

Free User Guide for the Inspirations Angel/Colour Therapy Cards

The inspirations Angel/Colour cards have been designed to help deal with emotions, by helping to access the current emotional state, and to predict a logical outcome. In effect they are a visual help guide containing fifty positive emotions. They have been *channelled* to provide a colour based aid, where a combination of a key word with the colour meanings together with what you see and feel within the Angel, help you to gain your reading. Any spread can be used, and in essence the cards are a guiding hand, helping you to think positively about the future. Whatever question is asked, and how negative the present situation may appear, somewhere there will be a positive outcome.

Card readings are deeply personal experiences, and every one is individual. It was felt that by providing a complete meaning for each card it would result in exactly the same reading for whoever chose that card. Each card listed here is in essence a guiding hand, and helps you to think positively about the future.

All you have to do is to give the cards a shuffle and pick them out at random. Your *spirit/soul* will guide you, so have trust in *yourself* and follow your *inner guidance*.

They may well summarise your current state of *being*, and you may find a theme developing, where all the cards are linked in some way. They may also lead you in a completely new direction that you had never considered before. You may also see a colour wave developing, where there is a predominant colour suggesting a connection to a given emotion. Whatever the outcome, it will be positive.

You may well be drawn to a particular Angel, and it could even be your *Guardian Angel*. If this is the case, then it has a hidden message for you.

There is a wealth of information about Spirit Guides, and how to connect with them in my book *Spirit of the Shaman – Connecting to your Spirit Guides*, as well as a more in-depth guide in my other book *A Way of Being – The Journey to Spiritual Enlightenment*. This book also offers an insight into who and what we are and how this universe of ours really works. It is not just a philosophy but a help guide to these big questions.

If you would like to purchase either book, then they are available at my website www.adrianhollandangels.com

Abundance – Let all good things come to you...

We all have a certain amount of abundance in our lives, whether material, spiritual or love. It is in recognising these things which is all important. Those of us who are loved, and feel this love are the truly abundant ones. For those of us who feel a spiritual abundance, whether it is a connection to *spirit* or due to our beliefs, we feel complete. Financial abundance is what most of us crave, and indeed it can make us feel happy, and open up many new opportunities within our lives. It is only when we have a combination of all three that we can truly feel whole, and in feeling whole we are truly abundant. However, it is also about accepting the level of abundance that we feel comfortable with. They do say that you can have *too much of a good thing*, so balance is all important, and when you achieve this balance then you encourage even more abundance towards you.

Abundance is the feeling of wholeness.

Angelight - I bring light into your soul...

Picture one of those dreary grey drizzly days when life seems dull and then all of a sudden the clouds part and a ray of sunshine burst through sending a shaft of sunlight down through a rainbow of colours in the sky. The raindrops glisten on new shoots and the wonderful smell of fresh flowers begins to fill the air with sweet scent. Angelight is all about the light from the angels descending upon you giving life back its sparkle.

It signifies an end of a run of tough times, or hardship, where the pressure is lifted off your shoulders.

Awareness - I make you aware of others feelings...

Awareness is about becoming aware of all that you have and all that there is to have. Not just the material things, but also friendship and *divine love*. There are many things which we pass by every day failing to notice, they are hidden to us as we become preoccupied with the current, or future tasks that we feel we have to do. In becoming aware of these things it enriches our lives and helps us to live in the *now*, where we can truly connect with the all that *is*. By just taking a few moments to stop life's proverbial *clock*, we can appreciate who we really are, and the richness of life itself.

Become aware of what is around you and you will notice that there is a good deal more out there for you than you could have ever imagined.

Beauty - I help you to share in the beauty of life...

Everything is beautiful in its own way. Do not just dismiss something because it does not appeal to you, or look for faults in an object or person. There is an old proverb which is very true *beauty lies in the eye of the beholder*. If you try to see the positives in all that you see, then you will perceive them differently and see them in a totally new light. It is this light that shines through the veil of negativity that spreads happiness and contentedness. It is said that it takes more muscles to frown than it does to smile. When you smile it enriches all those who see it, and they are tempted to smile back. Smiling can be contagious, and before you know it happiness has spread out all around you.

In looking for the beauty in everyone and everything you can transmute unhappiness into happiness, just like an alchemist transmutes base metals into gold.

Belief - I give you the belief in yourself...

We all believe in something or someone, but the main person we should be believing in is ourselves. It is all a matter of confidence. If we are confident then whatever it is that we would like to do becomes that much easier for us to achieve. Lack of self confidence is the main thing that is holding us back and makes whatever it is we wish to do that much harder to achieve. Everyone is good at something, and talent is not just restricted to those high achievers. We are all capable of great things; it is just a matter of believing in ourselves to make these things possible. Love yourself as you would do others, and when we let our self-love shine out from within us, it radiates out the sunshine happiness, and fills our heart with joy.

