

MORBID MIRROR

ORACLE



By Soni Graves

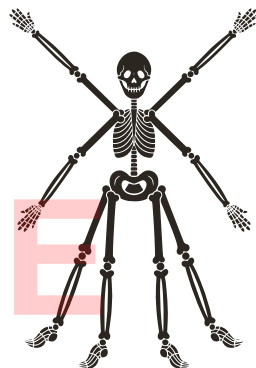
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*Dedicated to the living, the dead
and all spirits
from realms unknown.*

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MORBID MIRROR ORACLE: A POEM



In the realm of shadows, where life takes its leave,
there lies true beauty, in the mercy of death's reprieve.
For in the cycle of existence, a truth is unveiled,
that even in passing, life has not failed.

In the gentle fall of an autumn leaf,
or the fading colors of a wilting wreath;
There's a poignant grace, a bittersweet art,
as life surrenders, and death plays its part.

The petals that wither, in nature's embrace,
hold a fragile elegance, a moment with grace.
As they crumble and fade, their purpose fulfilled,
a reminder of life's transient build.

In the quiet hush of a graveyard's domain,
where tombstones stand, their memories remain
There lies a stillness, a serenity untold.
Where stories find rest, as all journeys unfold.

For in death's embrace, a cycle begins.
Where beauty transcends, and a new chapter wins.

From ashes to dust, or roots to the sky;
in life's eternal dance, it's always time to die.

Let us cherish the beauty only death bestows;
In every breath's end, a sacred repose.
For it reminds us to live with purpose and zest!
Embracing life's fleeting moments, the worst and the best.

In the beauty of death, a lesson profound...
That life's fragility makes meaning resound.
For without the end, how would we perceive
the preciousness of life, and the love that we receive?



21 • NOBODY CAN COMPARE



Comparison is useful for making decisions, but harmful when applied to ourselves—*“I wish I hadn’t compared myself to others.”*

It can serve our survival purposes but now it also creates winners and losers. Comparison used this way is the thief of joy. It also leads to insecurity, negativity and self-doubt, which are debilitating emotions. Each of us is unique with our own journey and qualities, so comparing is quite futile. Focus on self-improvement instead. Breaking free from comparison takes effort but it can be done. First, remember that everyone experiences insecurities at one time or another. Next, identify your triggers and limit exposure.

Remind yourself that external appearances don’t reveal inner struggles. Happiness isn’t guaranteed by money, beauty or status. Learn to value non-material blessings and things that cannot be bought. You may use others’ success as motivation, or as a reminder of what’s possible. Celebrating and supporting others never undermines or takes away from your efforts. Emphasize personal growth and if you must make comparisons, compare to your past self. Appreciate your progress and anticipate future growth for the rest of your life.

Advice: Everyone is on their own distinctive journey. The world needs your uniqueness.

- What triggers me to compare myself?
- How does competition affect my self-worth?
- Can I find beauty in what makes people different?

SECTION FOUR: Good Mourning — Dealing With Loss and Grief



Death is not the **opposite** of life, but rather a part of it. With it comes feelings of deep confusion, loss and grief. Grief **varies in intensity** and duration and is as unique as each being experiencing it. We mourn our lost beloved, and we mourn the person we were before; the person we thought we were supposed to become. Internal changes occur, signaling how grief stays with us. As we survive, we grow around it, learning to cope with our new reality. Grief extends beyond death to a multitude of other life-changing losses.

Cards 22-28 provide solace and remind you that you are not alone in experiencing this pain. Loss and grief are universal realities we all must grapple with at one time or another.

May these passages bring encouragement and insight.

22 • NOTHING STAYS THE SAME FOREVER



Emotions, by nature, come and go, making life experiences fleeting and special. When facing loss, our memories may be overshadowed by sadness. They may bring comfort or clarity in time, but hindsight is 20/20. It's hard to believe our feelings won't last forever when in the midst of them.

Because grief encompasses our past, present and future, it feels particularly overwhelming. Grief is a normal part of being human, yet it feels catastrophic. It may also bring new triggers. Whether grief softens your heart or hardens your walls, the goal isn't to "get over it." We don't get over loss, we process it. Always remember that circumstances and feelings change. You don't really know who you're going to be or what you're going to learn in the coming future. Adaptation and growth are inevitable as you navigate this new life. Change is the only constant, so when times get challenging, be reminded that it won't feel this intense forever.

Advice: If you're going through hell, keep on going. Things will always change.

- What events in my life have changed me drastically? (Positively or negatively)
- When have I felt heartbreak before?
- What feelings do I hope to experience in the future?

23 • PAIN AS A CATALYST



Trying to avoid painful experiences is natural, but we can only learn about our capacity to handle life by facing our pain and our fears. Grief brings complex emotions way beyond sadness. It can challenge our very identity, purpose and worldview. Grief requires reorientation and reconstruction of our sense of self. It is a huge internal endeavor, but suppressing these feelings only intensifies and prolongs them. Allowing space for painful feelings builds emotional resilience and internal resources. Name and recognize your full spectrum of emotions, as well as accepting them as natural, which will aid you in healing and understanding.

Advice: Feel your feelings. Acknowledge your pain. The only way out is through.

- What feelings am I avoiding?
- Where does the pain or tension reside in me?
- How can I make more space (physically or mentally) for myself to feel difficult emotions without judgment?

24 • EASY DOES IT



Grief triggers various unexpected emotions and affects each person uniquely. Patience is crucial during the grieving process, which can take years to absorb and accept. Grief impacts us emotionally, psychologically and physically. Physical symptoms are common. Grief also weakens our natural defenses. Emotional reactions like depression, anxiety and fatigue are common. Grief is exhausting and requires more energy than realized. Taking care of our physical well-being is essential when going through difficult times. Prioritize rest, nourishing foods, and hydration when healing from a loss. Be gentle with yourself or others who are experiencing grief. Seeking help when needed, rest, and self-care aid the healing process. Their importance **should** not be diminished.

Advice: Rest those weary bones, my dear.

- How can I find grace for myself and my physical body?
- How can I create more time to rest, relax and recuperate?
- Do I need help with what ails me?

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