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COSMIC
DANCER
ORACLE



COSMIC DANCER ORACLE

SEDONA SOULFIRE • TESS WHITEHURST
ILLUSTRATED BY ELINORE EATON



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INTRODUCTION

THE VAST, GLITTERING COSMOS is a dance. Cells, molecules, atoms, and quantum particles are continually dancing to give form and aliveness to the physical world. Your life is also a dance. You are within the cosmos, and the cosmos is within you. The ‘Cosmic Dancer’ principle — the idea that all is one, all is divine and everything dances — has been integral to sacred philosophies for thousands upon thousands of years. *

As those of us who dance regularly know — whether professionally, recreationally, with strict discipline or wild abandon — there is something intensely healing and harmonizing about moving your body to music. And science now bears this out. Recent studies at Albert Einstein School of Medicine and Minot State University clearly show that in addition to the general benefits of exercising, dancing improves cognitive skills, boosts self-esteem and confidence, and reduces the risks of depression and disease.

According to the history of every culture on Earth, dancing is a natural and necessary human activity. Some form of dance plays an instrumental role in the social and ceremonial traditions as far back as the historical eye can see.

Perhaps dance is natural to us as the all-encompassing reverberation of our mothers' heartbeat underscored and defined our entire existence from our earliest beginnings in this physical incarnation — before we were even born. Once out of the womb, we had a natural yearning to hear and move along with the heartbeat of our Mother Earth, so we made drums. Flutes captured the essence of breath and wind, and stringed instruments spoke to our emotions as we sat before the flickering hearth fire. Indeed, music brings us into harmony with all that moves upon the earth, including thunder and lightning, the wind in the trees, the divinely choreographed movements of the stars, and our own heart and soul.

Life really is a dance. Sometimes it's time to sparkle and shine, and sometimes it's time to retreat and recharge. Some days you're called to lead, and others you're called to follow. At times it's appropriate to improvise, and others call for well-practiced choreography. What's more, invisible currents of energy and vibration coalesce in ways that create and animate everyone and everything in the Universe (seen and unseen), even the passage of time.

As we dwell in this undulating sea of energy and fix our attention on receiving clear guidance from the Universe, we become open to connecting with the messages. Our answer won't necessarily arrive in linear human language, but it will most certainly arrive. The *Cosmic Dancer Oracle* draws upon this dynamic by providing a clear set of symbols and accompanying wisdom, making it easier for universal guidance to come through.

When you honor, recognize and align with the reigning principles of the Cosmic Dance (as the *Cosmic Dancer Oracle*

will help you to do) you will awaken to a life filled with presence, peace, prosperity, purpose, and power. As you unite mind, body, and soul through the exercises and wisdom of the *Cosmic Dancer Oracle*, you'll bring form into Spirit and Spirit into form. In turn, this will empower you to create and live your dreams. Dancing your life to the fullest will bring you amazing blessings and enrich the larger rhythm of life. In other words, the beauty, joy, and well-being you express and embody bring profound benefits to everyone.

Additionally, dancers can enhance their practice and performances by consulting the *Cosmic Dancer Oracle*. Indeed, there has never been an oracle more suited to the world of sacred movement, particularly for those for whom dance is both an art and a spiritual path. Even if you don't consider yourself a dancer (yet), you'll find plenty in this oracle to fuel your passion and guide you toward holistic personal fulfillment.

HOW TO PREPARE YOUR DECK FOR USE

To make this deck your own and ensure consistent, powerful readings, align it with your highest good and the highest good of all. Take a few moments to consecrate it, by performing the following ritual when you're certain you won't be disturbed.

Choose a place that feels sacred. You may want to create this space in your home or dance studio by tidying up and perhaps lighting a candle, diffusing essential oil or burning incense. Alternatively, you may choose a safe, private, and uplifting outdoor space.

Hold the deck in both hands. Stand with your feet shoulder width apart. Keep a soft bend in your knees and hold your spine comfortably straight by reaching the top of your head upwards toward the sky. Take some deep, conscious breaths. Feel yourself as a cosmic channel of divine energy and wisdom. Feel or imagine energy flowing down into the crown of your head and up from your feet, moving through your legs, and to your tailbone. Breathe this energy throughout your entire body and feel it enliven, inspire, and uplift you.

While still holding the deck in both hands, point it downwards toward the earth with your arms straight. Say, "I am creative power, embodied."

Next, bring the deck to touch your heart. Say, "I am guided by love."

Then, straighten your arms to hold the deck directly above your head. Say, "The wisdom of the cosmos is alive within me. I am alive in the wisdom of the cosmos."

Point the deck down toward the earth again and chant the sound, "Om."

Raise the deck to your heart and repeat the sound, "Om."

Lift the deck toward the sky and repeat the sound, "Om," once more.

Finally, hold the deck to your heart and feel your energy merging and mixing with it. Feel deep gratitude and offer all your readings to the Divine.

Feel free to use any other magical tools you desire to further cleanse, bless, and charge your deck. You may want to clear your cards with sage, sweetgrass, or palo santo smoke. You can also place the deck in sunlight or moonlight, ring chimes or bells

around it, or place a crystal on top of it when not in use.

Make sure you continue to honor this oracle as a sacred and powerful spiritual tool by regularly cleansing it, blessing it, and recharging it as you feel guided.

READINGS AND THE *COSMIC DANCER ORACLE*

This oracle is a living prism of dancing light wisdom. It's a sacred tool for connecting with and accessing the Great Cosmic Dance. This wisdom innately lives within you and the entire Universe. Your unique point of illuminated awareness — your consciousness — brings this wisdom to life.

Ultimately, there is no right or wrong way to use this deck. Trust in your intuition. Listen to your inner guidance about how to interact with the wisdom of the deck and this companion book. As you feel guided, draw cards, look at the images, follow your body's wisdom, read the card descriptions, experiment with the embodiment exercises, and allow the experience to be a portal into creativity and divinely inspired insight.

If you've never used an oracle deck or if you would like to begin with a structured approach, below is a guideline for how a reading might look.

1. **Only an empty vessel may be filled. Therefore, begin by grounding your energy and emptying your mind.** Notice your breath moving in and out. Bring mindfulness and loving awareness to your entire body. Allow your thoughts, emotions, and physical sensations to be exactly as they are. Surround

them with conscious, alert attention. Continue to breathe as you release any tension you may detect.

- 2. Once you feel relaxed, bring your attention to your inquiry.** You may ask for insight into a specific situation, challenge or relationship, or for general guidance.
- 3. Touch or hold the deck as you ask your question.** For a specific question, hold the situation in your mind and ask for the wisdom that will serve you most. For a more general question, ask, "What guidance do I need right now?" or "What do I need to know today?" You might also ask, "What wisdom will best serve me in the year ahead?" Set a clear intention and hold the unwavering expectation that divine guidance and wisdom will be revealed through your reading. Open your senses and be receptive.
- 4. Draw a card.** Images and symbols transcend the human language, providing insight that words may not. Take time to gaze at the image. Absorb the card's beauty and let the image speak to you. Pay attention to any emotions, physical sensations, or inner visions that arise.
- 5. Read the card description.** Open the book to the page correlating with the card you have drawn. With an open and trusting heart, read the words that describe the message. Do any sentences, phrases, or words particularly resonate or stand out as you read? Notice how you feel as you take in the wisdom.

6. Perform the embodiment exercise. Each entry describes a physical activity — a pose, gesture, or dance move — that will help you embody the unique insights of the card. You don't have to do the exercise perfectly. Simply do your best to perform the movements described. Doing this will create a noticeably positive shift by immediately anchoring the wisdom of the card into your body, mind, spirit, and life. If for any reason, the movement described is not possible for you, close your eyes and imagine you are doing the exercise. Each embodiment exercise can be done in a limited space, with no equipment or props, in a relatively short period. If the movement feels powerful and resonates with you, feel free to extend its duration. You can also play around with variations to explore what feels best for you. Although you may feel tempted to skip the embodiment exercise, completing this step is highly recommended. Moving your body will invite the wisdom into your muscles, emotions, and cells, and will instantly begin to transform your energy in a profound and palpable way. After all, this is the *Cosmic Dancer Oracle*. So get up and dance!

There are many additional ways to integrate the wisdom you receive from your reading. For example, you could:

- Display the chosen card in a place you can see it for a day, week, or for as long as it feels relevant.
- Create a visual affirmation, a power statement, or even a single word related to the wisdom of the card and post it somewhere you see it often.
- Reread the card description as often as desired to absorb the

wisdom and fully integrate it into your consciousness.

- Repeat the embodiment exercise every day for a length of time that feels right, perhaps as part of your daily meditation practice.

Since ancient times, humans have used oracular tools to reveal truth, receive guidance, and connect with universal wisdom. May this oracle empower you in your quest to continually live from and express your soul's highest and purest truth.



CARD
DESCRIPTIONS





1. CLEAR THE VESSEL

YOU ARE A CONDUIT OF UNIVERSAL WISDOM AND TRUTH — a living bridge between the realms of seen and unseen, known and unknown, human and Divine. You have been called to be an emissary of love and a torchbearer of truth. You have the natural ability to transmit high vibratory energy that brings healing and wholeness to the world.

To best serve in this holy mission, you must keep your channel clear and your vessel clean. To do so, regularly purify your energy by releasing and clearing all forms of toxins — physical, emotional, and spiritual. When you release everything that clogs or clutters your mind, body, spirit, and environment, you will become like a fountain of light, through which divine brilliance and awakened truth will ceaselessly and abundantly flow.

Take a moment to assess your self-care practices. Ensure

that you are creating space for the highest and purest possible vibrations.

Your physical body is a channel for your spirit. Care for it meticulously by eating wholesome foods, drinking plenty of water, exercising, and getting a good night's sleep. Attend to your more subtle bodies (spiritual and emotional) through daily meditation and spending regular time in nature. Follow your intuition to discern when the time is right for additional purification practices such as salt baths, energy healing, yoga, deep breathing exercises, and dry skin brushing.

Above all, purify your mind. Toxic thoughts, limiting beliefs, and other negative mental patterns prohibit and delay your true purpose and ideal expression. Take a moment now to honestly assess the stories you are telling yourself about who you are, what you deserve, and how you should or shouldn't be. Question negative thoughts and stories that don't serve you, and then design new ones that empower you instead of tear you down.

Notice how you speak to yourself. Do you judge yourself frequently or say unkind things to or about yourself? These are simply habits, and you have the ability and authority to release these now. First, set a clear intention to do so. Then shift your inner monologue whenever you notice it has veered toward harshness and self-criticism. You are the thinker of your thoughts, so choose to think ones that nourish your soul.

Instantly enliven, cleanse, and balance your energy field with this purifying movement. Stand with your feet a little further than shoulder width apart, toes pointing out at 45 degrees. Bend your knees softly and hold your upper arms parallel to the floor with your forearms bent upward (perpendicular to the floor).

Touch your index and thumb tips together, fingers pointing inward. Begin 'breath of fire' — breathe in and out quickly (only through your nose), all the way down to your diaphragm, as if you are panting like a dog. Continue this rhythmic breathing pattern as you begin rotating your entire torso (arms and head moving left and right at a steady, rapid pace). Continue for one to two minutes.

Commit to caring for yourself. Develop the habit of regularly cleansing yourself of negative and stuck energies. Then ask the Universe to support you in firmly establishing these new self-loving patterns. This will bring significant benefits to the situation at hand and all aspects of your life.



2. SURRENDER AND TRUST

IT IS AS IF A STRONG CURRENT OF RUSHING WHITEWATER surrounds you, pushing you forward, while you cling desperately to a jutting rock along the river's edge. And yet, if you were to trust the Universe enough to let go, you would swirl and slide joyfully along your most ideal path. Even though you may not know precisely how this path will look, if you consult with your deepest inner knowing, you will realize this current cannot fail to propel you to where your heart wants to go — to the ocean, which is a metaphor for your alignment with your Divine source.

The planets, too, know this perfect dance of surrendered harmony. You are now being called to open your heart to the music of the heavenly realm, release resistance and tension, and let the Divine be your dance partner and take the lead.

Even though the unknown can be frightening, and aspects

of this situation may feel unsafe, know that you are being invited to embody your truest and highest potential. Indeed, this life experience is a wild mystery. But when we surrender to the mystery and trust in the divine unfolding of the spiral dance, it feels wonderful. Breathe into the sacred mystery now.

The more you relax and allow, the more space you create in your energy field for infinite wisdom and guidance to come rushing in. It's much like shifting your focus from dancing impressively to fully appreciating and hearing the music. It is a shift from fighting the mystery, to letting it seep into every pore, and dancing along with it. Only then can you allow the rhythm of the cosmos into your body, so that it can move and propel you toward a most enchanting dance.

Breathe deeply, release all tension, and hand your worries about how, what, and when to your divine helpers. Let them provide the perfect answers and outcomes you seek. Remember, you are a divine child, with friends in high places. Cast the burden of worry on the Divine within, and be free.

To anchor this message in your physical body, relax in the yoga pose known as Balasana or child's pose. Kneel and sit back on your heels. Then place your chest on your thighs and rest your forehead on the floor as you stretch your arms out straight in front of you, palms down. Feel yourself letting go and bowing to the wisdom of the Infinite.

Remember to let your dance practice be characterized by the feeling of surrender. Flow to the music with abandon, and allow the Divine to flow through everything you do.



3. HONOR THE PROCESS

WHATEVER YOUR INQUIRY, YOU WILL BENEFIT FROM releasing attachment to the outcome and letting go of the need to impress anyone. Instead, dissolve into the experience of the now.

Sacred dance is always about the present moment, which transcends any concept related to the end result or final product. After all, the present moment is the only moment there is. Past and future are only ideas in your mind. So what is the rush? If you look deeply, you will see that the best part of the journey is always happening right now, for there is no other time for it to happen.

When you look back at this era in your life after a decade has passed, it will be easy to see that not a second went by that didn't glow with mystery and magic — even the most mundane everyday tasks and chores. So don't miss the preciousness that surrounds and fills you even now. Open your eyes to it, embrace it, and revel in it!

