



AIR

Creativity

The winds of change billow as Air fills your wings and directs your journey. Work with this medicine through meditation and connection with the astral world. The power of Air sweeps through your imagination, gracing you with fresh ideas and awakening your creative juices. Disregard doubts about your ability as your fears will blow you off course. Instead, breathe in inspiration, stand firmly in the eye of the storm and know your ideas and visions are valid. When you truly get creative, a gateway to real magic opens and beckons you to a world you have been longing to discover. Call upon Air to assist you with all aspects of ingenuity. Paint, draw, write, dance and be free as the creative spirits of Air fuel your imagination, encouraging you to make wishes and to dream big. You are being urged to take your head

out of the clouds and leap into action, so that Air can usher in all that is needed for you to fly towards your goals. This is a time of fertility as Air blows you towards new beginnings. Throw caution to the wind and watch as your visions manifest into reality.

AIR REVEALED

The element of air is vital for our survival, for without it we would all perish. On a very deep level, each breath in reminds us of our communion with nature. All living beings are dependent on air for their existence. Air governs the magic of the four winds, it is the common denominator that binds all things together. From tempestuous winds, hurricanes and tornados to a fresh, gentle breeze, this element is the breath of life – from our first breath of birth, to our last.

OTHER DIVINATORY MEANINGS

Work with the element of air to still the mind. Meditate daily. A perfect time to begin new projects. Trust the images you see in your mind. Get creative. Go into nature, listen to the wind, take long hilly walks, parachute, skydive. Take a risk and follow your dreams.

AIR SPEAKS

*Upon the breeze, whispers talk,
Parachute, skydive, hilly walk
Air fuels the mind, brings clarity
Enhancing creativity.*



ALTAR Honouring

Focus on honouring that which sustains you, those who came before you, and the true beauty and purpose of your being, to bring about the harmony that is eluding you. Regularly honouring at an altar is a personal and tangible way to achieve balance and maintain serenity over the next few months. Keep your altar simple. It can be a table with a cloth on it in a quiet corner, a mantelpiece or even a window sill. It is your intention to honour the blessings and gifts from spirit and Mother Nature that is most important and your altar must reflect that journey. Adorn this space with items that are sacred to you like flowers, tobacco, sage or images of your ancestors. Include items that represent each of the elements. You might use a crystal for earth, a red candle for fire, an incense stick for air, a blue candle for

water and a small mirror for spirit. Your altar is a thank you and a pause for reflection on the gifts from the worlds the Shaman walks between. In honouring this sacred space and connection to all these life-giving properties, you will be calling to yourself just what you need in times of uncertainty or confusion.

ALTAR REVEALED

An altar is a sacred space in which to honour Great Spirit. Nature itself is an altar to the shaman, but having your own altar (Thaan) helps you to focus on rituals, ceremonies and prayer. It is for the laying out of ritual tools and for holding pictures or artefacts of chosen deities and ancestors. It is a place of worship and of honouring personal beliefs. It is a meeting place between the ordinary and spiritual realms.

OTHER DIVINATORY MEANINGS

Honour that which is sacred to you. Make room for quiet time. Dedicate an altar in your house or garden to that which you are aligned to spiritually. Focus will bring desired results. Make time in your day for gratitude and thanksgiving. Time for reflection.

ALTAR SPEAKS

*Precious gifts and sacred items lay bare,
Holding a space to bless all that is there.
Ancestors, elementals, directions and more
Come speak with them and be reassured.*



ANCESTORS

Wisdom

The ancestors are our spiritual kin. They are the ones who walked before us and in some way helped shape the lives we lead today. You are being asked to honour the ancestors, to keep their memory and spirits alive, and to give thanks to them. Many indigenous peoples and cultures around the world do this. In following this tradition, you are partaking in a timeless connection through which the ancestors can impart their wisdom and assist you with your spiritual journey. Put flowers on a loved one's grave or give thanks to the ancestor whose qualities you've acquired. You may wish to dedicate a small altar with pictures of past loved ones, in honour of their memory, and light candles in remembrance of them. Honouring those who have walked before you and understanding their ways will help to you to release hurts

and pains. Healing ancestral lines can enable you to break free of destructive patterns and step into the freedom your soul yearns for – to be whole, wise and complete. Call upon the wisdom of the ancestors and honour yourself for never giving up as you walk wisely in their footsteps.

ANCESTORS REVEALED

The old ones left us a great legacy of ancient wisdom to live by. These ancestral memories, created as oral traditions, were passed down within clans and tribes to their descendants. In every blade of grass, sacred site and voice in the wind, the ancestors speak of ancient ways and future visions. It's time to listen, act and restore the spiritual practices of the ancients.

OTHER DIVINATORY MEANINGS

Light a candle in remembrance and honour of the ancestors. Someone from your past turns up. Investigate your ancestral lineage. You are watched over by a deceased loved one. A past life issue needs to be resolved. A visit to your homeland holds answers.

ANCESTORS SPEAKS

*Once made like you, of blood and bone,
From Earth but now to Spirit, flown.
Honour who we truly are.
Wisdom claimed to take you far.*