When you believe in yourself and what you are striving to achieve, you are already half way to achieving it.

Career - Whatever you do, I am always here to help...

Everyone has a career of one form or another, which is what we do. Being a *housewife* or *house-husband* is just as important as running a major company and earning a large salary. When we meet someone we are inevitably asked – what do you do? It does not matter what you do, it is achieving job satisfaction that is the all-important thing. If we love what we do then it makes us happy, and we feel enriched which brings us an inner wealth. If we do not then it spreads negativity within our lives, which not only affects our own well-being, but the well-being of those around us. It is all about finding those things which make us happy, and doing our very best to concentrate on them. If you are forced into doing things which make you unhappy, then you must strive to change them. It is not always easy, but if you focus your mind on opening yourself up to new opportunism and take them when they arise, then you can achieve that all important job satisfaction. In putting up with situations that you are not happy or comfortable with, you are not being true to yourself.

Strive to do those things which make you happy and when you find those things, peace, harmony and enrichment flow.

Change - My gift is one of transformation...

Legend says that on the highest peak of *Atlantis* was built a temple, and in this temple was housed a bell. This bell was constructed out of a metal that no longer exists on Planet Earth, and when it rang it signalled communication from the *spirit* world. This bell was known as the *Bell of Azrael*. In mythology Azrael is known as the *Angel of Death*, and helps those whose loved ones have crossed the *Rainbow Bridge* to Heaven. It signifies a deep spiritual connection to those who have passed, and signals that there has been or that there is about to be communication from them. When anyone has passed over just by thinking of them you can establish a connection. Sometime you may recognise a sign given by them. It maybe a fleeting glance of them out of the corner of your eye, and yet when you turn the vision has gone. An item connected to them may mysteriously appear, or be impossible to find. You may even feel a warm glow in your heart, whatever it may be; it will be a sign for you.

It signals a positive change in your life, not only in career or material things, but also with *spiritual* matters too.

Charity - I bare gifts from the heart...

Charity is all about giving and there is an old proverb which says that *it is better to give than receive*. When anything is given unconditionally it is an expression of love, and brings joy and happiness, spreading kindness, compassion and affection. It is the energy which expands, shares and heals. Whenever we do this we feel better about ourselves, and can see the joy on the faces of those who we have helped. Volunteering your services from the heart, is being prepared to give a little of yourself without seeking a reward. It can really make a big difference, and if you have not done this before, then those around you will begin to see you in a new light and closer bonds will be formed allowing unconditional love to flow. Do not leave yourself out of this. Be kind to yourself as the other old proverb says *charity begins at home*.

In giving we receive rewards greater than we would have expected.

Clarity - I bring communication from the heart...

When we have clarity it enables us to see things more clearly. Many things are not quite what they seem, and there is often something going on under the surface. It is a bit like *still waters running deep*. In order to see things more clearly we have to look beyond what we are actually seeing. There has been research conducted which discovered that it usually takes twelve additional meetings with someone to change your first impressions of them. Clarity of the mind can be achieved by clarity of the heart. It is feeling through your heart or your *gut* feeling that should be relied upon. We are all psychic to one extent or another, and it is in developing this ability that we can gain further *clarity*. It could be said that this psychic ability is like training a lazy muscle.

Look beyond your first impressions and feel through your heart to gain true clarity.

Communication – I hear and speak my truths...

Communication is vital as it is the ability to let others know just how we are feeling, and is also how we hear from *spirit*. When we are *open* to listen on all levels then we can understand how others are feeling, and what information is being sent to us. We all interpret information through our *ego* which bases everything on experience, and can often send us in the wrong direction. It is by using your feelings and the way in which your body reacts that you can assess the true nature of the information being given. Sometimes something *resonates* with us, and we get a warm feeling within, on other occasions it brings us out in *goose bumps*.

Use your intuition and how you *feel* about something to guide you, and remain *open* to let the information flow.

Compassion – The highest of all emotions...

Compassion is indeed the highest of all emotions, as it is that unique gift of being able to care without pity. We can all feel empathy with someone who is going through a similar experience to one which we have been through in the past. When you find yourself in a situation like this you can truly say that you *understand*. We can all do a selfless act to make ourselves feel better, such as donating a small amount to a charity in the knowledge that we have made a *difference*. Compassion is more about an active desire to alleviate another's suffering, through selflessness. It is love in its purest form, and when you are giving this pure love to another then you are also giving it to yourself. In other words *do to others what you would have them do to you*.

Compassion is all about giving unconditionally from the heart in its highest form, and *what you give so*

will you receive.

Crystal - I bring light and clarity into your life...