When you choose to bring something to life, such as an artistic performance or project, each aspect and each step along the way can be fascinating, fun, and fulfilling. Whether you're setting your intention, articulating your vision, finding collaborators and creative partners, assembling costumes, practicing, or publicizing, see each activity as a fully realized part of the whole, perfect and complete unto itself.

Your impulse to create and initiate is like a compass leading you toward your heart's desire. When you undertake this journey, perfectionism can serve as an obstacle, as it will keep you from experiencing the expansion and evolution that your soul so dearly craves. No-one learns or grows without mistakes, missteps, and 'failures,' so when you set the standard at perfection, you bar your way forward and miss all the fun. Let your heart lead you on a journey and let go of any intimidating standards you may have set for yourself in the past. Joyfully anticipate the destination while going with the flow and fully inhabiting every portion of the process.

Remember that your journey is unique to you. Don't let anyone else define what your process should look like. Embrace your own pace and allow yourself to blossom in your own way.

Bring this wisdom into embodiment by playing the music you love and walking slowly and luxuriously from one side of a room to the other. Let your hips sway, feel the air on your skin, breathe deeply, and soak in the unique magic of each step. If you feel so inspired, stop at any point and do a yoga pose, a stretch, or a pirouette.

Take your time and dance your way to the finish line. There's no need to sprint or rush! After all, you'll want to enjoy every twirl, leap, and shimmy along the way.



4. RETREAT AND RECHARGE

YOUR AIMS WILL BE BEST SERVED BY STEPPING BACK, GOING within, and taking some quality time to rest, refresh, and reassess.

Although it may seem counterintuitive when there is much work to be done, and you are striving to reach a goal, you will get where you want to go more easily and enjoyably if your body, mind, and spirit have a chance to relax deeply so that you may emerge refreshed.

Just as soil cannot be constantly cultivated if it is to bring forth a lush and abundant crop, we cannot drive ourselves relentlessly and expect to thrive.

Consider also the dance of the moon, which regularly waxes, wanes, and disappears behind the veil before emerging again to bless the earth with her gorgeous, magical light.

Take a moment to relax deeply. Breathe in and out, noticing

where you are holding tension in your body. Breathe into those areas and let them release. Once you feel centered and grounded, you will know what this card means for you.

It might be time for a vacation. Perhaps you will benefit from staying in and spending time with yourself rather than going out with your partner or friends. Or, it could be high time for a self-care endeavor, such as a warm bath, a massage, or a good night's sleep. Even a few minutes of meditation, deep breathing, or spending time in nature can make all the difference in the middle of a busy day. No matter how you choose to do it, be sure to calm your mind and let it be still before rushing straight back into the action.

Once you've given yourself sufficient rest in the sacred sanctuary of silent self-care, you will benefit from honestly assessing your schedule. Is there anything you've been doing out of guilt, habit, or obligation that detracts from your ability to live the life you truly desire? Release any outmoded stories that keep you from vitally serving your soul.

Furthermore, rest will help you get clear on the situation you're asking about. The answers are all there for you; they simply need a little quiet time so they can emerge.

To embody the wisdom of rest, practice the yoga pose shavasana, also known as corpse pose. Lie on your back on the floor or a yoga mat (if necessary, place a pillow or rolled-up blanket under your knees to take pressure off your back). Allow your arms to rest loosely at your sides, palms up. Let your feet naturally turn out. Close your eyes and breathe consciously, as you allow your body to soften and unwind. Continue for five minutes or more.

It is natural to want to be the best you can be — the best dancer, lover, healer, artist, student, parent, etc. Acknowledge how much effort you are constantly putting toward your desire to excel and how this requires you to replenish and restore. Begin this very moment. Breathe deeply and let the striving melt away.



5. TAKE THE LEAD

NOW IS THE TIME TO CLARIFY YOUR VISION AND MOVE forward with decisive action. Proudly present your project, purpose, or mission to the world with unwavering courage, and don't diminish or apologize for it in any way. There is no virtue in concealing or suppressing the divine light that wants to shine through you in the form of creative expression and sacred service. Once you identify what your heart wants to offer, commit. Then, take steps toward your goal. Move in the direction of your dreams by putting one foot in front of the other and bringing your exquisite inner vision into outwardly realized form.

Drawing this card may indicate that you are being called to lead with strength, compassion, wisdom, and unshakable authority. When you realize that your leadership holds the form, structure, and space that allows people and conditions to flourish,

you can lead others without the fear that you will be selfish or bossy. A wise leader is like the hub of a wheel that makes it possible for all the spokes to do their part in keeping things rolling in the right direction. You already have everything you need to be such a leader. You are a natural at sensing the needs of the collective, guiding and directing energy, seeing the big picture, coming up with mutually beneficial solutions, and making necessary adjustments along the way.

Whether you are becoming the master of your own life, stepping into a leadership role, or both, you will bring about the best outcome and experience for all concerned. Remember to ask for divine support and to follow the guidance you receive. The best leaders humbly ask for universal wisdom to flow to them and through them, and fearlessly go where their intuition leads.

Accept and embrace your natural talents, abilities, and strengths, and also take time to acquire the skills, knowledge, and mastery that will benefit your mission and purpose. Don't feel you need to rush, but don't procrastinate or get mired in the details either. Be honest with yourself about how much preparation and planning you need, and then commit to moving toward your vision at a steady and sustainable pace.

Support yourself in realizing your clear inner vision and empower yourself to bring it into form by standing with your feet approximately two feet apart, your back straight, and your toes pointing out. Bend your knees so that your legs are bent at right angles and your thighs are parallel to the floor. Mirror this leg position with your arms by extending them straight out to the side. Bending at the elbows, angle your arms upward at right angles, fingers together, and palms facing forward. Breathe deeply

and feel yourself channeling divine energy up from the earth and down from the sky. Feel the solidity and sturdiness of this position, and let it motivate you to take inspired and authoritative action in the world.

Find a balance between taking control and being flexible and intuitive. Remember, true leadership is a humble, heart-centered service that brings great blessings to the world.



6. HONESTLY ASSESS

THIS SITUATION CALLS FOR EXAMINATION AND REVIEW. Take a step back and honestly assess how far you've come, where you are now, and where you'd like to be. Bravely look within to discover what can be improved or refined.

On a spiritual and emotional level, identify what pulls you out of loving presence. What inner pain, struggles, or limiting beliefs can you now recognize, release, and transmute into love? Pay special attention to emotions such as jealousy, judgment, guilt, or feeling closed off from your emotional flow.

On the physical and tangible level, what is it that you most want to accomplish or experience? And how can you get there from where you are? Following through on living your dreams requires strategy and hard work. Once you put your passions into action, you must regularly check in with yourself and ask, "Where

can I work harder? What skills can I develop? In what ways do I need to progress?"

When assessing your situation, be objectively honest with yourself. There is no need to dramatize or minimize it. No matter what obstacle or issue you discover, you are more than qualified to overcome it. Take on an adventurous attitude toward your challenges and surrender to being a lifelong work in progress.

It may help to consult with someone you trust (such as a teacher, mentor, or friend) to receive a valuable outside perspective. If you have already received feedback from others, you may want to take an honest and compassionate approach and consider what they have said. Drawing this card is also a reminder to notice how far you've already come. Rather than focusing solely on the goal or outcome, be mindful of the journey. Otherwise, you may miss all the magic and fun! Prevent burnout and exhaustion by recharging your motivation. Pace yourself, fully inhabit the present moment, and happily acknowledge your milestones.

To activate clarity and facilitate courageous personal assessment, stand comfortably or kneel, keeping your spine straight. Place your pinkie fingers over your eyebrows. Plug your ears with your thumb tips. Splay the other three fingers on the crown of your head, equidistant from one another. Then close your eyes, inhale deeply, and hum like a bee. Continue this breathing practice for one to three minutes.

This is a card of self-reflection, self-evaluation, and self-improvement. Once you lovingly notice what is asking to be acknowledged, you will be well along your way.



7. CELEBRATE GROWTH AND BREAKTHROUGHS

IT'S TIME TO TAKE A BREAK FROM ALL YOUR HARD WORK and to celebrate how far you've already come and how much you have learned! Lovingly acknowledge what you have achieved.

It's wonderful to persevere onwards and upwards toward the pinnacle of your goals. But it's also of vital importance to stop now and then to appreciate the view.

It may seem counterintuitive to take a break and enjoy the fruits of your labor. However, you deserve to have a little fun. And this will, in turn, create a positive flow in your life. Your mind will become clearer, your body will receive a vitalizing energy boost, your spirit will soar, and your life conditions will begin to sing with harmony and positivity.

Take some time — today — to nourish your spirit by

rewarding yourself for all your hard work. While you may feel tempted to keep striving, taking some downtime for relaxation and celebration will ultimately bring fresh excitement and enthusiasm to the projects, causes, and relationships that are closest to your heart.

Consider what form of festivity or reward feels most uplifting to your spirit right now. For example, you might schedule a vacation, invite your partner out to dinner, go out dancing with a friend, or make an appointment for a pampering spa treatment. Even something as simple as taking a bath, preparing your favorite meal, or taking a walk in nature can provide the replenishment your soul so dearly requires. Whatever form of celebration you choose, be sure to perform it with the clear intention to compensate yourself for all your many triumphs and accomplishments.

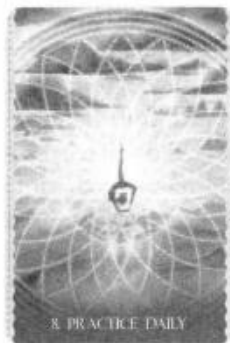
Even if you're not sure of what you're supposed to be commemorating, rest assured that drawing this card indicates that a celebration is indeed in order. After all, every endeavor is made up of thousands of little victories. Discovering what you want and committing to the work is a victory. Making time in your schedule for the projects you care about is a victory. Simply showing up and doing your best is a victory.

Have compassion for and treat yourself like a treasured child. Notice the many ways you have worked long and hard. Acknowledge that you've encountered many challenges, and you've met those challenges. You've come so far in your life, and you deserve to rejoice in all of it.

To embody the wisdom of this card, dance your celebration! Dance alone or with loved ones, at home or in a public space (such as a dance club). Whether it's three minutes or three hours,

let elation flow through you while moving to music you love, enjoying the time-honored tradition of dancing your joy.

Remember, your inner child is the driving force behind your creativity, curiosity, and bold spirit of experimentation. These are the qualities that stoke your burning desire to expand and improve. But your inner child will rebel if you don't take time off to celebrate! When you reward yourself for all your hard work, every area of your life will receive an enlivening infusion of energy and inspiration.



8. PRACTICE DAILY

SOME DAYS IT'S EASY TO SHOW UP AND DO THE WORK YOU need to do. Other days, you feel less inspired. This must not halt your quest to create momentum for yourself. You are now lovingly guided to honor your values and desires. Commit to methodically moving toward your goals every day. Sometimes small steps — such as taking a few moments to meditate, journal, chant, pray or say affirmations — can help keep your mind and spirit focused on your divine calling and treasured intentions.

A daily practice — whether it's dance, yoga, meditation, writing, visual art, academics, athletics, or some other cherished discipline — directs and focuses your energy. Showing up day in and day out to channel your effort and unique personal power toward a specific aim is one of the best ways to anchor scattered energy. It can also alleviate feelings of anxiety, depression, confusion, lethargy, and overwhelm. What's more, when you

stick to a commitment by practicing regularly, your confidence will grow.

You will notice significant progress when you override your fluctuating moods, feelings, and desires to establish an unwavering commitment to yourself and your goals. And, you will learn that just as a climb up a mountain is taken one small step at a time, it's modest but regular action that will get you where you want to be.

Organize and structure your calendar to reflect your values and support you in taking time for your dreams every day. Foster a solid structure that helps you commit to the work you care about. Make a point of setting clear boundaries around your time and let go of responsibilities that no longer feel authentic to you.

Practicing for short periods daily (rather than for longer chunks of time less often) is exponentially more effective. This way, whatever you're practicing becomes second nature and alerts your brain to strengthen your relationship to your discipline even while you sleep.

Bring the wisdom of daily practice into your body by standing with your feet parallel and a few inches apart. Focus your gaze at a point in front of you. Raise your straight arms over your head, with palms facing each other. Lock your legs and engage your core. Hold your spine straight as you lift yourself up on your tiptoes. Breathe regularly as you continue to stare straight ahead. If you lose your balance, regain your bearing, and raise yourself back up on to your toes. Hold this focused and solid balancing posture for one to two minutes.

It's natural for your interest, attention, and energy to wax and wane. But when you foster a non-negotiable habit of faithful daily practice, it will serve as a deep anchor that will keep you grounded, stable, and safe throughout life's inevitable storms.



9. OFFER

YOU HAVE THE OPPORTUNITY TO LIVE EACH DAY AS AN offering — to hand over your efforts and the results to Divine Presence, also known as God/Goddess/All That Is. When you do so, you will never feel drained, burned out, overwhelmed, or uninspired. Instead, divine energy will fill you, and you will experience great joy and success in all that you do.

This life is a temple. It is the sacred space where Spirit meets form and form is enlivened with Spirit. You are now called to fully inhabit the temple of life. This means choosing to live with sacred awareness during every moment of every day. Offer all your actions, thoughts, endeavors, and everyday moments to the Divine and become a priest/ess and devotee of life itself.

Every single thing you do takes energy. When you consciously direct this energy toward a specific frequency, deity, desire, or

cause, you are weaving magic. You are seeing the value in your efforts and passionately offering them to the planet and the entire unified field. You are serving as an open channel of divinity and amplifying the energy field of a higher power. This act of constant communion will foster feelings of profound connection, inspiration, and protection. This is what it means to live in a meaningful way.

Whether you're dancing, cleaning, cooking, spending time with loved ones, or doing anything else, the entirety of your experience can be an offering to Spirit. Take a moment to consciously offer up your efforts to the Divine and elevate all that you do by flooding it with the pure and infinite light of love.

Rise above ego in all your endeavors and relationships. Go beyond the illusion of separation and the pettiness of human struggles and stories. Realize that all people are facets of the Divine, including you. Devote yourself to what is real, and waves of peace and healing will follow in your wake. What you focus on expands. When you place your attention on the Divine in all, divine consciousness becomes activated, amplified, and actualized in the world of form.

