



## 1. ABOVE YOU, THE LANTERN DANCER

*Look beyond what appears to be. Guiding grace, like a star in the sky, shows the way through what is happening now. I am the Lantern Dancer, lighting the way to a new path, a new reality for you. Even when the moon is full, and you believe that you see all as it is, I know that there is something far more beautiful happening. Trust me, and I will show you.*

### GUIDANCE

There are times when we feel as though nothing seems to be flowing. We encounter obstacles and closed doors. We wait for another door to open, but nothing seems to be happening. We may begin to doubt ourselves and whether our dreams are even possible.

The oracle of Above You, the Lantern Dancer brings you a message. Things are not as they seem right now. You may think you have the whole picture in mind, but there are other factors at play you cannot see clearly yet.

Let go of your fixed opinions and worries. Trust in the power of the Divine to work things out in the best possible way. You don't have to work out the solution yourself; you just need to trust your inner guidance and allow yourself to be led.

The path you are taking needs to twist and turn a little before your success can come. There are certain elements that need to be integrated, certain people that need to become involved. Trust in this. It will happen as a natural coinciding of people, opportunities and events, according to a divine plan. It is all working out. Trust in that and let peace come to your body, mind and soul.

## IN A READING

There is more to this situation than meets the eye. Ask the Divine to show you what you need to know. Practical solutions can come, but first you need to step back and gain some “higher perspective” on the situation for the best results.

## HEALING PROCESS

Place one hand on your heart and take in three slow breaths, in and out.

Say aloud, or quietly in your mind:

“I call on Kuan Yin, her wild soul, the Lantern Dancer, who loves me unconditionally. Please show me – with mercy and grace – whatever I need to see or understand to have faith in what is happening. Help me find the highest path here, the path of light, of least resistance, to more effortlessly manifest the intentions of my heart. So be it.”

Relax for a moment.

Imagine, feel or sense underneath your feet, soft bubbles of golden energy forming a fizzy, springy buffer between the soles of your feet and the earth. It may seem like a tingling, honey-coloured gel.

Then take a moment to imagine that same soft, golden fizzing energy between the crown of your head and the air above your head. It feels nice, tingly perhaps. Just relax and notice it for a few moments as you breathe in and out for three breaths.

You have completed your healing process.



## 2. HER JOY OVERCOMES GRAVITY

*Did you know that joy is strong enough to overcome any darkness? I invite you to let go of the heaviness of*

*fear and enter into the lightness of joy. I'll help you get there because I want you to feel happiness, relief and freedom from that which has weighed you down. There is nothing so heavy that my joy cannot heal it; even the most cumbersome of burdens shall become light as a feather, as you join me in the field of spiritual grace.*

### GUIDANCE

Sometimes it is just time to lay down the pain of the past and lighten up. It is not about invalidating what has happened. You learned, you grew wiser, and that is important. It has helped you become strong, to become the person that you are today.

But if you stay stuck in the pain of your past, thinking about it, fearing that it will repeat again, and holding yourself back, you are letting it pull you down, like emotional gravity. If you feel so heavy, how can you take a leap of faith and believe that you can fly? Instead, you might compromise on your dreams and convince yourself that the pain of the past is an indication of what your future holds.

You may forget to allow joy to inspire you to dream of a more beautiful life. That would be a shame, because there is a more beautiful life available for you, and you are being guided towards it, now.

Find a moment to smile, to play, to feel lightness in your heart. Even if you are consumed with darkness in great loss, imagine there is a tiny pinhole of light that exists in the deepest recess of your heart that can never be extinguished. Even through darkest night, that light is present, and when you remember it, even just for that moment, you shall be able

to take pleasure and joy in some facet of your life, in some sweet memory or some hopeful prayer. In these moments, you are falling into the joyful hands of the Divine Mother, where great comfort and blessings of healing are granted. She wants you to be happy. Let her help you!

### IN A READING

Even the most difficult situations can heal and the most painful past can be released, freeing you into new life. Allow the Divine Mother to help you reconnect to your joy within, helping you to let go and start anew.

Explore to discover what simple things bring you happiness and pleasure. Give yourself permission to experience them. Create some light in your life. You can do this, and you deserve it.

Remember that you can shine a light from your own happiness to help others find the light to lead them through their pain into healing. You will not help a drowning person by diving in to the ocean and drowning along with them. Don't let another create negative energy for you.

Live your life with a sense of happiness, even in the smallest ways, and watch how your happiness increases.

### HEALING PROCESS

For this exercise you will use an ice cube.

Place your ice cube in a sink. Say aloud:

“I allow frozen past pains to melt away, through divine grace. The more that I let go now, the more beautiful new light can enter my life. Through unconditional divine love, may all good and beautiful blessings come to me now. So be it.”

Just relax and feel the goodness entering your heart as your ice cube melts away. If you want to speed up the process with some hot water from the tap, go for it!

When your ice cube has melted, place your hands in prayer at your forehead for a moment and say, “Thank you.”

You have finished your healing process.