When we have been in contemplation asking our questions, and then receive our answers, things become crystal clear. Just like a *clear quartz crystal* which is a master healer and amplifies healing energy, this clarity of thought energises you. In some way it is like your *eureka* moment, when a problem that has been bothering you for some time suddenly *reveals* itself to you and you gain true insight into the solution, *spiritual* healing then flows through your body. The future has already happened it is just that we have not experienced it yet, and this future holds an infinite number of possibilities. It is like being at a junction and having to decide which new direction we should take. The future sends vibrations back towards us and it is when we feel one of these vibrations that we find the solution and feel that everything has now become *crystal clear*. There is also the subtle sea blue and dolphins within this picture, which indicates a connection to *Atlantis*. This may be indicative of a past life. How many times have we said that we have *been here before*, or done the same thing - a touch of *déjà vu*?

Everything becomes crystal clear when you feel the vibration of positive thought flowing back to you from the future.

Day Dreams – I wish...

It is very important to have a dream of what we would like to do. It is a way of identifying our goals, or the life path we feel we would like to take. It is about taking us beyond our current position in life and helping us to decide what we would like to achieve in the future. In some ways it is a little like envy. *Envy* is actually a positive emotion, which helps us to strive for more. It is setting a personal goal, and one in which we strive to achieve for ourselves. It must not be confused with jealousy which is negative and destructive where you wish someone else to fail. *Envy creates* where as jealousy *destroys*.

When we reach our goals and let go of our fears, it allows the sunshine happiness to shine out in our lives.

Divinity - May the eternal spirit always shine...

When we consider the word *divinity* we automatically think of the *Divine*. If we are at all religious then this *divinity* is what we feel is the *one* who holds the key to life. For those of us who are more spiritual than religious, then it is more of a case of religion being the life we lead and our church being our home. Divinity is not however exclusively about our belief system, it is equally about our own personal *divinity*. This is about the *self* and what you really want for yourself. This is in no way being selfish and only thinking about yourself as what is good for you is good for another, and what is bad for you is bad for another. What you do for another you do for yourself, and what you fail to do for another you fail to do for yourself. All you should do is to experience and to fulfil *your* highest ideal of who *you* really are. In other words *unto yourself be true*. Look yourself in the mirror and be honest. Are you living the life that you are happy with, and have you been lying to yourself? If the answer is that you have not, then this is time to change.

Become the person and lead the life for which you gain fulfilment in all things.

Dreams - I have a vision...

Sometimes when we are asleep our subconscious mind goes into overtime. If we have a problem that needs solving it can be done during sleep. Often however, it can lead to a restless night. We can connect to *spirit* when we are asleep as it is a time when our soul leaves our body and connects with the *all that is*. In this way we receive our spiritual guidance. Our dreams are also our desires, the things we wish for to make ourselves happy. Just like daydreams, our dreams when we are awake are very important to us. How often have we heard of someone *living their dream*? Some people that we encounter have dramatically changed their lifestyle, and just had the faith to pursue what they have always dreamt of doing. It is within us all to strive to find this special place.

Live your dreams and allow yourself to become happy and fulfilled in all things.

Empathy - I am always with you with understanding and support...

It is one thing to say that you understand, but another to have gone through the same experience. We can only fully understand if we have actually been there. If you face a crisis of whatever sort, then you may feel alone. If someone else has also been there for whatever reason then we do not feel quite so isolated, particularly if they have found their way out and emerged successful on the other side. If they have been successful or just survived, been enriched by the experience, or just thankful that whatever it was is now over, by sharing their experience with you it can really help. It is also true for you. By being there for another in the same way you can help them, and by helping them you are also helping yourself. You will receive confirmation that whatever it was is now over, and being able to talk about it releases it from your immediate thoughts. It is all about the healing process. We are all here to *experience*, and we have to know what is *bad*, to know what is *good*.

Showing understanding through experience heals the *self* as well as another.

Energy - My lust for life is infectious...

Energy is the thing which gives us the strength to *do*, and when we feel energised we feel that we can literally move *mountains*. However, when we feel deflated and suffer from a lack of energy our mountains feel impassable. If we give too much of ourselves then we feel drained, and when we do this through the heart it is what we refer to as *sacrificial* love. Sometimes we feel the need to give of ourselves and make sacrifices which we do from the heart. Sometimes we feel that we have little choice but to do so. If we do then we must remember that we can only give so much before we become so depleted that it makes us ill. If another is requesting a sacrifice, or places you in such a situation that you feel you have to make one, then they are not acting in love, and are in fear. Their fear will only do harm to you and also to them. If you are acting in love, then this love should also be *self love*, and it has to be good for both of you. When you are acting in love you will receive the energy to do what you feel you have to do, and if it is something that helps another then you will both feel energised. Also when we have too much energy of our own, and feel listless, then this is the signal to give something of ourselves to those who are in need. This again has to be done through the *heart* and be beneficial to both parties.