Connect with the energy of offering by standing with your knees slightly bent and your feet hip distance apart. Step one foot behind you into a gentle lunge as you inhale and open your arms outward. Tilt your head back, and carefully arch your heart open to the sky. Feel yourself expanding into an infinite field of energy and offer yourself to the Divine. Exhale as you step your feet together. At the same time, bring your hands together at your heart center as if you are cupping rose petals in your open hands. Then gently lunge back with the other leg and open your arms as

if you are releasing the imaginary rose petals to the Divine. Repeat this movement and breathing pattern 5-6 times on each side.

Anchor yourself in Spirit by offering your efforts to the highest good of all. When you do this regularly, you will cultivate a rich inner world of meaning and widen the portal between everyday earthly existence and the eternal celestial realm.



10. BE FLUID

IN THIS GREAT SEA OF DYNAMICALLY SHIFTING circumstances and events, now is a time to choose flow over fixity. Be flexible, fluid, and gracefully adaptable.

You are reminded to love what is. This does not mean resigning yourself to being stuck where you are. You can find the blessing and perfection in your present moment while simultaneously choosing to create positive change according to your highest vision for yourself, your life, and any situation. Such is the wisdom of fluidity.

Fighting against what is already happening will likely manifest misery by putting you in opposition with what is already true. Instead, enter into the receptive, magnetic state of flowing surrender. After all, life is an endless dance of fluid, flowing continuity. Like water, be a shape-shifter and allow your form

to change — freeze, melt, boil, evaporate, condense or cascade, according to what is needed.

The Tao te Ching (translated by Stephen Mitchell) states, “The gentlest thing in the world overcomes the hardest thing in the world. That which has no substance enters where there is no space.” Indeed, fluidity is the secret to vast power. Consider how ocean waves break down huge boulders into minuscule grains of sand, how water can enter any portal no matter the size or shape, and how a gracefully flowing river created the Grand Canyon, one of the Seven Wonders of the World.

Access your higher vision now. See how challenges or undesirable situations are all part of the divine design, ushering you toward your highest outcome and more glorious actualization in much the same way that all rivers flow endlessly and irresistibly toward the sea.

To embody the wisdom of fluidity, move your body in wavelike undulations. First, lift and expand your heart area. Then roll your body inward, and again outward, in a wavelike motion along your spine. Let your arms naturally and gracefully wave along with you, extending outward as you lift your heart, and sweeping inward as you roll down through the spine.

Your choice to enter into fluidity will connect you with the unified field of divine power and bring you into harmonious resonance with all of life.



II. FIND YOUR MOTIVATION

THE UNIVERSE RESPONDS TO YOUR INTENTIONS, WHETHER or not you know what they are. The more conscious, direct, and focused you are, the more you can successfully co-create with the Universe to manifest the outcome you'd like to experience. Ask yourself what is motivating you in this situation? What do you ultimately want to build, offer, learn, receive, or achieve? And why?

If your intention is born out of love and a desire to bring more unity, harmony, and connection into your heart and the world, you will instantly experience more success by bringing this intention to your conscious awareness, and phrasing it clearly and succinctly. Any intention that is less than pure, such as a desire to impress, gain attention, assert your superiority, assuage your feelings of inferiority, or fulfill some sort of societal norm

or expectation, will benefit immensely when you realign it with the highest vibration and ultimate truth of who you are, which is simply love.

This is the essence of alchemy, which is often defined as the renaissance-era art and science of transmuting base metals into gold. Spiritually, this is a metaphor for transforming worldly desires and mundane energies into transcendent beauty and divine magic. For example, if you dance to feel special or show your superiority, no matter how technically perfect your moves, the performance will lack true inspiration or awe. However, if you redirect that intention to embody divine light your performance will blossom and will be remembered. Furthermore, within the collective consciousness, the positive and transformational effects of your performance will reverberate for months, years, and even decades to come.

Once you state your intention, doors will fly open. Your next steps will become clear, and you will feel powerfully guided to take confident steps that propel you in the direction of your goal.

To embody this energy through movement, start by stating your intention. Stand in a long lunge (as in warrior pose), with your front knee bent and back knee straight. Point your front toe forward, and position your back foot at a right angle to your front toe (toes pointing out). Touch your middle and ring fingers to your thumb tips on each hand. Extend your front arm straight in front of you and gaze over your index finger. Pull your back arm behind you, elbow bent, as if you are pulling an arrow backward. Bring your intention to mind, and come into single-minded focus. When your intention feels very clear and strong, open your fingers rapidly, as if you are releasing an arrow. Bring your ring

and middle fingers back to your thumb tips and repeat as desired.

Your clear intention is like the tiny seed that contains the entire plan and potential for the fragrant, blossoming rosebush. Plant that seed and care for it lovingly, and the Universe will be the rain, sunlight, and fresh air that nurture and sustain it.



12. CHOREOGRAPHER

BRING YOUR FULL ATTENTION TO THE SITUATION AT HAND, and meticulously plan your every move. Make a map, set a course, and steer yourself in the direction of your desires.

You are a creative alchemist of divine destiny, and the time is right to build precise, solid structures that will amplify your talents, capabilities, and opportunities in this world.

Honestly assess where your attention is going and how your energy is flowing. With endless patience and unconditional self-approval, step back far enough to see the whole picture. Is anything draining your vitality, or distracting you from your values, objectives, or life path? If so, what is it? And how can you reduce its power in your life, or release it all together? Just as a tiny leak in your faucet can waste a large amount of water, a seemingly minor energy leak may be draining your power.

Plan your days so that you get enough rest, while also devoting substantial time and energy to your goals. Notice where you can rein in any unnecessary activity and where you can facilitate more flow and sustainability in your daily habits and tasks. Introduce good habits, such as exercise and meditation, and stick with them. With discipline and direction, your ship will sail beautifully.

You will also benefit by looking deeply at the materials that comprise your mental infrastructure. For instance, are you carrying any outworn, limiting, or self-defeating beliefs or thoughts? Let go of anything that may be a faulty foundation for the structure of your life to be built upon.

Attention to detail and organization will allow you to dance through life with ease. Consider the way masculine and feminine dance partners complement each other. The more self-assured direction the masculine partner provides, the more sparkle and flair the feminine is free to express. This is a microcosm of the Cosmic Dance itself — The Divine Masculine (Shiva) provides the formless structure, which the Divine Feminine (Shakti) fills with every sensory aspect of the manifest world.

This position will help you align with the harmonizing and orchestrating energy of sacred geometry and the earth. Stand with your feet turned out as fully as possible while still being comfortable and balanced. Your heels should be spaced about the length of one of your feet apart from each other. With your belly pulled in, bend your knees to create a diamond shape with your legs, keeping your feet flat on the floor. Lift your arms to shoulder height with your elbows bent at a 90-degree angle, fingers together and straight, and palms facing down. Feel deeply connected to the earth as you embody the firm and stabilizing energy of a square.

Solid dance choreography requires order, harmony, and focus. When you cultivate these values and bring solid choreography to the dance of your life, you will reap immense and immediate benefits.



13. IMPROVISE

GREAT TREASURES ARE WAITING FOR YOU IN THE MOST unexpected places. It is time to take a detour onto a road less traveled!

First, you must release attachment to a particular destination or outcome, free up your sense of playful spontaneity, and dare to step bravely into the unknown. The Universe desires to co-create with you. Relinquish your concrete plans and rigid expectations to signify your willingness to dance gracefully with the Cosmic Mystery and Wild Divine.

Relax, flow, and let go! Like a dancer who forgoes choreography in favor of improvisation, throw off mental constrictions, banish the need to control, and trust in your innate ability to align with whatever is required. After all, the only constant is change.

Surrendering to change with an open mind and a light-hearted

sense of curiosity will allow you to free yourself of stagnant energy, break out of tired old patterns, unlock spontaneous blessings, and discover spur-of-the-moment solutions.

Imagine that you are at the very center of the great mandala of life, where you can choose from the countless paths and forms your journey can take, as you travel outward toward the edge. Have you been stuck in one way of doing things, or one vision for how things 'should' look? If so, you are missing out on so much magic and so many possibilities! Shake yourself out of the rut by choosing a new approach and seeing your whole situation in a radically different light.

We really don't know what's going to happen. The future is a field of wide-open potentiality. So make love to the mystery! Open your heart, body, mind, and energy to all that you don't know and can't predict. This will allow you to step inside each circumstance and become its truth and wisdom. From there, all doors are open to you.

Beautiful improvisational dance only occurs when you get out of your head and let your instincts take over. Stop the tendency to overthink by imagining your mental chatter dropping from your head and dissolving into your alive and expansive heart space. Once you do, you will open to a vast field of glorious possibility.

To bring this wisdom into your body, put on music that makes your body want to move. This may not be the same style of music you normally enjoy. For example, your body may be in the mood for hard rock, even if you generally prefer classical. Dim the lights, and let your body flow and sway in any way it desires. If you notice your movements following a familiar pattern, let that pattern transform into something that surprises you. Let your thoughts

fall away and give your body license to move in a way it's never moved before.

Improvisation calls for a vulnerable, sensitive state of empty presence. This gives the Universe space to join you in dance.



14. HONOR THE CYCLES

THE DANCE OF THE COSMOS IS CYCLICAL. YOU ARE BEING guided to observe the cycles at work in your life. Perhaps you're seeing the result of something coming full circle, or you're in a phase that doesn't seem ideal on the surface. Rest assured that healing follows grief and joy follows despair, as surely as the sunrise follows the dark of night.

As change is the only constant, there is no logical option but to embrace it wholeheartedly. Enter into change, accept it, flow with it, and even celebrate it. This is the path to harmony. Invite harmony into your life now by honoring the cycles of life.

According to ancient astrology systems, we are now in the midst of a period called the Kali Yuga that lasts 1000 to 2000 years. By nature, this is a cycle of destruction. Just as winter is the season when the earth is at its furthest point from the sun, the

Kali Yuga is a time when human consciousness is furthest from divine illumination. And just as springtime's earliest flowers prepare to unfurl and bloom even in the harshest winter weather, a renaissance of peace, love, and wisdom is now stirring within the hearts of humans in every culture and on every continent.

Yours is one of these hearts. The very fact that you hold this card in your hand indicates that you are awake to the springtime of human consciousness and are among its earliest blooms. Even though it may be challenging to understand it in a logical or linear way, you may sense that the confusion and discord of the Kali Yuga are necessary in the grand cycle of time. It destroys the old to make room for the new and brings what isn't working to light so we can create new ways of relating to ourselves, each other, and the planet.

Fear not contraction for it leads to expansion. Fear not the exhale for it leads to the inhale. Fear not death for it leads to life. Like the Sumerian goddess Inanna, go deeply into the darkness of the underworld so you can emerge victoriously into the light.

You can consciously enter into the cyclical dance by charting the moon, stargazing, planting a garden, celebrating the seasons, and observing the constant changes in every aspect of the natural world.

To connect with the wisdom of this card, stand with your feet hip or shoulder distance apart. Place your hands on your hips or relax them along your sides and begin to move your hips in a horizontal figure eight. Continue this movement until you feel inspired, present, and one with the infinitely cycling wisdom of the Cosmic Dance.

Notice how the moon waxes and wanes. The sun moves across

the sky until it sets and gives way to the night. The earth grows green, then brown, then green again. You are a child of earth and cosmos, and a radiant strand of this glittering tapestry of change. Pay attention to your ever-shifting feelings, intentions, and desires and honor your ever-changing needs.



15. GIVE BIRTH

CAN YOU FEEL IT? IN THIS VERY MOMENT, YOU ARE blooming with creative potential. You are called to bring great things into being.

The Divine Feminine force of creation is flowing powerfully through you. Be open to this cosmic energy that constantly inundates the Universe, awakening new life and bringing the formless into form.

Deep within you, ideas and inspirations are incubating, preparing for the moment when they will burst forth into the tangible world. Indeed, you are an immaculate vessel containing the fertile codes of creation, and your projects and endeavors are expressions of the Great Cosmic Dance of Creation itself.

Bring this energy into your conscious awareness now. Know that you are an innate creator by divine design. Dance through

this life as an awakened, fertile force, connected to your creativity as an endless wellspring of vitality, passion, and joy. Anchor your awareness to the density of the earth and your earth body, as you usher your creations into physical manifestation.

Care for your blossoming ideas and inspirations as the precious gifts and miracles they are. Give them the time, space, attention, and nourishment they require. Take a moment to tune in to what will best support the blessed process of their becoming. Perhaps the creations wishing to be birthed through you would benefit from a creative space such as a designated room or area in your home. Maybe they are asking you to carve regular time into your schedule, to adopt a new habit or let go of an old one, or to recharge your motivation with inspiring activities and outings.

Your creative practice is not something to burden with expectations or conditions, such as recognition, validation, or financial success. Rather, it is something to care for attentively and compassionately, just as you would a beloved child or pet. Are you a caring and conscientious parent to your inner artist and sacred artistic path? Now is the time to make the positive shifts that will allow you to answer with a resounding yes.

Activate and embody this wisdom by standing in a wide squat with your toes and knees turned outward. Hold your hands a few inches in front of your belly with your right wrist crossed over the left, palms facing down to the earth, and fingertips facing out away from the body. Rotate your hands and fingertips inward towards the body so that your left wrist becomes the top wrist for a moment. Then continue the wrist rotation until the right wrist is again on top with fingers facing outward and palms facing up. Continue this fluid wrist rotation in front of the belly region

as you stand in a deep, open squat. Allow your fingers to unfurl during the wrist rotation movement as you imagine that you are sending energy from your womb area to the earth. Repeat this process, deepening in and out of your squat as you feel guided to facilitate a feeling of creative flow, offering, and release.

The world longs to be gifted with the beauty and love of your soul's essence through your unique creations. Remember that the creative birthing process is a never-ending journey of aliveness and presence. Infuse every step of this journey with mindfulness and reverence.



