

Wisdom of the
Wild Things Oracle

SAMPLE

Written by Angi Sullins
Artwork by Evaboneva

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An Introduction

A legendary author once showed us Where the Wild Things Are. While you can search the pages of story, climb the mountains and swim the oceans of our planet to seek them out, the original wildlings live in the realm of psyche. Critters of all shapes and sizes dwell there, and our lives are better if we seek to discover and understand them.

You think you know who you are, but thinking is highly overrated. Science tells us that conscious thought runs 10% of our lives, while the unconscious is responsible for 90% of the show. Deep in the forest of your psyche are feelings and impressions, associations and symbols, and many creatures who can share insight and guidance with you. Think of them as soul-critters, each wanting to communicate so that you can better understand your own internal landscape.

The watery depths of the psyche contain mermaids of memory, dream spirits, and messages from ancestors. They navigate change and connect you to the deeper meaning of circumstances. Theirs is a free-form realm. Life in these depths pivots quickly. Remember watching that nature documentary or going to the aquarium where you saw a school of fish change direction instantly, only to turn back again like quicksilver? This liquid depth contains the same magic.

Wind-walkers and winged beings live in the airy realms. They tend to show up as flights of fancy, creative impulse, play and imagination. Daydreamers spend a lot of time here. When you experience an inexplicable urge to try something new, go on an adventure, or laugh for no reason, you're likely sensing one of the wind-walkers tickling you with their feathery encouragement.

Those creatures who live in the woodlands of the psyche focus on action. They get things done. They're obsessed with things like practicality, provisions and planning. They tend to be found in the lowlands, near the trees, foraging for sustenance to feed your sense of endurance and

can-do attitude. These are empowering little creatures, even the ones that throw tantrums or indulge trickery. No matter what means they use, their deepest wish is to empower you out of inertia and into the realm of tangible results.

Part of the psyche could be considered a bog, where anxiety, worry and stress live. These little beings aren't bad in and of themselves. They are simply part of the landscape, entitled to their own habitat. Your job is to learn how to deal with them. Navigate around them. Heal or transform them. They are deeply responsible for the beckoning call of self-compassion and forgiveness. Your life takes on new shape and power when you discover the hidden wisdom that their traps and tricks are trying to convey.





3 Invite Your Monster to Tea

Invite Your Monster to Tea

It's Take Your Monster to Work Day. That's right. You're being invited by life, right now, to buy flowers for your demon. Whatever monster haunts your mind with fear, debilitation or shame, it will never cease its power over you if it remains caged in the shadows. So take it out to tea. Ask it why it threatens or taunts you. What pain does it want you to acknowledge? A famous poet once wrote, "Perhaps all the dragons in our lives are princesses who are only waiting to see us act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love."





22 Bloom in the Mud

Bloom in the Mud

Lotus flowers grow in the mud, yet they spring from the muck without stain. Glorious. This is true of your own essence. No matter how strife or muddy circumstances have mired you, your true nature is without blemish. Whole. Lovely. Tap into that nature. Pull it from the depths. Your loveliness never changes. Your circumstances do. Your ideas of yourself do as well. But shame covers everything in filth. If you dig deep to your most essential self, you'll find a lotus. Blossoming. Fragrant. Alive and unfolding with luminosity. Don't settle for what the world, religion, your family of origin, or even your own twisted thoughts tell you. Go deeper. Your essence is an innocent, delightful flower, and your heart is its petals. Bloom.





rustle

i've heard her
calling me
late at night
between the wind
and the wings

my soul is a song
she sings along
the green unfurling
of leaves and loam

her branches speak
my truths alone
tell the wild
i'm coming home



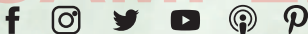
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