Energy gives us the strength to do, and this strength lies within.

Eternal Love - My love will last for eternity...

Eternal love is the love that lasts forever. In offering this you are making a great sacrifice by entrusting your heart to another, and should be given in equality. *You hold my heart in your hands, as I hold your heart in my hands.* Eternal love is that special bond which you carry forever on a soul level. When we are prepared to do this, then there is no place for *fear* within our heart, only unconditional love and divine unity. In giving this love you are also receiving it and together you can grow as one and achieve your highest form. It brings forth the sunshine happiness of that special aspect of love which is referred to as the *soul bond*.

Love in abundance, equality and eternity.

Faith - I believe...

Faith can have several meanings. The first one to come to most people's minds is one of religious belief. There are many other forms of faith though. Having faith in your own ability, or those of others is very sustaining and breeds positively in our lives. Faith can also *move mountains* or at the very least move us through a difficult set of circumstances. No doubt can exist when there is faith, doubt leads to lack of confidence when problematic *mountains* appear in front of us. To move these mountains having faith is the key. Having faith in *yourself* or surprising yourself by accomplishing something that seemed impossible is a true *leap of faith*. All it requires is a little trust in the *self*, and a willingness to let go of all fear.

Faith can move *mountains* when there is no fear.

Feminine Leadership - In all things I am equal...

Thankfully those days when a woman was considered inferior to a man have ceased, and it is now a period of spiritual awakening. The wisdom to appreciate all of the feminine qualities is the driving force behind the *Age of Aquarius*. It is a new time with new energies, and the awakening of the *Divine Feminine*. This can be summarised as the *Smiling Goddess* experiencing limitless love and gentle submitting to the laws of nature, and the loving, forgiving mother. It has to be pointed out though, that this has to manifest through the heart, as it will be no good if the feminine becomes dominant as the masculine has been for the previous epoch. Equality in all things brings balance and harmony to all.

The rise of the *Divine Feminine* through equality in all things.

Fertility - I am the seed that grows in all things - mind, body and spirit...

Fertility is not just about a new edition to the family, but also having a *fertile mind*. Being open to new possibilities, and allowing creativity to flow will really boost your self-confidence. *Spirit* is always there shining down its great wisdom and healing to provide the spark needed to create, which is the essence of a fertile mind. Allowing *spirit* to flow around and within you – pure consciousness will greatly enhance the process. Everything stems from consciousness which is the fundamental force behind *creation*. It is literally a breeding ground for new ideas, so when the mind is open to new ideas, it gives them a place to grow.

A fertile mind breeds creativity and new opportunity.

Forgiveness – forgive all things...

Forgiveness is the one thing that we all find the hardest to do. If we have been wronged then it really hurts, and we are inclined to close up and hold the hurt in which can manifest into resentment. By

opening up and releasing these feelings we allow ourselves to heal. If say a relationship has broken down, there is no point in harbouring all of the things which in our eyes have caused it to break. We should celebrate the good times and accept that it is just as much our own fault as the other parties. If you can send out *unconditional love* then it really will heal. The wisdom to do this stems from the knowledge that there is only love. When there is no *love* then there can only be fear, and from fear all of the other negative emotions flow.

When we have released all of those things which we have been harbouring, then we can forgive.

Freedom - I am free...

Freedom is the most important aspect of our lives, as we can often become slaves to negative situations and emotions. Freedom in one sense is the *holiday* we take when we relieve the pressure by taking a brake from the daily grind. Even those who love what they do, often have an *off* day. We are all free in *spirit*, it is just that fear holds us back. In conquering our fears, we can be free to experience love in all of its glory. *Spirit* is all around us signalling change and deep healing helping us to brake the chains that bind us, allowing that all important unconditional love to blossom.

The spirit is always free it is the mind that binds us.

Golden Rainbow - May the wisdom of infinite possibilities shine down upon you...

We all have a *golden rainbow* of possibilities around us, as the future is not *set in stone*. The future has already happened it is just that we have not *experienced* it yet. We have our own free will to choose which one of these many possibilities we take, and it is all a question of seeing the different paths that we have to choose from. There are good paths for us where we can achieve what we wish to achieve, and not so good paths where we struggle, or even have to take a step back in order to take a later step forward. There are many such crossroads in life, and it is all about having the courage to choose what you wish to achieve for you highest ideals of yourself. It is not our minds or *egos* that will make the right decisions for us, but our *hearts* and *feelings* that will be our guides. If something just feels right, even though when you think about it there is no rational explanation for it other than a *gut* feeling, then this is the path that you should take.