16. COME BACK TO CENTER

YOU ARE BEING URGED TO DRAW INWARD, TO ALIGN WITH your deep inner compass, and to come into harmony with the energy of the earth. The answer to your question does not lie in the realm of the senses or words, but the center of stillness and silence. When you take a moment to drop into the depths of you, you will find it. Everyone has his or her own unique center point of consciousness where they reside at the eye of infinity. Indeed, you are at the true center of All That Is. From you, infinity extends forever in all directions, including all courses of time. Equally, just as you possess and radiate infinity, you contain within you the dissolution and ending of all that is, was, or will ever be. Time is a cycle and a circle, and everything contains its opposite — order and chaos, stillness and action, silence and sound.

In other words, you are a droplet of the ocean of All Wisdom,

and as such, all wisdom is within you, now. Still your mind and ground your energy. Be present with the vast, wordless knowing that lies within your center.

The womb space is a microcosm and actual representation of infinity. It is a doorway from nothingness into being, and from being into nothing. Whether you have a womb or not, you were born from one, so you have a profoundly intimate relationship with this fertile place of silent darkness. You are now being called to steep yourself in its vast, quiet knowing.

At this moment, place your hand on your womb space, or send yourself back to the time when you resided within one. Close your eyes, relax deeply, relieve your mind of the need to do or figure out, and instead simply be. When we tune in to this womb energy regularly, we reside in our infinite nature, and everything in our life comes into much greater harmony and balance than ever before.

To anchor this message in your body, do balancing yoga poses such as tree or eagle pose. Otherwise, take some deep breaths, lift your arms over your head, and balance on your tiptoes for as long as you can. You will also find it helpful to connect with the energy of the earth by walking barefoot outside or simply acknowledging the pull of gravity as a constant, harmonizing anchor.

Also be sure to nourish yourself (mind, body, and spirit) in the ways that will most help you come into harmony with your moon or menstrual cycle and menopausal changes.

To channel this message into your dance, engage in belly dance or focus on your womb area as you dance, and let all your actions emanate from the infinite, grounded wisdom that resides there.



17. STRETCH AND EXPAND

COMFORT CAN BE A WONDERFUL THING, BUT WHEN WE never stretch beyond our comfort zone, we limit our possibilities, and life becomes boring and stale.

You might say that our comfort zone defines and holds in place that which limits our upward growth and forward movement. On the other hand, expanding our comfort zone allows us to bust through blocks of all varieties and experience the success, spontaneity, and fulfillment we desire.

In life, dance, athletics, and all forms of creativity and embodied movement, when you feel the edge of discomfort and safely move beyond it, you gain proficiency and ascend into higher levels of mastery. You strengthen both body and mind. You open up new channels of energy and new avenues of expression.

Just as you wouldn't push your body so hard that you injure

yourself, it's important to temper your discipline with loving awareness. Stretching the body and trying something new can be exhilarating and joyful when done with mindful self-approval rather than harsh self-punishment. Depending on what your intuition dictates, this may look a number of ways. It may be trying something that intimidates you, moving bravely through something strenuous, or simply stretching a tiny bit further each day.

An important aspect of the spiritual path involves recognizing the inner resistance that keeps you small and stops you from experiencing your heart's desires. For example, while even the most experienced performers still feel a degree of stage fright, they also know that to deny their calling will only serve to crush their joy.

Additionally, you will benefit from expanding your perspective and seeing other points of view. Relax overly rigid opinions and consider the situation from every angle. Allow your sense of reality to be more fluid. Get comfortable with paradoxes and release either-or type thinking. Be open to more than one thing being true at once.

To anchor this message in your body, stand on your tiptoes and reach your hands up to the sky. Stretch from fingers to toes while lengthening your spine. Become as tall as you possibly can. Then gently, with a flat back, fold forward to touch your toes (or to reach toward your toes). Continue this rhythmic movement, inhaling as you stretch upward and exhaling as you stretch down. Gently invite your muscles to stretch further each time, while allowing your perspective to become more fluid and expansive as you move.

Any lengthening or strengthening form of embodied movement will help anchor this message, particularly when it takes you past your comfort zone. When you listen to your body, and lovingly push it further with stretching or strenuous exercise, you will discover that pain and discomfort are nothing more than sensations. Staying with the exercise (in a safe and mindful way) can reveal a deeper level of endurance, excellence, and personal power.

Reach for the cosmos. Broaden your horizons. Blaze through boundaries. Move beyond apprehensive resistance and find the magical blessings on the other side. Tap into new worlds of possibility. You will surprise and delight yourself with just how far you can go.



18. BE A CHANNEL

CONSIDER WHAT YOUR PHYSICAL BODY IS COMPOSED OF — stardust from the beginning of time. Also consider your miraculous biology, with its incomprehensibly intricate mechanics born from the mysterious dark depths of the vast Mother Ocean and fertile Mother Earth.

Like a crystal, you are a conduit, a living, breathing, moving lightning rod that can both draw forth energy, and send it out into the world according to your actions and intentions. Indeed, it is a vital component of your life purpose to draw light up from the golden center of the planet and iridescent white light down from the glowing infinity of the cosmos. Merging and mixing these two energies, and emanating them out across the surface of the earth, greatly helps to heal and balance your home planet and all of her inhabitants.

Additional energies and frequencies that you can tune in to — if you so choose — are vast. They include those of gods and goddesses, angels, saints, ascended masters, otherworldly guides, fairies, mermaids, animal spirits, and beloved ancestors. And, like a radio, you can tune in to channels of wisdom and beauty that will lovingly guide and bless you and your earthly brothers and sisters.

Take care to invite in only what is for your truest good. Clear your vessel regularly to protect it from anything unhealthy or born of the illusion of separation. This means consuming healthy foods and beverages, exercising regularly, taking sea salt baths, staying hydrated, keeping your thoughts and words positive, and calling on the Divine to shield you in light.

It is also of great importance to honor and express your feelings regularly. Our feelings are currents of divinity that move through us. They help us express our creativity, connect with others, and manifest positive change. Whether we are happy or sad, joyful or filled with grief, when we allow our feelings to flow (rather than bottling them up), we always feel a deep and abiding current of beauty. Additionally, our feelings are a manifestation tool — by accessing and tuning into the frequency of what we desire, we conjure the desired condition and bring it forth into the physical world. This is why our ancestors performed dances to bring about desired change, such as rain, a happy marriage, or an abundant crop.

To anchor this message in your body, connect with the energies at the core of the earth and the cosmos. Visualize bringing them together within your physical body and aura, and emanating them outward across the surface of the planet.

Hold the clear inner knowing that you are a divine vessel. Allow yourself to be inhabited by Divine Presence and energy as you live, love, and dance to the rhythm of the cosmos.



19. MAKE MISTAKES

EACH TIME YOU MAKE A MISTAKE, YOU HAVE THE opportunity to pick yourself up, dust yourself off, and then recalibrate and reassess the situation. This sacred act of soul polishing assists you on your way toward your most lustrous and fully integrated self. This is why the God/dess, your angels, and your spirit guides encourage you to embrace the human experience of making mistakes with joy, openness, acceptance, and gratitude.

By drawing this card, you are the beneficiary of a cosmic secret. True success smiles upon those who are 100 percent willing to fail. Once you master the art of dancing gracefully with mistakes, you will know what it means to be truly free — free to follow your heart, embody your power, and live your dreams.

Just as a bodybuilder uses resistance to grow stronger, the cosmic resistance of life's obstacles, challenges, and mistakes will

shape and mold you into your strongest, wisest, and most radiant self. Trust in the challenges the Universe places in your pathway, and head straight into them even if you feel you have no idea where you're going, what you're doing, or why you're doing it in the first place.

All your favorite artists and athletes started at the very beginning, with zero mastery, and they made thousands of mistakes. Many of the most successful performers were told they did not have natural talent or aptitude for their chosen discipline. This demonstrates the surprising power of mistakes. Repetitive corrections create stronger neuropathways that propel you toward your desired outcome. Successful actions become more deeply ingrained when you're required to expend more energy to work for them. The same dynamic is at work not only in art and athletics but in every area of life.

A path of abundant "failure" precedes every path of abundant success. If you are not willing to look silly, unpolished, or unpracticed, you will never achieve mastery in any skill, practice, or area of life.

To tap into the wisdom of this card, practice the following movement. Stand on the tiptoe of one foot, with your other leg lifted behind you. Put your arms out for balance. Then cross your eyes, open your mouth wide, and stick out your tongue. Wobbling and losing your balance is absolutely welcome! Whenever you come out of the pose, simply get back into it. Continue for at least a full minute.

This card also comes as a reminder to forgive yourself for anything you think you've done (or not done). If you feel wronged by someone else, this is a time to find peace in knowing that we

are each doing our best with what we have in any given moment. We all falter in our integrity, behave without full awareness, or fail to have the purest of intentions in our relations with other people and ourselves, at least sometimes. This is evidence that we are alive. As long as we are here in this physical reality, we have opportunities to learn, grow, improve, and lovingly make corrections to our course.



20. HONOR THE LINEAGE

WHEN KNOWLEDGE, WISDOM, AND EXPERIENCE ARE repeatedly passed down from one soul to another, they unite in a living stream of energy that transcends time and space. When we receive such energy from our ancestors, teachers, or predecessors, it's known in Sanskrit as *guru shishya parampara* — an unbroken chain.

It is time for you to access this sacred stream of energy by connecting with your lineage. Once you do this, you will realize that you have never actually been an “I” — you are a vital part of a powerful and transcendent “we.”

Look deeply at the ways your predecessors may be able to support you with your inquiry. They want to do so and are merely awaiting your attention and request. For example, if you're asking about a partnership, perhaps the spirit of a deceased grandparent

would like to help you harmonize your relationship patterns. Or, if you're embarking on a new course of study, you might consider learning about the teachers of your teacher, and even the teachers of those teachers, and the countless generations of teachers who came before. Where did they live? To what customs and traditions did they adhere? What expressions of wisdom did they impart?

Even if you were not raised by your birth family or are unclear about the origins of your discipline or practice, you can set the intention to connect with the vast body of wisdom and support that is a gift from the many helpful beings of the past that now dwell in the spirit realm. Connect with them regularly by calling on them and trusting your intuition, or connect with them more formally through prayer, ritual, or meditation. You might make an altar to honor the wisdom of your lineage, and tend to it regularly with things like candles, incense, and simple offerings of flowers and fruit.

To connect with the helpful beings and body of wisdom that combine to form your unique lineage, sit comfortably in a chair with your feet flat and your spine straight. Close your eyes and with a gentle smile, bring your palms together in prayer pose at your heart. Notice your breath and let it naturally begin to deepen. Then call on your ancestors or the teachers in your chosen discipline or art. Ask them to come and support you as you add your unique energy and experiences to the unbroken chain of wisdom and inspiration. Feel and sense them standing behind you and on both sides of you. Notice how their number is incomprehensibly vast, stretching off into the infinite past until it connects with the origin of all things — Spirit, Divine Source, and the Cosmic Dance itself.

Consciously connecting to your lineage provides deep roots and grounded stability. When you draw upon this ancient resource, you supercharge your soul purpose and divine life path. You have a council to turn to and codes by which to live. Connecting to them will lend clarity, guidance, and direction.



21. DEVOTE

TRUE DEVOTION MEANS FOLLOWING THE FLOW OF LOVE FOR love's sake. Divine love is the purest, strongest, and most potent substance in the Universe. When you direct devotional love toward the Divine, infinite love comes right back at you, flooding your energy field and illuminating your heart.

When you look at the river that is your life experience, where does love surge, swirl, simmer, and overflow? Perhaps love gathers and radiates around your work, your art, your children, your family, or the natural world. The essence of the Divine is love, so where there is love in your heart, there lies the pathway to God/Goddess/All That Is.

Remember, devotion is the simple but profound act of letting go into the energy of love. Surrender and give yourself fully to love. Let it lift you and carry you along like a fallen leaf in a clear

rushing stream.

With immaculate care and attention, express love for the Divine. Just as you dote on your friends and family with tokens and demonstrations of your affection, freely express your passion for God/dess in any way that feels right to you. Meditation and mindfulness are simple acts of devotion that take little time. Creating an altar, lighting a candle, or engaging in any form of sacred art, are also acts of devotion. Everyday activities such as cooking, dancing, or walking in nature, can be acts of devotion when you do them with the spirit of offering up your effort to the Divine.

Even your workday can be a demonstration of devotion. Simply set the intention at the beginning of each day to offer up your work to All That Is, and ask for more love and healing in the world.

When you consciously infuse your day with devotion, everything changes. It may seem like a small and subtle thing when you consider that it merely involves an inner shift and silent intention, but you'll discover that it is powerful beyond words. Your mood will shift, your mind will become luminous, and your days will consistently be filled with meaning and miracles. Additionally, the surface fluctuations of duality (pleasure/pain, joy/grief, etc.) will not upset your inner equilibrium, as you will be securely anchored in the ultimate unifier of unconditional love.

Connect with and cultivate the love energy at your heart center by standing comfortably with your feet flat on the floor. Take some deep breaths and become aware of the feeling of love. Feel it emanating out both in front of your chest and behind your back. At your heart center, imagine a gold and white, green, or

pink ball of glowing love energy, about the size of a grapefruit. Cup your left palm below this ball of energy and your right palm above it. Continue to breathe consciously as you alternate the positions of your palms above and below this glowing sphere in a circling motion. As you do so, feel and imagine this sphere of light growing brighter and becoming even more potent and pure.

Love does not criticize, judge, or condemn. Love accepts and embraces all, exactly as it is. Choosing love is choosing freedom. Plunge into the endlessly replenishing waters of love, every day. When you open your heart fully and with wild vulnerability, radiant bliss will come rushing in.



22. COMMIT

MAKE A CLEAR CHOICE, AND COMMIT FULLY IN THOUGHT, word, and action. When you are grounded in clear intention, and you commit with impeccable integrity and dedication, the Universe instantly mirrors that vibration back to you, to support you in the most effective way, at the highest possible level.

If you aren't grounded in a crystal clear intention — perhaps feeling uncertain or wishy-washy about where you're going or how you intend to get there — the Universe will mirror that back to you, too.

While it is sometimes appropriate to let go of attachment to outcome and trust conditions to unfold as they will, you have been born into this earthly experience to forge a unique path and manifest conditions according to your specific desires. And now is a time when your soul will most benefit from doing just that.

