish is to create awareness around our mindsets and how we can improve and manifest a beautiful and powerful life by understanding the signs and symbols the universe shares with us on a daily basis.

She aims to educate, creating awareness about our mind's healing potential, intuition, energy and our conscious being. Anna presents seminars, workshops and courses in Australia for those seeking transformation in their health and wellbeing, spiritual development, consciousness, channelling and self-mastery.

Find out more about Anna at www.annastark.com.au

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About the Illustrator



Louis Dyer is a digital artist living in the UK. Also the illustrator of the *Sacred Power Reading Cards*, his artworks reflect his inspiring lucid dreams, meditation and astral journeys.

He is a refined digital painter with expert speed painting skills, producing beautiful images in a few hours. He prefers to approach his work in a digital format, but is also a skilled traditional painter using watercolours, acrylics and oils.

His artwork has been featured in magazines such as *Digital Arts* magazine, *Lucuma Magazine* and *Dreamland Magazine* and are regularly shared around the internet.

‘My love for art began at age five, when

I witnessed a cousin drawing and was mesmerised by the magic of creation. I immediately started to do the same and painted what I loved, which at the time was cartoons, video game characters and nature. I dabbled in a number of mediums but mostly enjoyed simple pen, pencil, watercolours and paper. This love for art continued throughout my childhood. I started contemplating my place on Earth and what my mission was. I came to the conclusion that I exist right now to inspire and heal others through my art.’

Find out more about Louis at louisdyer.com

Other products by Anna Stark ...



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