Out of the many possibilities available to you, use your instinct to choose the right one for you highest ideals of yourself.

Healing - I heal all that needs to be healed...

We all need healing from time to time, mental, physical and emotional. Self-healing is obviously something that you can do for yourself, and receiving healing from another is a beautiful gift. All illness whatever it may be stems from *stress*, when we are stressed our immune system shuts down. The more stressed or the larger the problem, the longer the immune system will be out of action. If we can eliminate stress from our lives, then our immune system is capable of dealing with any situation it has to face. The body renews every single cell in a seven year cycle, so you literally have a *new body* every seven years. Take time every day to free your thinking mind and just concentrate on sensing your body and your surroundings. In this way your immune system is free to heal your body.

The best form of healing is self healing, and by closing down your thinking mind your immune system will be able to heal all the problems that your thoughts have manifested.

Hope - I give hope in all situations...

Hope springs eternal. In the story of *Pandora's Box* the final thing left was hope, and when everything seems daunting, hope is there to fill our hearts with anticipation of better things to come. It is fear which manifests all negative thoughts and actions, and love that dispels fear and brings us joy and happiness. There is a saying that *where there is life, there is hope*, as hope is the doorway to love. Fear brings stress, which in turn manifests illness, so it is important to always look on the bright side of life. Your proverbial cup should always be *half full*, as apposed to being *half empty*. In every situation there can be a positive outcome. It is in searching for this positive outcome that our hope will manifest into what we wish to achieve for ourselves. By staying positive we attract a positive outcome, as we allow good things to come to us. If we are negative then we can only draw bad things to ourselves. Another old saying is that you *sow what you reap*, so sow positive thoughts which can be harvested later.

Stay positive and draw good things towards yourself by allowing love to manifest them for you.

Illumination - I light the way...

Illumination is the light, and the way. It is the *light bulb* that goes on in our minds when we have that stroke of inspiration. When everything appears dark, there is always a small glimmer of light at the end of life's tunnel. By focusing on that light it begins to get brighter the nearer we get to it. When our problems begin to overwhelm us, we feel as if we are surrounded by a dark cloud that has shut out our sunshine happiness, and it always appears *darkest before the dawn* of finding that glimmer of light, which is our way out. Take a few moments out from your problems and free your mind to allow that chink of light to pierce the dark clouds. *Spirit* is always there for you, waiting to help. By allowing it to enter you it will be your guide, lighting the way.

Illumination is that light at the end of life's tunnel, and *where there is dark, let there be light!*

Infinite Rainbow – I bring infinite possibilities...

An infinite number of possibilities await you, for we all have a *pot of gold* at the end of our rainbows. We know that it is there for us, it is just finding it that is the problem. It all depends upon perspective and what you feel will bring you happiness, and how you measure your success. *Grace* is where we give thanks for all that we have, and it is in appreciating what we have that we understand what it is that makes us feel fulfilled. Sometimes we search for material things which we feel measures our success and think will make us happy. Money can make life easier as we can afford to live to a higher standard. Money can however bring its own problems, and it can not buy you love. It is love, and love of the self which is the key to finding happiness. If we make this positive change within ourselves we can move forward in the knowledge that everything is going to be wonderful.

It is through love that we allow infinite possibilities to enter into our lives.

Insight - My gift is one of intuition...

When we see the essence of a problem it is more easily dealt with. By using your feelings to asses what feels *right* for you, you can make the right decisions. Sometimes it is little more than a *hunch*, and how many times have these *hunches* been proved right? Insight is all about seeing things more clearly, and looking beyond what appears to be on the surface. When we look *within* we can see more clearly and feel how it *resonates* within us. If you have a bad feeling about something, then it will probably not be a good thing for you. If however, it just feels right then go with how you feel. Sometimes when we allow ourselves the time and space to allow *spirit* to enter us, we get a little guidance from *above*. When you

have trust in your own instincts, you can assess what is right for you as you have the power to change your own life. It is all about what you feel are the highest ideals of yourself and what it is that you want to achieve. Whatever it may be the answer always lies *within*.

Trust in your own instincts to bring you greater insight.

Inspiration – I inspire you to greater things...

Let your gifts and talents shine out for all of the world to see. Be inspired to create, and loose yourself within your own creativity. Fill your heart with love, and feel it uplift you to greater heights. There can be no fear of failure, or indeed fear of success when your heart is full of love, especially self love. Feel the confidence flow through your body, and go forth on your journey knowing that *spirit* guides you, and is your trusted companion. Inspiration is a wonderful thing and encourages you to achieve the things which give you fulfilment and the ability to express yourself to your highest ideals. It enables you to do those things which you have always wanted to do, and when you achieve them you have a sense of personal achievement. This fills your heart with joy, and this joy radiates out to those around you, and inspires them. Envy is actually a positive emotion, that encourages you to strive to achieve more for yourself, where as jealousy is negative as you wish harm to others. Envy is one of the triggers to inspiration, as it is the desire to do, and inspiration is the way to do it.