Teachers of various forms of classical Indian arts have a saying — technique is freedom. If you have seen a master ballerina letting emotion and inspiration flow through her body while executing moves with stunningly perfect form, you have witnessed this dynamic in action. Through her art, the dancer's unwavering commitment unlocks a new level of freedom for her, simultaneously bringing a uniquely liberating current of energy into the world.

Similarly, just as diamonds are formed out of carbon by intense pressure and heat, your commitment serves as a strong force that will transform your efforts into eternal treasures of sparkles and light. This is as true in your dance or yoga practice as it is in every other aspect of your life.

Don't worry about making a 'wrong' decision. The only wrong choice is the one you don't make. Once a decision is made (whether it's about a course of study, your art, your career, a relationship, a positive habit, or any form of self-cultivation), you will find your power and passion are activated. Allow this to fuel that decision with single-minded purpose, and to recharge your commitment on the days when you could use a little extra motivation.

The following embodied practice will help you get clear on your intention, or otherwise bolster a commitment that's already in place. Stand in a wide lunge, with your front knee bent, your back leg straight, and both feet pointing forward. Look straight ahead and raise your arms to a 45-degree angle. Extend your arms out in front of you, and slightly angled up so that your hands are at eye level. Keeping your arms elongated and straight with your elbows locked, make your hands into blades by keeping your fingers straight and together. Bring your hands together at the

thumbs, palms facing downward toward the earth. Gaze out over your fingertips and imagine a laser beam of diamond-white light emanating from your third eye chakra (the area in the center of your forehead, just above your eyebrows). Stay in this position for 90 seconds.

Devote yourself completely to your highest visions and goals. This will fortify your self-esteem and help you create beautiful conditions in every area of your life. It will also empower you to bring blessings to the world in a way that only you can.



23. BE PRESENT

YOU ARE ALIVE WITHIN THE GREAT FIELD OF UNIFIED consciousness. And, this great field of unified consciousness is alive within you. You are not separate from this field — it is you, and you are it!

At the truest and most authentic level, everything is perfect as it is now, just as everything is unfolding flawlessly and for your ultimate benefit. To the linear human mind, this presents a paradox. If it's all already perfect, why should you take constructive action or draw upon your power to change your situation for the better? To the divine mind with which you are inseparable, both can be true — it can all be perfect, and you can choose to create positive change.

Your situation will immediately benefit when you come into true presence. This means accepting and allowing what is now —

in its entirety — including what takes place within and around you. You do not fight against it, and you do not tell stories about what it is, what it isn't, or what it should or shouldn't be.

What thoughts or stories can you let go of to bring about a stronger feeling of peace? Breathe out the self-created stress of your mental constructs, and come into simple, open-hearted, clear-minded presence. Widen your bandwidth beyond the limited view of reality that your ego-mind has constructed to make it feel safe. Dissolve your sense of separation into the unified field of pure potentiality.

There is a beautiful phrase in Kalarippayattu (Indian martial arts) that translates as “when the body becomes all eyes.” This describes the state of hypersensitivity and acute awareness you can experience when you merge with the world so that each cell in your body becomes like an eye, perceiving all the pulsating points of potential that comprise this kaleidoscopic reality.

To bring body, mind, and spirit together in present moment awareness, stand comfortably with your spine straight and your knees slightly bent, feet hip width apart. Take some deep breaths and then come into a comfortable, natural rhythm with your breath. With each palm flat, hold your fingers tightly together, so your hands are like blades. While staring straight ahead, bring your left hand to hover a few inches in front of your belly. Keep the hand parallel to the earth with the palm facing up to the sky and the pinky side of your hand in towards your belly button. Bring your right hand to hover in front of your heart center and sternum. Hold it perpendicular to the earth with your palm facing left and fingers pointing up towards the sky. Hold this full-body posture and breathe consciously while becoming more aware of

all your sense perceptions and the way every inch of your body is feeling.

Your presence is a gift, not only to yourself but to all other beings. It helps to bring everyone's awareness into resonance with the One Awareness, also known as God/dess. Step fully into the eternal now, and become a clear reflection of the Divine for others, a shining example of the Cosmic Dance.



24. GIVE AND RECEIVE

WHEN DANCE IS PERFORMED AS AN OFFERING OF LOVE, IT becomes a sacred infinity loop comprised of both giving (to the audience) and receiving (from the audience). Life itself is quite the same, for the deepest human desire is for connection with others through offering personal essence and sharing what is most important to us. This generous vulnerability opens up a portal of interconnection that allows both the giver and receiver to be inspired, nourished, and healed.

You possess a frequency that is marvelous and unique. You radiate your own special ray of beauty, wisdom, power, and magic. Now you are being asked to freely, confidently, and joyfully share who you are with the world.

While it is natural to have an inner voice of criticism telling you that you're not ready or that you're self-centered to think you

have something special to give, you must learn to override that voice and share your gifts anyway. By hiding them, you are not doing anyone any favors. To do so means you are inhibiting the natural river of divine creative energy that wants to flow through you, and denying the world the distinctive splendor, beauty, and wisdom that only you can offer.

In truth, the world wants to see and know you. When we receive another in the fullness of who they are and what they have to give, a point of connection is made that helps to illuminate the entire matrix, bringing more peace and harmony to the collective.

You are also being called to surround others with space and empathetic attention so their unique beauty and wisdom can blossom and be fully received into your consciousness. The most valuable gift you can give someone is your full presence. Take them in from the depth of your heart.

You can offer this receptivity whether you are watching someone on a stage or spending time with someone individually. Even as a performer, you can allow for a silent connection with the audience, letting it directly inform and activate the moment-to-moment offering of your performance.

Giving and receiving are one and the same. When you offer your full presence and attention to receive someone, your presence is a treasure and a gift as well.

Experience this wisdom in a palpable way by standing with your spine straight and your feet together. Face your palms upward toward the sky, with the pinkie fingers and inside edges of your hands touching. Inhale as you draw your hands toward yourself, letting your elbows extend outward. Swivel your hands, so they are facing forward, thumbs touching, palm out and exhale as you

push your hands away from you. Swivel your hands inward again and inhale again, then repeat the exhaling movement as well. As you inhale and draw your hands inward, receive nourishment and support from the world. As you exhale, send out your blessing.

Give of your talents, your essence, and love. Also, receive. Listen deeply, and be attentive, present, aware, and appreciative. Welcome the sacred energies and essence of another person, and the blessings and beauty of the entire world.



25. BE AUTHENTIC

CLEARLY AND DECISIVELY, MAKE YOUR OWN CHOICE, SPEAK your truth, and be your own you. Allowing the opinions or expectations of others (real or imagined) to dictate what you do is a way of hiding your light, staying small, and withholding your singular and precious gifts from the world. Unfailingly, it will lead to a life that feels boring, stuck, and uninspiring in the extreme.

On the other hand, living authentically means discovering and claiming your very own opinions, desires, and passions, and letting these be the guiding lights that illuminate your sacred path.

Take some quiet alone time to identify what is true for you in this situation, and then let all your decisions and actions stem from this inner truth. Even if it feels challenging to share your core self with the world, your brave vulnerability is the only thing that will allow you to be seen, known, and appreciated in the

precise way your soul so earnestly desires.

Refuse to let the fear of what others think hold you back from being your most genuine self. The loss is too great! Diminishing yourself in this way is a way of burying your heart's greatest gifts and forsaking your soul's most authentic joy. The gateway to authenticity is honesty. Tell the truth to yourself and others. Speak up about your thoughts, preferences, and perceptions. Take time to ponder in silence in order to feel and express what is real to you.

The second gateway is self-love. Love yourself enough to value and honor your voice. Respect your ideas, desires, and experiences. See yourself as the Divine sees you — a precious child doing your very best, learning as you go, and absolutely deserving of approval, dignity, support, and every wonderful thing, at all times.

Remember, no-one on Earth, in any direction of time, will ever have the same soul signature or spirit expression that you have. Don't allow yourself to fall into imitation, comparison, or competition. Such strategies are not only depleting and compromising but also destined to fail. Even if you experience a relative degree of success through such efforts, you will ultimately feel hollow and unsatisfied.

Embody your authenticity by standing with your feet shoulder width apart, legs strong and straight. Make two fists with your hands. Stack your right fist on top of your left. Hold your fists in front of your heart with the thumb edge of your fists facing up toward the sky and your elbows facing out to the sides. Feel as though you are wielding your mighty sword of truth with its tip pointing up to the sky. Invoke strength in your body by flexing the muscles of your back and arms as you stand in powerful alignment

with your authentic truth.

Treat yourself with integrity and respect and honor your soul's direction. Clarify your heart's vision, and you will succeed in bringing beauty and healing to the world.



26. SPARKLE AND SHINE

LIKE THE MOON'S LUMINOUS GLOW, A STAR'S STEADFAST sparkle, or the sun's golden rays of warming fire, you have a unique light to shine, and you are encouraged to do this now.

It's time for you to claim the lead role in your life. No more hiding in the wings or playing small. It's time to show up big — to be seen, heard, and to radiate your gorgeous brilliance for the world to see.

While it's natural to have inhibitions, now is the time to transform them in the chalice of your heart's purifying flame. Reframe fear as excitement. Reframe shyness and reticence as opportunities to move out of your comfort zone and to feel all the exhilaration that comes with being seen, known, and recognized for who you really are.

You have a right to take up both physical and energetic space.

Who you are matters. What you say matters. What your heart of hearts so dearly wants to express, matters.

As such, honor your unique gifts and talents, as well as your beautiful voice and all forms of self-expression. Share them, express them with joy, and spread your personality and beauty like shooting stars across the sky.

There is plenty of space for all beings to show up in the full flowering of who they are. By brilliantly shining and sharing your unique ray, you naturally support others in doing the same.

Your charisma is a gift that only you can give, and the world needs it to operate at its fullest potential. So don't hold back!

Consider the way a performing artist must send her energy to the very back row of a theater. Similarly, your auric field is a sphere of energy that extends beyond your skin's encapsulated boundaries, and you can consciously expand it as generously as you choose.

Conversely, remember to appreciate and revel in the radiant sparkle and success of others. Taking the time to savor another's beautiful light has the benefit of magnifying and intensifying your own.

To anchor this message in your body, take up as much space as possible. Stand in a wide straddle stance with your knees bent and legs in a large squat position, like a sumo wrestler. Then lift your heart center, expand wide through the ribs, lift your arms above your head, and splay your fingers wide. Imagine that you are breathing your unique sparkling light essence throughout your body, with a special focus on your heart, hands, feet, eyes, and third eye chakra (located in the center of your forehead). Begin to explore using breath, focus, and intention. Enlarge your energetic

field. Start by expanding it throughout your own private space, and then experiment with expanding it to fill an entire city block. Then graduate to sending it throughout your city or town, your district, and eventually blanket the entire Earth with your radiant, beautiful light.

You help the world so much more when you shine! So, demolish the old acculturated and conditioned habits and beliefs that have kept you hidden. Pour forth your luminous essence through the unique chalice of you.



27. ADORN THE TEMPLE

YOUR BODY IS A LIVING, BREATHING TEMPLE. TODAY, acknowledge and celebrate the Divine Presence that dwells within you by engaging in the sacred art of adornment.

Beauty is both an aspect of, and a pathway to, the Divine. This card encourages you to call forth and magnify this divine beauty through the subtle arrangement of texture, color, form, shape, and sparkle in relation to your dress, decoration, and self-care. Just as a temple is regularly enhanced with flowers, candles, incense, and other such high vibratory expressions, treat your body as a sacred place, too. Adorn it with the same degree of loving attention through intentional ornamentation.

In literal truth, your body is a temple. After all, a temple is a physical anchor and container of the living presence of the Infinite Holy Spirit, and this is a clear and accurate definition

of your physical body. It is highly appropriate, to pay worshipful tribute to the glorious temple of your body (and the Eternal All that lives within it) through careful and loving adornment.

Caring about our appearance may be considered superficial and frivolous. Mainstream commercial culture regularly attempts to exploit our insecurities to negatively inspire us to buy products such as cosmetics and clothes. It's time to place your attention on a far superior paradigm — the truth is, caring for and adorning your body, is a sacred act. Getting dressed can be a conscious ritual that attunes you to the Goddess energies alive in the world and in yourself. Decorate and beautify yourself from a place of profound power and radiant respect.

When you live from this perspective, a new level of empowerment will be born within you and in the world at large. Not only will you fortify your self-image and self-worth, but you will also improve the self-esteem and self-reverence of your entire human family, now and for generations to come.

Sacred adornment requires you to connect with yourself to discover your authentic style and self-care habits. Go beyond mass conditioning and fear-based programming to identify the colors, patterns, scents, accessories, and practices that feel like you and that help you elevate your everyday consciousness to the realm of the sublime.

Own this wisdom now by consciously and intentionally adorning yourself. To do so, state the following affirmations as you place the corresponding accessory or anoint the appropriate area with your favorite skin-friendly essential oil or perfume oil.

Anoint the center of your forehead, just above the center point of your eyebrows, with oil as you state, "I am wise."

Place earrings in your ears, or anoint your earlobes with oil, as you state, "I am aware."

Accessorize with a bracelet or ring, or anoint your palms and wrists with oil, as you state, "I am connected."

Adorn your throat with a short necklace, or anoint your throat with oil, as you state, "I am confident. I communicate clearly."

Place a long necklace around your neck, or anoint your heart with oil, as you state, "I am loved. I am love."

Fasten a belly chain or belt around your waist, or anoint your navel with oil, as you state, "I am whole."

Don an anklet or toe ring, or anoint the soles of your feet with oil, as you state, "I am grounded in the nourishing power of Mother Earth."

Finish by taking some deep breaths. Notice the buoyant, vital feeling of consecrated energy pulsating through your body temple.

Your body is the most precious, high, and holy sanctuary of the One Sacred Consciousness. If you were to live truly from this knowing, how would you adorn yourself? Do this every day, not only on special occasions.



28. COMMUNICATE WITH SPIRIT

WHEN IT COMES TO RECEIVING DIVINE GUIDANCE, HUMAN language can only go so far. That's why art and ritual exist. We can receive, perceive, and communicate that which goes beyond linear thinking. When you enter into the timeless dimension through dance, art, or meditation, you will discover the answer or answers you seek.

