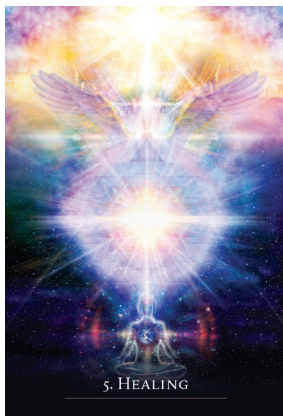


5. HEALING



BE ILLUMINATED BY LOVE AND TRUTH

Right now, healing is taking place to support your understanding of the gifts in your experiences. Weird or difficult circumstances can often be a fast-track path to your desires. Until we recognise subtle imbalances, the best way to clean up outdated beliefs is to have our buttons pushed. Buttons are created by continued attention to unbalanced thoughts, ideas or beliefs. Every time we are reminded of or talk about a hurt, it pushes a button and reopens a wound that we are yet to heal. Wounds are created by mental, spiritual or physical trauma. Poking at them will prolong the healing process. Leave them alone, so balance can be restored, and wholeness can return. Inspired action for healing may include seeing a therapist, consulting a medical professional, or spending

time in the ocean. Focusing on what you love is also healing. All is perfect in every moment, even if we can't see it at the time.

SOUL MASTERY CLASS:

SEE THINGS AS THEY ARE SO HEALING CAN BEGIN

Meditation

Place a hand on the card. Close your eyes, slow your breathing and move into your inner world. Imagine breathing starlight into your heart and embracing all that you allow or resist. Slip into stillness with an open heart and mind. Feel the honesty of your inner being as you enter the space of now. Each moment of your life is filled with wonderment, challenge, joy, and sorrow – allow all things to be as they are right now, and you will feel free to be who you are. Feel empowered by your truth and ask yourself these questions:

- Am I ready to release guilt, fear, judgement and limitation?
- Am I ready to detach from what others think about me? If I don't, can I follow my soul's voice?
- Do I love myself enough to care about how I feel?
- Am I open-minded?
- Do I trust myself?

Just let the answers come, there is nothing you need to do right now. Stay in this space that you created for at least a minute. When you feel ready, breathe starlight into your outside world. Come back, open your eyes and realise every problem travels with its solution.

Inspired Reflections and Actions

- Write down the answers to the questions from the meditation – if you remember them. If you feel anything needs to be healed, ask your soul to help. If you feel you need more help, talk to a friend or therapist.
- Let go of any self-help material you no longer have use for. Give it to someone, or donate it. If you need to heal in the future, the information and processes you need will come to you. Don't hoard out of fear, keep things because they give you joy.
- Spend five minutes every morning doing something you love. When you add this to your daily life, everything else will flow with joy.

Journal Work

Write down or draw anything you need to forgive yourself for. Then, add how your life would change if you forgave yourself. Do the healing, so you can live your life and fulfil your purpose. It is time to set yourself free, so you can move forward and inspire others to be free.

6. GROUNDING



ANCHOR INTO THE EARTH AND ALWAYS FEEL AT HOME

Circumstances have affected your energy. You may be feeling disconnected, scattered or overwhelmed. You may be bumping into things or forgetting if you locked the door or turned the iron off when you left home. Stop whatever you are doing and breathe, let yourself be here. Call your dispersed energy back to your heart, imagine any imbalanced or excess energy flowing into the earth and feel the calmness of nature in exchange. Nature uses this energy for growth and expansion. This is a symbiotic, co-creative process that we need to remember and honour. When you re-centre, you will begin to feel more aligned, relaxed and at peace. This may also be a message to spend more time outside. Nature lovingly resets our energy. It holds no judgement, but simply allows and accepts.

**SOUL MASTERY CLASS:
CONNECT TO MOTHER EARTH**

Meditation

Take this card with you as you venture outside. Sit or lie upon the earth or lean your back against a tree. You may like to place a hand over the image on the card or place your hands on the earth. The natural world surrounds you with emerald green light. It flows from the heart of life, allowing you to feel safe under the blue shelter of sky. Gently close your eyes. Breathe in the air of nature, and breathe out any harmful thoughts and beliefs. After a while, the idea I am loved will begin to move into your mind. Let this thought flow gently through your heart, body, and mind. Feel love filling you. From the depths of your soul, a profound love, grace, and gratitude honours the relationship you have with Mother Earth. Drop deeper into this wisdom as your energy intermingles with the energy of the earth, like the roots of a tree. Stay here for at least thirty seconds. When you feel ready, focus on your physical body and breathe Mother Earth's love into your life. Then open your eyes and smile.

Inspired Reflections and Actions

- Take a class in pottery or use your imagination to mould your everyday experiences and sculpt your life.
- Go outside, be barefoot, lie down on the ground or try sleeping outside. Meditate or do yoga outside for at least ten minutes every day for a week.
- Do some research on organic food, grow some vegetables and try plant-based eating if it feels right to do so.

Journal Work

For three days, draw or write about all the ways you feel grounded and connected to your body and the natural world.



7. NOTHING HAS GONE WRONG



AN OBSTACLE LAUNCHES NEW LOVING REQUESTS

In the last few days, a change came out of the blue. It may have felt like your body and mind moved through a crack in reality as your life altered course so suddenly. Deep within, you have been craving change and this situation brings new and different experiences to your life. You may be feeling a little lightheaded and dazzled by the brilliance of this expanded version of you, but you are doing so well. It is now time to catch your breath and settle in to your new outlook. This is an opportunity to look at your thoughts, ideas and your reactions to your potential success. As you become aware, and implement change, you can rise above the limits people or situations have placed on you. This card depicts the trigram of the *I Ching* (*The Book of Changes*) with a yin yang

symbol. This is a reminder that everything changes, that nothing can exist on our physical plane without its opposite, and neither is superior to the other. You can't stop anything that has manifested, but it can serve as inspiration to create new paths aligned with your soul truth.

SOUL MASTERY CLASS: FOCUS ON WHAT MAKES YOU SMILE

Meditation

Place a hand on the card. This energetically connects you with the symbols in the picture. Slow your breathing and think of something that recently happened that helped you gain clarity about your dreams. It could be something that pushed a button or inspired a revelation. Just let this information be here as you close your eyes and breathe deeply. Imagine you are breathing red into the blue of your truth. It creates a magenta path to your heart that contains all opposing forces as one. Centred in your heart, you dreamily feel at peace with all things and yourself, ready to receive wise communications from your soul. Stay here for at least thirty seconds. When you feel ready, begin to take deep breaths in and out. Allow yourself to flow with the inevitable changes this beautiful world offers to bring you closer to your soul truth. Then open your eyes to love.

Inspired Reflections and Actions

- The black swirl of the yin yang symbol represents the receptive feminine force, and the white is the creative, masculine force. A circle of the opposite force exists within both sections. Nothing