Inspiration encourages you to achieve those things which you wished for, and in striving to achieve those things you inspire others.

Intuition - I have a sixth sense...

Intuition is our inner guidance, it is our *gut* feeling or *sixth sense* that gives us the vital *edge* when making a decision. It can be said that it is our *animal instinct*, as animals use their senses to guide them. They know when there is danger, and are at one with the natural cycles of life and of the four seasons. Intuition is a *knowing* and a way of *feeling* a positive vibration flowing back from the future. Everything exists in the same time, although *time* as we know it is only the way we measure the movement of the planets in relation to our own planet. As *Einstein* quite eloquently put it, it is all *relative* to the way that we perceive it. It is this perception that is our intuition. Psychics can indeed see the future, although the future has already happened, it is just that we have not got there yet. If you project a positive energy about an event, then they can feel the energy vibration which is drawing them to the outcome of this event. Using there heightened sense of perception they can relay this information. However, this event is not preordained, and can be changed by *free will*. It is only the probability ratio of the event that the psychic can *feel*. There are limitless possibilities, and as thought creates, as so it manifests.

Intuition is your perception of the future which is guided by your instincts, which in turn are guided by your senses.

Joy - I bring joy to every situation...

Joy is an aspect of love, and spreads from happiness. When we are joyful we are contented and all of the stresses of life have temporarily slipped away. The *laughing Buddha* is a prime example of this, and through his true enlightenment he reaches a state referred to as *Nirvana*. This is a state of being free from suffering and the word literally means *blowing out*, to blow out the fires of greed, hatred, and delusion. It is all about seeing life for what it really is which is to experience that which we already know. It is about becoming one with the *self*, and with the world. Joy and laughter spread a sense of harmony through our being, as when we laugh and are happy, no negative energies can enter our being. In order for us to be joyful then we have to let go of all of the things which are making us feel stressed, when we do this, just

like the *Buddha* we can experience the *Nirvana* of joy.

Let go of all negative emotions and let joy fill your life.

Levity - I uplift you...

There are two aspects to levity. The first is a letting go of the things which are holding you back, and by cutting the bonds that bind you, it enables you to break free and *rise up* to a higher consciousness. The second aspect of levity is laughter. Laughter is a release of pent up emotions lightening the mood. Often when life is getting you down a good laugh is just the *tonic* required. By laughing you release negative bonds, lightening a situation or mood helping it to heal. There is an exercise called *laughter yoga*, this is a unique exercise routine which combines unconditional laughter with yogic breathing. Deep breathing techniques increase oxygen to the cells which enable them to remain disease free.

Rise up and heal yourself with laughter.

Love - I adore all things in all ways...

There is really only one true emotion and that is love. Everything is an expression of love in its highest form. When love is freely expressed, given and received without any conditions, it brings joy and happiness, spreading kindness, compassion and affection. It is the energy which expands shares and heals. There are many forms of love, and it is just as important to love yourself as it is to love others. Spreading unconditional love can attract many beautiful things, and there is no greater gift than to give and receive unconditional love. When love is repressed it leads to fear, and from fear all of the other negative emotions flow. It is important to use our hearts to express our emotions and let love flow from within us. In this way we can really affect our own lives and the lives of others.

Everything is an expression of love in its highest form.

Luna Unity - Twin souls dancing together in the magical moonlight, entwined forever...

On those beautiful clear evenings when the sky is deep blue and the stars seem closer than ever. If you look up then you may be lucky enough to see the wispy bits of white cloud forming themselves into the shape of two angels entwined together forever in the magical moonlight. Unity is the highest bond that two beings can achieve if they are free enough to trust in love, and they experience what is termed as *divine unity*. The stars are also very symbolic, as the ancient Egyptians believed that the souls of the Pharaohs became *stars* when they departed their bodies. Luna unity is the eternal bond of two souls that will remain together even after they have departed this reality and journeyed onto the next.

Two souls entwined together forever in the magical moonlight.

Manifestation – Let your dreams turn into reality...

We all have a rainbow of infinite possibilities awaiting us on the horizon that contain all of the things we have been striving for. These things are waiting for us to manifest them, if we so choose. The future has already happened, it is just that we have not *experienced* it yet, and this future contains an infinite number of possibilities within it. In order to choose which one you would like to have, you have to focus on it and accept in your heart that it is going to happen. Show grace and give thanks that it is going to manifest for you, and act as though it has already happened, and wait to experience it.