Consulting this deck allows you to delve deeper and expand further in order to merge your awareness with the Cosmic Dance itself, known by many names, including Spirit, Infinity, Divine Presence, Pure Awareness, the Great Holy Mystery, and God/Goddess/All That Is.

When you look to the finite world, you will see the convincing appearance of drama, discord, limitations, and lack. But when you look beyond this appearance, you will see that the three-

dimensional world is nothing more than a hologram — a fantasy crafted by the human ego that will dissolve as quickly and as surely as our nightly dreams do the moment we awake. In truth, all is one, and that One Reality is eternal, conscious, dynamic, expansive, and alive with intelligence.

It is from this level of reality that you will step into empowerment. As you enter this vibrational field, you will naturally release what is out of alignment with your true spiritual essence. You will reconnect with Source Energy, and remember your true divine identity. From this place of truth, you will know just what to do.

There are many paths and portals to aligning with this unified field of all wisdom, including ritual, art, conscious intimacy, dance, meditation, breathwork, yoga, energy work, chanting, shamanic journeying, and spending time in nature. Enter into any activity with the intention of making contact with Truth. See, perceive, and experience your oneness with All That Is. This will serve as a much-needed spiritual tune-up by bringing you back into harmonious resonance with the Cosmic Dance.

To begin receiving healing frequencies and divine downloads, stand with your feet together and your knees slightly bent. Extend your arms toward the sky at a 60-degree angle overhead, palms facing up, making a large V shape. Look straight ahead and breathe deeply. Feel your crown chakra (the energy center at the top of your head) open, and spirals of cosmic light moving down into your energy field through your crown and extended arms. Continue to breathe consciously as you hold this position for two minutes.

Surrendering the ego-mind to align with the Divine Mind

is the source of true spiritual power. Break through limitations created by your smaller sense of “I” and “me” and activate your visionary awareness of universal consciousness. This is the work of the sacred dancer, just as it is the work of the shaman, the magician, the priest/ess, and the sage.



29. FLOW WITH DIVINE TIMING

RELEASE TENSION AND WORRY AROUND TIME. SPLENDID synchronicity will occur when you let go of the need to control and allow the Divine to plan the agenda and orchestrate the details.

The Cosmic Dance is a concentric, spiraling flow of light and vibration that gives birth to time and space. By choosing to trust in divine timing, you call in the pulse of creation and bring harmony and order into every area of your body, mind, spirit, and life. You tap into the wisdom codes of the Cosmic Dance and step into deeper levels of understanding, alignment, and spiritual power.

This dynamic occurs when a dancer soulfully embodies the beat of the music. Such surrendered synchronization unlocks an instant, soul-level synergy. Performers and audience alike feel it deep in their bodies and hearts, like portals flying open and

puzzle pieces locking together. This is the transcendent 'why' of the dance. Such moments allow us to glimpse and align with the macrocosmic unity that underlies, interweaves, and animates All That Is.

Just as a song seduces you to dance to its rhythm, the Universe is always conspiring to guide you toward your highest and most enjoyable destiny. First, you must release your limiting concept of time and be open to the currents of divine time, which flow in endless circles, spirals, and figure eights. It is impossible to conceive of this with your rational mind, but it is something you already know with your intuitive awareness. Open up to the best possible outcome in this situation by trusting the Universe and embracing the truth — that everything is eternal, cyclical, and interconnected.

Dive deeply into the spiraling dance of divine timing, and you will begin to experience portentous 'coincidences' and other clear messages from Spirit such as recurring number patterns, words, songs, or symbols appearing to you in the physical world. Listen intently to all of it and take action accordingly. Harmonize your life with the music of the spheres and dance with the wild divine.

Remember that this is a co-creative experience. Create your own melody as you imprint and implant your intentions into the unified field. Be mindful of how and what you are weaving into the tapestry of time. Your thoughts, words, and actions reverberate powerfully throughout the multidimensional web of existence.

To step into the flow of divine timing, play some rhythmic music that makes you want to move. With your feet shoulder distance apart and your knees soft, extend your arms gracefully to the side or place your hands on your hips. Keeping your hip

bones generally parallel to the earth, gracefully slide your hips side to side in time with the music. Stay with this movement. If your body wants to move in other ways (like foot stomps or hip circles), go with it.

Dance in time with the universal rhythm and the interconnected perfection of life will be fully revealed.



30. BE ECSTATIC

AT THIS VERY MOMENT, YOU ARE ENCOMPASSED IN BEAUTY. Sumptuous delights are being broadcast to all of your senses, including your sixth sense, which is the source of your spiritual awareness and intuitive knowing. All this bliss merely awaits your attention and receptivity.

Liberate your energy now by reveling in the constant flow of pleasures that comprise this glorious earthly experience. Dissolve into this colorful, pulsating world of luminous beauty, and become one with it. Let it be the music that arouses and energizes the dance of your life. Let go, dance wildly, and feverishly enjoy the wild succulence of being in your physical body.

There is no need to postpone enjoyment until some external goal is realized, or a condition is met. Being alive is enough! You are here in this scintillating world, in a multi-sensory physical

body, capable of enjoying all the pleasures that life offers. Doors of opportunities and blessings will fly open when you allow yourself to be intoxicated by the fragrance of a flower, swept away by the splendor of a sunset, magically moved by a musical piece, or deliriously delighted by a delicious dessert.

If divine beauty currently seems out of reach, ask yourself if you have disconnected from your body or closed off your heart out of fear, worry, or woundedness? Of course, being radically open can feel vulnerable, but you miss out on so much when you shut down and numb out. When you consciously relax, reconnect, and re-attune, you will discover that your senses are a gateway to the Divine.

Ecstatic openness is an aspect of erotic empowerment — it allows you to feel, respond to, and embody erotic energy in a way that includes your sexuality, but is not limited to it. Embodying the fullness of your pleasure is a prerequisite to stepping into your power. This means owning who you are without apology, and with unwavering self-esteem, self-love, and self-respect.

An effective way to unlock your everyday ecstasy is to perform the following movement. Stand with your bare feet flat on the ground, about twice shoulder-width apart. Bend your knees slightly, so your stance is comfortable, centered, and grounded. Begin to move your hips slowly and sensuously in a circle. See how much room you can take up with your hips, and feel the pleasure of increasing openness as you make the circles as big and decadent as you possibly can. Enjoy this process as you play with the speed and size of the circles. Reverse directions when it feels right.

The creative force of the Universe courses through your body, throbbing with the magnetism of desire and delight. Release your inhibitions and surrender to this force, now.



31. TAP INTO PRIMAL POWER

IT APPEARS THAT YOUR LIFE, OR SOME AREA OF YOUR LIFE, has become stagnant, stuck, or overly predictable. To get things moving, you must let go of the need to control. Tap into your fiery passion, and enjoy the liberation that comes from expressing your wild and untamed nature. In this way, you will reconnect with your primal power, which is a source of unlimited creativity and fulfillment.

Whether you can feel it or not, there is a burning need within you to bring forth something specific. Perhaps it's a career, a business, a creative endeavor, a conscious upgrade in any life area, or another bold and positive new step.

You will discover what this is, or gain clarity on how to move forward, when you reconnect with the raw force of your inner fire. It is no longer sustainable to tiptoe, play nice, or give away

your power in any way. Own who you are, stop apologizing for what you want and allow your words and deeds to flow from your deepest and most primal self — right this very minute.

You are an earthly manifestation of Shakti, the alive and dynamic force of creation. Invoke this force now. Let it guide you in taking risks, blazing through boundaries, and transcending everything that formerly seemed to hold you back.

You will further benefit from honoring the force of physical desire in your body and your heart. Desire is the holy and divine energy that creates worlds, magnetizes, and catalyzes relationships and allows you to birth beautiful new conditions into form. Release any shame and guilt around desire, and remember that physical pleasure is a sacred gift of the Goddess to all her earthly children.

Rekindle your untamed awareness of your physicality. Celebrate the pulse of nature as it courses through your veins. Feel Mother Earth's heartbeat as your own. Howl at the moon, dance naked in the wind, and move your body for the sake of how good it feels. Feel your unity with the rhythms and cycles of life, death, and rebirth. Stir the cauldron within you, come into glorious communion with your instinctual self, and rise into authentic action.

To unleash this energy through movement, put on some music that inspires your wildness, and that feels deep, potent, and earthy. Ideally, play it loudly. Stand with your bare feet flat on the floor, knees slightly bent. Feel your connection with the earth and consciously relax your root chakra (tailbone) area. Begin powerfully rocking your pelvis back and forth in a 'twerking' movement. If it feels right, you can also move your hips in wide

circles to awaken the life force energy at your belly. Feel fierce, take up space, let go of the need to look pretty or be polite, and liberate yourself completely.

Reunite with the primal power that is your birthright. Channel that power toward living the life you want, manifesting all the desires of your heart, while enjoying complete freedom of personal and creative expression.



32. CREATE SACRED SPACE

BEFORE YOU DANCE A SACRED DANCE, YOU MUST CHOOSE a space lovingly dedicated to your divine purpose. Similarly, whatever it is you wish to have or experience is waiting in the wings until you make a place in your life for it to flourish.

This card comes as a gentle reminder to create space in your life for the desires that are nearest and dearest to your heart. For example, if you yearn for a romantic relationship, have you made sure your home features places that are conducive to sharing life with a partner, such as a sensual bedroom or intimate dining area? If your goal is to become a professional dancer, do you have somewhere to practice, and have you scheduled time to dance? Make room for the Divine to co-create with you. Your entire spiritual support system yearns to fill these intentionally open spaces in your life with beautifully granted wishes and delightfully

realized dreams.

Now is also a time to create sacred space in your home. You can do this by clearing clutter, cleansing the energy with aromatherapy, incense or chimes, setting up an altar, or making design choices that encourage reflection and reverence every day. Ultimately, this includes anything that supports you in how you want to feel.

The Sanskrit word for the energy center at your heart area is anahata, which translates to 'un-struck' and relates to the element of air. If the manifest world is the sound of a drum, anahata energy was there before there were drums or drummers to strike them. If the manifest world is a fire, anahata energy existed before any two sticks had been struck together to create a spark. This still, silent, un-struck energy eternally abides within your heart chakra and is at the very core of who you are.

Create space in your body, mind, and spirit by sitting or standing comfortably with your spine straight. Touch the pinkie finger edge of your hands together while holding them in a slightly cupped position (i.e. gently bend the large knuckles of your hands). Extend your cupped hands about a foot in front of your heart area with your palms facing inward toward the body. Inhale and exhale deeply as you allow your heart space to expand. Imagine that your breath is filling all the cells of your body with light. Continue to hold this pose while breathing deeply for a minute or two or until you feel a sense of spacious serenity.

Shift your focus from objects to the space that surrounds and connects them, and you will activate the limitless potential of the invisible and unmanifested realm. Stop focusing on illusions of drama, limitations, and discordant conditions and instead

place your attention on the unchanging reality of infinite space. Look beyond the surface and see the underlying field of universal interconnectedness that creates, nourishes, and sustains all things. This is divine presence and infinite intelligence, which is ultimately who you really are.



33. FINE TUNE

BEING IN TUNE IS BEING IN ABSOLUTE ALIGNMENT WITH Divine Source Energy. As an alive and dynamic being, fine-tuning is a lifelong process. Throughout your journey, you will be called to come into greater and greater levels of balance, mastery, and joy.

Like a concert cellist is awake to the tiniest adjustments required to play the most harmonious sound, you must initiate the loving shifts that will allow you to come into greater resonance with the most authentic and melodious expression of you.

With absolute love, take an honest look at yourself and your life to discover what may be out of alignment. Without judging or berating yourself, become acutely aware of how you are spending your time, fueling your body, inspiring your mind, and nourishing your spirit. Do your words, actions, habits, relationships, and

activities fully support your highest hopes, your spiritual values, and your regular connection with God/Goddess/All That Is? Have you been aligning with the purity and truth of your divine essence and Source, which is ultimately the highest and most harmonious vibration of love? Or is it possible that you've been aligning with something else, such as fear, worldly ambition, or low self-worth?

Remember that your life is perfectly unfolding, and you have drawn this card as a loving nudge at precisely the right time. All that you have learned and mastered up to this point supports you in your journey of continued expansion, and none of this expansion would be possible without 'mistakes' or 'missteps' which are immensely valuable for your soul's evolution.

Still, it can be uncomfortable to purify and release the things that keep us out of tune, particularly when they involve addictions to substances or behaviors such as codependency, in relationship with others. Release all that no longer serves you and have compassion and patience with yourself during the process of upgrading your life and raising your vibration. Hold the clear inner vision of standing in sovereign, self-loving integrity, and you will not fail to become a pure channel through which divine wisdom and beauty will flow.

This movement and vocalization practice will immediately bring you into greater resonance with love and Source energy. Stand with your feet touching, or just a few inches apart. Raise your arms above your head and touch your palms together in a high prayer pose. With straight legs and engaged core muscles, focus on your root chakra (the area at the base of your spine) and intone the sound "Om," sending the vibration of the sound to this

area. Repeat with each of the other six main chakras — your lower belly, your upper belly (above your belly button), the middle of your sternum (your heart center), your throat, your third eye (at the center of your forehead, just above your eyebrows), and the crown of your head. With each “Om,” feel or sense the energy center healing, relaxing, balancing, and detoxifying.

As you purify and uplift your vibration, you simultaneously increase your ability to channel the divine qualities of beauty, harmony, and love, and to pour them forth upon the world.



34. FEEL

A SUNNY DAY CAN BE A BEAUTIFUL THING, BUT IF EVERY DAY were sunny, you would begin to miss the soul-shaking rumble of thunder and the heart-cleansing catharsis of pounding rain.

Likewise, valuing happiness above all other emotions will unfailingly begin to feel shallow and stale. In truth, all emotions are equally valuable and vital. Do not fear your sadness, anger, vulnerability, or rage. Instead, fear the inert emptiness and physical dis-ease that result from turning away from your feelings or refusing to acknowledge their presence or their depth.