To manifest opportunities you have to accept them in your heart.

Mysticism - My gift is one of spiritual magic...

Sometimes things seem as though they are shrouded in *mist* and can only be seen by the *unseeing eye*. Many of these have magical properties, and just like the famous alchemist Merlin. We all have the ability to transmute our *base metals* into *gold*. Like a fountain, our new possibilities will flow, once we use our senses to feel what it is that has been eluding us. When we use our intuition to clear the *mists* we can let the magical possibilities flow into our lives.

Use your senses and intuition to reveal the magical opportunities shrouded in mist.

Optimism - I always look on the bright side of life...

Being positive can only help us to grow. Sometimes we have to ask ourselves whether our glass is *half empty* or *half full*. By changing our interpretation to a more positive outlook the things which we feel are unjust or just not going our way will not seem quite so bad. Once we make this adjustment we allow these things to manifest. In any situation or relationship we have to focus on the good points. We all have our failings, and within every one of us there are many talents, some hidden but they are there nevertheless. We need to bring these to the fore by focusing our thoughts upon them.

By being positive we can draw towards ourselves the things that we wish to achieve.

Patience – Everything happens in its own time...

Patience is a virtue and something that we all strive to have, and it is indeed difficult sometimes to wait for things to manifest for us. In giving them time we relax and get ourselves in the right place to receive them. It is all about giving them time to manifest in their own way. We must trust in our own instincts, and if something is not going our way today, then by withdrawing we allow it to manifest tomorrow. Often we can make matters worse when we are not in the right *frame of mind*, and approaching things with a clear mind can throw a new light upon it.

The best things in life are worth waiting for.

Phoenix - I am reborn...

The phoenix rising from the ashes is very symbolic, as it signals a rebirth. In some ways it is like a reincarnation where the *spirit* arises in a new form. There are always new beginnings following any negative situation, be it a relationship, near death experience, or the end of a career or a phase in life. There is something magical about new beginnings especially when felt through the heart and not through the head. When the heart is opened up to new possibilities, then it allows them to filter through your being and to manifest into your life. It is all about accepting that whatever change it brings will be a positive one.

Open yourself up to positive change and new beginnings.

Potential - I have infinite possibilities...

Potential is something that we all have, although many of us have this hidden. It is all about finding this hidden potential, the potential of a career opportunity or that of a relationship. It is *fear* that holds us back, and prevents the sunshine happiness and harmony to spread within us and to the situation concerning us at this moment in time. Let go of your fears and strive to achieve the things which you feel that you wish to do.

Be positive and realise your potential by letting go of the fears that are holding you back.

Prayer - I am a good listener...

Prayer is all about asking for guidance, and for things to change for the better. We often pray for a close friend or loved one who is in need of healing or help, or for ourselves, or just for our own materialistic ambitions to come forth. In this we take time out from our lives to seek answers or help, which opens us up to *spirit* to bring forth the answers we seek. When you put aside all of the thoughts from the thinking mind and activate your soul through your heart you connect with all that *is*. In this way *spirit* will answer you.

Free your mind from thought to allow *spirit* to answer your prayers.

Reflection - Take a step back, and look at things from a different perspective...

At certain times in our lives we all need to take stock of where we are, where we have come from and where we would like to go in the future. At times like these we inevitably ask for spiritual guidance, for that shining light from above to light our way. It is also about looking at ourselves in a mirror. If we like the person we see then we can get great comfort from where we have come from and what we have become. If however, we do not like what we see, it is time to make some changes. It is not about what we see on the surface in a physical form, but what we see within. It is our way of striving to become our best thought of who we are in our highest form. Our highest form is to give and receive unconditional love without restriction, which brings us joy and happiness in abundance.

A time to see who we really are, what we have become, and where we would like to go in the future.

Sharing - All that I have is yours...

This is the ability to divide yourself and your activities with others. Sometimes we are all inclined to go it alone, and by shutting yourself away you are blocking the *sunshine happiness* of sharing your life with others. Friendship can bring great rewards, especially when it is based around unconditional love. There is a great pleasure in sharing as the experience is beneficial to both parties. It helps build happy memories and enriches life's experiences. When someone is genuinely happy for you they are sending you love, which lifts all negativity from your being.

Sharing is giving the gift of love to another.

Solar - I radiate sunshine and happiness...

Solar is sunshine, which has a male energy as apposed to the Moon which has a female energy, it therefore symbolises both *Sun* and *Son*. The Sun gives life as all life on this planet relies upon it in one form or another and the masculine carries the *seed of life*. Solar is all about generating new life and giving life to new ideas. It is about creativity, a star of illumination from the heart. It can also indicate a male member of the family, or a close male friend. The term *you are my sunshine* is very appropriate as it symbolises the life it gives to a situation which is an expression of love.