At times it may seem that feeling your feelings could annihilate or overwhelm you. This is never true. It is simply your ego protecting itself. In reality, as long as you don't judge or resist your feelings, they will bring you clarity, connect you to your inspiration, and crack you open to the fullness of your joy.

Other times, it may seem that your feelings are missing, hiding, or otherwise out of reach. If you can't remember the last time you cried from the depths of your being or laughed so much that tears ran down your face, it's a sure sign that you need to do some soul searching and discover what your heart is yearning to communicate.

Your emotions are the wellspring at the heart of your being. Whether defined by others as positive or negative, it is when emotions are flowing that you will experience joy. Remember, joy is not a synonym for happiness. Joy is flowing emotion — grief or laughter, pain or pleasure, heartbreak or euphoria.

When you look closely at the nature of every emotion, you will find that its true identity is always love. When you rage at injustices, why do you rage? Because you feel love for those you believe have been mistreated. When you suffer after a breakup, why does your heart ache? Because you remember love or yearn for love. When you cry at the loss of a friend or animal companion, why do you cry? Because you feel transcendent love — love that goes beyond this physical realm and embraces eternity.

If you shrink from or deny the pain of love, you will also cut yourself off from the pleasures of love. When you practice opening your heart again and again, no matter what emotions wash through you, you will begin to find that all genuine feeling is pleasurable in the sense that it is a release — a freedom to flow with what is true for you in the moment. The key is to let down your defenses and breathe into everything you feel.

To get your feelings flowing, stand with your feet shoulder width apart and your knees slightly bent. Move a wave of undulating energy through your body in the following way. Begin

by pulling your lower abdominal muscles toward your spine to tap into the storehouse of energy that resides near your pelvic floor and lower abs. Visualize drawing this energy up through the central channel of your spine. As it moves upwards, lift your chest and heart area toward the sky by drawing your shoulder blades together and down towards your lower back. Continue to direct the rise of energy upward by lifting your gaze and arms over your head. Allow yourself to sense and feel the awakening energy as it flows through your body from your pelvic region to your heart and then up and out over your head. Continue this undulating motion as you envision energy moving up your spine and out toward the heavens.

There are great wisdom and power in your feelings. Connect with them. Listen to them. Treasure them.



35. SUMMON THE RAIN

AS OUR WISE ANCESTORS KNEW, DANCE IS THE MOST powerful form of ritual and prayer. Dance allows you to interface with the sacred realms, and connect directly with the Cosmic Dance itself. Conveniently, it utilizes the most powerful divine channel and magical tool there is — your body.

In every human culture, dance and song are the most ancient forms of worship, prayer, devotion, and celebration. Therefore, you can be certain that the primordial instinct to engage in ritual dance is encoded in your DNA. Ritual and ceremony offer you a chance to attune more deeply to the sacredness of your life and the cycles that flow through it, just as they did for your ancestors.

What's more, your body responds to direct and focused intentions. Like a crystal wand, it can direct, guide, and amplify energy. Ritual dance allows you to have an immediate experience

with, and direct response from, the sacred streams of wisdom that naturally course through your being from the Great God/dess. And when your movement is imbued with emotion, inner vision, and clearly expressed desire, your prayers are powerfully activated and affirmed. That's why you are now being called to embark on this embodied journey of release, revelation, and connection.

What is it that you truly desire? What are your highest visions? What is your most ideal outcome? Get very clear on your most treasured intentions and access your natural power to create positive change. Do this by performing a dance ritual and expressing your prayers through movement.

A simple way to do this is to state your intention clearly. Phrase it in the present tense, as if already true. For example, "I am in love," "I am healthy," or "I am worthy." Then tune in to the feeling as if it's already present in your life experience. Carefully choose a piece of music that is in alignment with this feeling. You may like to adorn yourself with apparel and accessories that go along with this feeling. Set the mood with candles or incense to reinforce your intention. Once you've prepared appropriately, play your music and dance in passionate celebration. Explore moving in patterns that create shapes, and symbols that represent your intention. For example, big hip circles could be a shape that represents feeling worthy, or stretching your arms outward could be a symbol of being open to love. Feel gratitude for manifesting your clear intention into form. Embrace your divine nature and intuitively attune to the frequency of that which you are summoning.

A dance ceremony allows you to access and direct the potent, creative energy of your body temple by bringing your mind, body,

and spirit into integrated harmony with All That Is. Channel your intentions into sacred movement, and you will taste the divine nectar of your full presence and gain access to your full powers of manifestation.



36. PLAY

PLAY IS NOT FRIVOLOUS, IMPRACTICAL, OR EXTRA-CURRICULAR. Play is necessary.

Just as your body needs food, water, and rest to function optimally, your soul needs play to flourish and thrive. Play also helps us to stay physically healthy. A dose of joy dissipates stress and brings the body into a greater state of harmony and ease.

The situation at hand will be best served when you stop taking things so seriously. Let go of intense pursuits and obsessive focus on progress. Instead, measure your success by belly laughs, pleasure-filled moments, and everyday exuberance.

When you follow your sense of wonder and take time to do things that you truly enjoy, your life will instantly benefit. Set the intention to laugh more, to lighten up your perspective, and to have fun with whatever you're doing. Let go of the old story that

play is only for children.

In this fast-paced, high-tech world, you may need to write play into your schedule and make it a non-negotiable item on your agenda. Play is medicine for the soul — you absolutely must take your daily dose! Immersing yourself in the frequency of joy will give your entire system a powerful reboot. What's more, playfulness stimulates your creativity and blesses you with vibrant new ideas, projects, and possibilities.

The Sanskrit word, *leela*, translates to divine play. It reminds us that the entire manifest world is the playful design of the Divine Consciousness. When we cultivate playfulness in our lives, we awaken universal creativity within us and become a microcosm of the spectacular dance of creation.

Replenish your sense of childlike wonder. Open up to the gleeful glory of sunshine sparkling on water, the magic of flowers, and the sublime dance of cloud pictures in the sky. Re-orient your mind and heart to the realms of 'make-believe.' After all, it is your perspective that brings the sparkling, subtle energetic realms into view. Choose now to chase rainbows, fly with the fairies, swim with the mermaids, and run with the unicorns!

What is it in this world that fills you with giggling, exuberant wonderment? It is of vital importance that you take the time to find it.

You are also counseled to rediscover the initial joy that once drew you to your passions. Often, we love something so much we commit to it as a craft, discipline, or career path. And this is wonderful! Still, we must make a point of regularly rediscovering the lighthearted excitement that inspired us to commit to that path in the first place. Dancers must remember the joy of

dancing with wild abandon. Writers must remember the pleasure of writing in a journal for personal gratification. Athletes must remember the satisfaction they felt when they first discovered their chosen sport.

To lighten up and rediscover your natural playfulness, skip! Skip down your sidewalk, around your house, or barefoot across your lawn. Feel your heart soaring, your blood pulsing through your veins, and your spirit breaking free.

Like a child who innately trusts in life without attempting to analyze, understand, or control, let go. Be fearless and jump into the wild unknown. Surrender to the flow, laugh at yourself, and experience true liberation.



37. CONSULT YOUR BODY'S WISDOM

YOU ARE A SPARK OF DIVINE ESSENCE CRYSTALLIZED INTO physical expression. Your body is the holy vehicle that carries this sacred spark. The superb and supreme intelligence that creates and sustains galaxies also flows through and animates your human form.

Remember this truth, and honor your body in the fullness of its divine design. As an expression of the Divine Mind, your body is sacred, perfect, and precious precisely as it is. Even the physical challenges you may be experiencing are your body's way of communicating to you about ways you can love and care for yourself more thoroughly and meticulously than ever before.

What's more, there's a good reason we have sayings like "butterflies in my tummy," "lump in my throat," and "I'm going

with my gut.” Our body always gives us feedback about what is nourishing, healthy, and positive, as well as what is depleting, dangerous, and compromising.

Even though it doesn't use words, your body is always talking to you. Are you listening?

Take a moment now to consider how endlessly loyal and supportive your body is. It breathes your air, pumps your blood, absorbs your nutrients, and detoxifies your organs, 24 hours a day, seven days a week ... even while you are sleeping!

Tune in to your body now. Cultivate a loving relationship with your physical and energetic self, and open up to the profound wisdom that lives in every cell, every function, and every interconnected system within the sacred temple that holds your life force essence.

Connect with your body's vast store of intelligence by forming a triangle with your hands. Do this by flattening your palms, fingers tight together and thumbs extending out. Touch the tips of your left and right pointer fingers together and also touch each thumb tip to create a triangle of space between your hands. Place this triangular hand position on your womb space or lower abdomen with your palms facing inwards. Touch your body in such a way that the triangle and fingertips are pointing downward. Next, flip the hand position to be an upward facing triangle directly in front of the heart center with the palms facing out. Then release the triangle gesture as you lift your hands above your head with the base of your palms touching. Splay your fingers outward to form a lotus or chalice-like position with your hands. Gracefully sweep your arms outwards and downwards, and then repeat this three-part movement sequence from the beginning. (Downward

triangle at lower belly, upward facing triangle at heart, hands in a lotus shape above your head.) As you touch your lower belly, feel that you are aligning with power. When you bring your hands to your heart, attune to the frequency of love. And when you reach your hands above your head, channel divine wisdom from the Infinite Source.

When you strengthen your relationship with your body, you tap into a vast and infallible source of God/dess power. Listen deeply and follow your body's wisdom.



38. COLLABORATE

WHILE WORKING ALONE IS SOMETIMES WHAT YOUR SOUL desires, respectful collaboration with one or more people is going to nourish you, at this time. When diverse ideas and skills come into play, a project, situation, or relationship will transform into something far more successful and beneficial.

Divine synergy is in the air and on the horizon. Synergy may be defined as a merging of energies that is greater than the sum of its parts. Divine synergy means these energies have been guided and brought together by Source Energy to bring about something truly exceptional — something that will bless the world on numerous levels and in all directions of time.

Just as multiple streams flow together to form a raging river, you will find greater resonance and flow when you join forces with other vital currents of inspiration and life force energy.

The urge to connect lies deep in the human heart. The whole of existence is an interconnected web of life and experience. Celebrate this truth and weave ever-wider levels of cosmic unity by generously contributing your talents and passions to a greater whole. Connect, foster community, and combine your superpowers with those of others.

This is not merely about sharing a workload or promoting teamwork, but about the dynamic alchemy that will occur when you consciously co-create via a partnership or group. When you do, you'll discover that collaboration is a glorious pathway to personal growth. It requires you to surrender your ego and make space for your unique soul to create and express itself through your team. Growth happens through the vulnerability it takes to weave your precious ideas and abilities with those of others. And in the process, something new, fresh, and alive will be birthed into being.

On a global scale, even the 'smallest' divinely synergistic collaboration contributes to reversing the societal distortions of competition and comparison, counterbalancing strife and dissonance with harmonious and resonant unity.

On a more personal level, engaging in respectful collaboration will magnify your talents and allow them to flourish. Your partner(s) will recognize your sparks of genius, kindling and stoking them into blazing fires. In turn, you will feel free to explore these talents in greater depth when you relax in the knowing that you don't have to do everything yourself — your collaborator(s) will step in and generously add their strengths to the mix.

Invite divine synergy into your life by touching your pointer fingers to your thumbs and linking these two circles together.

Curl the other fingertips of each hand in toward your palm, and hold this collaborative hand gesture in front of your heart area, extending your elbows out to each side so that your forearms are parallel to the floor. Close your eyes, breathe deeply and consciously, and be willing to give and receive support as a member of a cooperative partnership or group.

Bring the best outcome to a current project, endeavor, or situation by blessing it with the gifts of varying viewpoints and areas of mastery. This will facilitate a deeper, richer, and more well-rounded result and provide a platform for ingenious ideas and solutions.



39. SLOW DOWN

ADOPT A SLOWER PACE AND BE OPEN TO THE RECEPTIVE realm of beauty and magic. The fulfillment you seek through external striving is waiting to be discovered within, where your heart's wisdom and divine connection await.

Approaching life in a less hurried manner allows you to enjoy your everyday moments more fully, connect with your loved ones more deeply, and express your unique genius with greater mastery and style. It also prevents burnout and exhaustion.

In physical disciplines such as yoga and dance, rushing through your moves diminishes the power of your practice. Adopting a more leisurely tempo in every part of your life will amplify your energy, clarity, and effectiveness.

Your diligence can serve as a sturdy anchor in the tumultuous tides of life. The time is right to mitigate potential sloppiness,

excess, or fatigue by distributing your effort in a clean, clear, deliberate, and precise way.

Remember that life is what you do every second of every day. It is not a race to something else. Release attachment to the end goal and find present moment joy in every project or undertaking that comes your way, whether you're rehearsing on the stage, performing on the stage, or sweeping the stage.

Going slowly will ensure that you build a solid foundation for all that you want to create and manifest. Just as learning to play a new musical instrument requires painstaking and methodical steps, you must take the necessary time to internalize all that you learn along the way. Once you achieve ground level proficiency, your efforts will naturally gain in speed and complexity.

Why push yourself beyond your capacity, when you can open to the eternal realm of relaxed enjoyment and ease? Relax, dear one, and be at home in the world. You have no competition, for there is no other like you. Therefore, your dance of destiny is unique, and your gifts are things that only you can share. Give yourself plenty of time to perfect and polish your offerings. Expand into a sense of abiding calm and enjoy every single step along the way.

Bring this wisdom into your body by coming into a comfortable seated position. With a relaxed and straight spine, rest your hands on your knees with palms up. Lightly touch the index finger and thumb of each hand. Become aware of the subtle connectivity between these fingertips. Inhale and imagine energy flowing down the central channel of your body to your root chakra (the place where your tailbone rests upon the earth, cushion, or chair). As you exhale, imagine sending energy back up

through your spinal column and out through the crown of your head. Continue visualizing energy moving down as you inhale, then up and out as you exhale.

Release mental chatter. Get out of your head and into your body. Release attachment to outcome and step into a soft, open state of enjoyable exploration.



40. LOOK IN THE MIRROR

LOOK DEEPLY AT THE SITUATION AT HAND. IT IS NOT COMING from outside of you. You have brought it forth as a mirror of some aspect of your soul. Knowing this, how can you shift it in a way that is most empowering to you, and that brings about the best possible outcome for all concerned?

Just as you have manifested this situation, you also have the power to change it according to your will. While you may be tempted to blame fate, chance, or other people for challenges or hardships, when you don't take full responsibility for each and every condition in your life, you forfeit your power to create the positive changes you desire.

Guilt and blame are worlds away from responsibility. In other words, drawing this card has nothing to do with feeling guilty or placing the blame on yourself. In fact, guilt and blame have no

place in this issue at all! Instead, you are being reminded to dwell in a state of calm neutrality as you recognize the outside world as a reflection of yourself. The next step is to learn, grow, expand, and evolve in precisely the way the situation requires.

If the presence of your inner reality in this external condition is not immediately apparent to you, know that it is your unconscious and subconscious beliefs, habits, and traits that are projected outward to create your life experience. You will benefit from shining the light of consciousness into the shadows lurking under the surface of your awareness. Peer into the mirror of truth and look deeply at the aspects of yourself you may not have previously wanted to accept. Pay particular attention to the traits in others that especially hurt, annoy, or irritate you. Where may you be harboring similar or identical traits? For example, if you feel resentful toward another for not valuing your time, how can you set better boundaries and make more time for the things you care about? If you feel mistrustful of another, in what ways have you been untrusting of your inner voice?

Even though this sort of shadow work can appear intimidating, it is among the most liberating inner work that you can do. Just like bright light disperses darkness, the radiance of your conscious attention can dissolve these old shadow stories and free you up to experience ever-expanding degrees of happiness, harmony, and success.

Embody the message of this card by looking into a mirror and expressing love. Even if you feel silly or awkward, touch your heart, look deeply into your own eyes, and say, "I love you, [your name]." Then touch your forehead and say it again. Repeat this (going back and forth between your heart and your forehead)

until you believe yourself. Throughout the process, lovingly take note of any painful thoughts or feelings that come up.

With immense respect for yourself and everyone concerned, become more conscious of your role in this situation. Align yourself with the truth of your essence as love. Connect with your heart's deepest longing to embody, serve, see, and be love. Once you do this, everything will immediately change for the better.



41. NOTICE THE PATTERN

IN MUCH THE SAME WAY THAT A SONG RETURNS TO ITS chorus, the object of your inquiry has been a recurring pattern in your life. Look back and identify its history and origins. When you locate the repetitive melodies in the orchestra of your life, you can rewrite the song and dance to a different tune.

Move beyond the surface layers of your life to uncover the belief systems, values, and paradigms that are creating the underlying patterning of your reality. With pure love and unconditional self-approval, be willing to examine the filaments and threads that are weaving the fabric of your experience. What is familiar about this situation? How far back can you trace it?

It may be that the situation you're experiencing has roots in your personal history. It could go back even further to the history of your family, heritage, culture, or even your past lives.

We often feel frustrated when we identify the reappearance of a challenging pattern because we imagine we've been running around in circles. But this is never the case. What looks like a circle is a spiral dance, bringing you even closer to the center of your soul. Each time a similar lesson appears, you have the opportunity to learn it in a new and more profound way until you master and ultimately integrate it. You will treasure every twirl of the spiral dance, as you come to see all the power and wisdom you've gained along the way.

Receiving this card is auspicious because it means it is time to acknowledge this old pattern so you can transform it, transcend it, and set yourself free.

Assess and affirm your values. Clean up outmoded belief systems. Get rid of faulty foundations and send strong, healthy roots deep into the fertile soil of cosmic co-creation.

To embody the wisdom of this card, take your time and select two songs — one that represents the old, challenging pattern you're ready to let go of and one that represents the new energy you'd like to call in. First, dance to the song representing the old pattern. Feel how ready you are to let go of this energy and connect deeply with just how far back it goes. Then, as you dance to the new song, feel yourself shifting, dispersing, and releasing the old pattern. Establish the beautiful new feelings and conditions you are now choosing to experience.

Your new awareness will activate your freedom. Clarify what you don't want, choose what you do want, and be unswerving in your determination to organize your life around that choice.



42. BE MAGNETIZED

THE MAGNETIC DESIRE YOU FEEL IS DIVINE IN NATURE. The energy of attraction — toward a path, person, hobby, place, practice, culture, or something else — is what propels and perpetuates your growth and expansion. This card asks you to pay close attention to what you are naturally drawn toward, and then to move fearlessly in that direction. The magnetism you feel (which may take the form of curiosity, interest, or excitement) is a cosmic message that something beautiful is awaiting your discovery.

Even if you don't understand or can't foresee where this compelling force of attraction is leading you, allow yourself to be driven by it and you will experience powerful alignment with your true purpose and path.

Is there a relationship, project, undertaking, or endeavor that

your heart wants to invest in, but your mind tells you there's some reason why you shouldn't? For example, some people talk themselves out of going back to school by saying they're 'too old,' don't pursue a dream because it's 'too risky,' or avoid yoga because they're 'not flexible.' If you can identify a storyline for yourself, it's great news! It means you now have the ability to step out of the self-sabotaging narrative so you can acknowledge your dream and bring it into form.

The benefits of following this magnetic inner guidance are immense. You will begin moving with the current of your dreams, which will propel you toward your ideal life. You will also burst out of ruts and begin to transcend long-standing patterns of boredom, stagnation, anxiety, and depression.

Be assured that like attracts like. By honoring the magnetic force within you, you will activate and increase your magnetism. You will feel and be more dynamic and attractive, and all forms of positivity and blessings (such as wealth, romance, happiness, and success) will naturally be drawn to you.

Feel this natural momentum and magnetism by standing with your feet slightly more than hip distance apart, knees slightly bent. Begin to twist your torso back and forth at a steady pace, rotating from the mid-lower spine. Relax your arms and hands completely, letting them naturally careen through the air and wrap around your middle as you twist to one side and then the other. Notice how your arms extend outward as you twist, and then, at the furthest point, connect with your abdomen and back. Feel the natural pull of this force, the enlivening movement, and the interconnection throughout your heart, your belly, and your mind.

Your body's messages will steer you toward your most significant life experiences. Drop into your body and check in with your dreams to notice where you feel the pull. Say yes to your enthusiasm, and bless your life with indescribable joy.



43. CONSCIOUSLY COMPLETE

THE COSMIC DANCE IS A NEVER-ENDING SPIRAL OF ENDINGS and beginnings. Every ending is also a beginning. Consciously honoring the completion of something allows you to garner, assimilate, and integrate the gifts of the past as you simultaneously open yourself to the new.

Receiving this card indicates a cycle is ending or has recently ended. An experience, relationship, or project is coming to a close. Alternatively, an old behavioral or psychological pattern is ready to be released. To establish closure, consciously work in the realm of energy, emotion, frequency, and vibration. This will ensure you are not weighed down by past events. Additionally, it will ground and dissipate any extra energy that you no longer need.

No matter what is ending or has ended in your life, feel appreciation and gratitude for everything it taught you, and for

all the big and small blessings it brought you. If it's something you're ready to release, accept and embrace the experience and acknowledge the many lessons it brought. If it's something that's challenging to let go of, feel grateful for having had the experience.

The completion of a cycle is a perfect time for ritual. This ritual can be as simple or as detailed as you wish, as long as you set the intention to alchemically synthesize and metabolize all the many blessings the cycle brought about in your life. Once you do, lovingly let it all go. Breathe deeply and relax your mind, body, and spirit. Surrender any details, outcomes, and attachments, to the Universe. You can do this with absolute trust when you remember the Universe will harmonize and calibrate all excess energy and bring all associated aspects and effects into divine and perfect order.

Connecting with the grounding, receptive energy grid of Mother Earth is an ideal way to perform such a ritual. Do this simply and effectively, through movement. Stand with your heels together, and toes pointed out. Place your hands in prayer pose and with a straight spine, squat all the way down until your tailbone is resting near your raised heels, and your knees are pointed outward. Close your eyes and breathe deeply, feeling grateful for the experiences and the blessings in your life — known and unknown, past, present, and future. Breathe into your heart and let it soften and open to the endless flow of change that comprises this life experience. Then place your palms flat on the floor in front of you. Feel and sense any excess energy in your mind, body, and auric field flowing out through your palms and into the earth. Be willing to release all attachments to the condition that is drawing to a close, and trust Mother Earth to

ground and center you. Allow yourself to be open and receptive to the fresh new conditions and opportunities ahead.

Put the past to rest. Let go and move forward with lightness and joyful expectation. Remember, endings are a natural and necessary part of life. They bring needed blessings and growth, and they always make way for beautiful new beginnings.



44. MASTER THE DANCE

ON THE SURFACE, IT SEEMS THE WORLD — INSIDE AND outside of you — is filled with movement, color, form, and noise. But tune in even deeper, and you will perceive the eternal, silent stillness behind all appearances and manifestations. Now is a time to enter fully into the stillness and to come into a state of complete and single-minded presence. This is what it means to 'master the dance.'

The time is right to gain greater mastery in a discipline, an art, career path, or other area. Or, to step into greater self-mastery regarding your entire life experience. Whatever dance you are being called to master, set the clear intention to do so, and commit to devotional, dedicated, daily practice. Spiritual practices — such as meditation, prayer, and spending quiet, solitary time in nature — will also support you in attaining new wisdom, expertise, and

personal power.

You are a full-spectrum being. You embody archetypal polarities such as dark and light, lunar and solar, feminine and masculine, and intuitive and rational. When you honor and unite these energies within your being, there will be balance. You will connect with your wholeness, live your power, and feel at home in the world.

Choose to harmonize and calibrate the energies within and around you, and then fearlessly face and embrace all that is happening in your mind, body, spirit, relationships, environment, and life. Once you do this, you will activate your full potential and become the captain of your fate.

No embodied movement will bring you into harmony with the wisdom of this card quite like the Nataraja pose. This is the favorite pose of the Hindu god, Shiva, who is synonymous with both the Cosmic Dance and the vast, empty, open presence that underlies the entire manifest world. To come into Nataraja pose, balance on your right foot and sweep your lifted leg across the midline of your body so that your left foot hovers a couple of feet from the floor on the right side of your body. While keeping your fingers tight together and your palm flat, hold your right hand to the outside of your right shoulder, about a foot in front of your body, with your palm facing outward. Cross your left arm across the midline of your body and touch the top of your left wrist to the bottom of your right wrist. Allow the left hand to dangle loosely. Hold this pose as you focus on a point in front of you and breathe steadily for at least a minute. Feel yourself balancing, harmonizing, and coming into a state of immaculate focus and calm.

This moment is a sacred opportunity to learn to anchor your consciousness in the still, silent center of All That Is. Once you do so, you will master the dance, come into harmonious alignment with truth, and establish unshakable inner peace.

ABOUT THE AUTHORS



Photo © Ted Bruner

TESS WHITEHURST

Tess has been interested in all things magical since childhood. Her parents remember the way she casually referred to the different colors around people's heads and shoulders, and at preschool age, her backyard activities included intuitively performed nature rituals and speaking with faeries.

For more than a decade, she has helped thousands through her books, articles, live workshops, and online classes. She co-hosts the Magic Monday Podcast and teaches magical and intuitive arts via her online community and learning hub, The Good Vibe Tribe Online School of Magical Arts.

An award-winning author, feng shui consultant, and intuitive counselor, Tess presents ancient, sacred, and empowering wisdom in a friendly, joyful, and accessible way. Her work is focused on inspiring wonder, courage, confidence, and a positive life momentum.

In addition to creating the *Magic of Flowers Oracle* and co-creating the *Cosmic Dancer Oracle*, she's written nine books that

have been translated into eighteen languages. Her articles have appeared in places such as *Writer's Digest*, *Spirit and Destiny*, and *Llewellyn's Magical Almanac*. Tess's books include *Magical Housekeeping*, *The Good Energy Book*, *The Art of Bliss*, *The Magic of Flowers*, *Holistic Energy Magic*, *Magical Fashionista*, *You Are Magical*, and *Unicorn Magic*. She's appeared on morning news shows on both Fox and NBC, and her feng shui work was featured on the Bravo TV show *Flipping Out*.

Tess lives in the Rocky Mountains of Colorado with her longtime boyfriend and one extremely fabulous black cat.

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Photo © Carrie Meyer

SEDONA SOULFIRE

Sedona is a present-day priestess who offers her work in the rich realms of ritual, community circle, cyclical magic, art, movement, and dance.

She shares weekly dance classes, sacred movement workshops and ritual embodiment retreats internationally and locally in Portland, Oregon, USA. In addition to live events, she offers online resources through her website and online global dance

studio Datura Online. As an ordained minister and ritual priestess, she holds community ceremony and circle. As a performing artist, she shares her own synthesis of eastern dance expression.

Sedona has been immersed in dance and performing arts her entire life. For the last two decades, she has had a special focus on eastern dance, yogic traditions, and spiritually centered embodiment. She is a graduate of the American Academy of Dramatic Arts, has been initiated on the priestess path through The 13 Moon Mystery School and studied, performed and taught yoga and sacred dance extensively across the globe. She is the founding member of The Goddess Temple Tribe and producer of the annual Wild Woman NW women's empowerment festival. She offers all of her work in honor and celebration of the beauty, magic, and connectedness of life itself.

Visit Sedona online at **SedonaSoulfire.com**.

ABOUT THE ARTIST



Elinore Eaton is a focused and passionate illustrator and artist based out of Portland, Oregon. She grew up in a cabin under the ancient redwood trees of Santa Cruz, California, surrounded by lush gardens, forests, myths, and fairytales which continue to inspire her today. Her work explores stories, folklore, and new perspectives on universal truths. Elinore uses concept, mood, and symbolism to evoke awe and wonder and the layered meaning, emotion, and spiritual metaphor in her art inspires deep inner reflection.

Elinore has been a professional artist and illustrator since 2010, with a BFA from San Francisco State, and years of self-taught disciplines. She blends traditional watercolor with digital painting for a seamless magical result. Dance is also a major component of Elinore's life and art, and she has been a professional belly dancer for many years.

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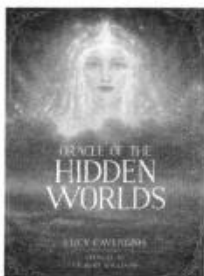
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