Let your love shine out for all of the world to see.

Soul Mate – I am your other you...

A *soul mate* is a person with whom you feel a deep and natural affinity. It is though you are both speaking with the same voice, and that you have found the *other half* of yourself and have now become *one*. It is a wonderful feeling when you are able to share most things with someone who thinks and feels as you do. It is love in its highest form, as what is good for you, is also good for the other and both parties experience what is best for them. When you are both transmitting *love energy* towards each other, it grows into a

new energy, a new *body between you*. This then grows until it envelops both of you, which is why you feel *whole* and as *one*. When you travel life's journey together in this new *body*, there is no room for fear as love is freely expressed, given and received without any conditions, and it brings great joy and happiness.

Most of us search for our *soul mate*, whether it is consciously or subconsciously, and when we find our *other half* we feel complete and live as *one*.

Support - I will always be by your side...

In our lives we all need some support at one time or another. It is not a question of being *needy* it is just that we do not want to feel alone. In certain situations we have a *fear* which starts to consume our natural state of being, and when we experience *love* in one form or another, it takes away our fear. In a similar way we can also offer our own support to take away the fear from another. It is also a form of compassion where you give freely of yourself from the heart. Whenever we do this and the unconditional love we give is reciprocated, it energises our whole *being* and gives us a greater sense of wholeness. When this unconditional love is not reciprocated, it can lead to a feeling of depletion, as the other *party* begins to rely on our support. They develop a *fear* of what they will do when our support is no longer there. It is in showing *grace* that we can appreciate the support we receive, which is based in *love* and completes the cycle.

To give and receive support is a form of compassion, and by showing *grace* in receipt of this support, the cycle of love is complete.

Truth - My word is my bond...

Truth is knowing what is right and the ability to distinguish falsehoods within yourself and others, and you will know what is true by listening to your feelings. Thoughts are not feelings they are ideas of how you should feel. The soul creates whilst the mind reacts, and when thoughts and feelings get confused, truth becomes clouded. Often we are inclined to lie to ourselves, putting up with situations that we are not really happy with, whilst inside we are suffering. There is no point in being happy *without* if you are not happy *within*. Speak your truths from the heart and do not lie to yourself, in other words *unto your self be true*. What is best for you is what is true for you, and once you know your truth, live it!

Speak your truth from the heart.

Twin Souls - Together, forever...

Twin souls are *soul mates* that share an extra special bond with each other, and are able to pick up on each others energies and emotions in a similar way to genetic twins. They feel what the other feels, and if one half of the *soul* is upset, the other can sense this in a form of telepathy or *knowing*. They can even contact each other through dreams, and feel as if they have always been together. This *oneness* breeds harmony and a feeling of wholeness.

We two are one, always have been and always will.

Valour - I am your knight in shining armour...

Valour is all about having the courage to fight for what you believe in, and is all about self confidence. If you strive to attain something, then you open up the possibility of achieving it. Sometimes we feel that certain things are beyond us, and that the pursuit of them is futile. We convince ourselves that we have no chance of success, and yet our major battle lies within. There is an old saying *it is better to have fought and lost than not to have fought at all*. By merely rising up to the challenge you not only open up the

possibility of achieving your victory, but you also begin to manifest all sorts of hidden possibilities along the way.

There are no problems only solutions, and by filling yourself with the lionheartedness of courage, you are already half way to victory.

Colour Meanings

Here is a list of colour meanings to aid you in the interpretation of the cards. They do say that 'you are the colours you choose', and everyone is attracted to a certain colour for a certain reason. Colour plays a part in all of our daily lives and can greatly affect the mood – hence the expressions 'grey day' or 'sunshine happiness'. Some colours bring forth a feeling of calm, whilst others of energy, and they also have a spiritual meaning that has an effect on the soul.

Red - Energy, Sacrificial Love

Orange - Healing, Insight

Yellow - Dispeller of Fear, Happiness

Green - Healing, Heart

Pink - Unconditional Love, Compassion

**Turquoise - Communication,
Spiritual Healing**

Blue - Peace, Protection

Light Blue - Restfulness, Calm

Lavender -Tranquillity, Inner Peace

Violet - Spiritual Connection, Illumination

Silver (White) - Clarity, Abundance

Gold - Joy, Wisdom

Magenta - Re-scue, Change, Deep Healing

Jade Green - Harmony, Spiritual Wisdom

Indigo - Third Eye, Instinct

**Coral - Sense of Community,
Restful Co-existence**

**Olive Green – Feminine Leadership,
Spiritual Awakening**

(It is also important to remember that the lighter the colour - the higher the vibration, and the stronger the spiritual connection.)

Let the angels guide you on your life's path, filling each and every day with love...