



1. MEDITATION

Meditation is the process of quieting or watching your thoughts. It is about giving your mind, body and soul a break from all the active thinking your brain does. It is a practice and like any new skill, it is best to start off slowly. You can do this sitting, lying down or even as you go for a relaxing nature walk.

Simply observe your thoughts, without attaching any emotion to them or becoming involved with them. Resist solving a problem or wondering what anything means, just watch your thoughts as you would watch the clouds drift by. Begin with just two or three minutes and gradually build to longer times. You may like to do this first thing in the morning or last thing at night while you are in bed. To start with, it is easiest to meditate in a quiet space, but once you get the hang of it you can do it just about anywhere.

This card suggests the answer you are looking for is already within you. By turning down the doubt, fear, worry or other mental interference, you will be able to see the answer for yourself. Meditation can help you sort helpful thoughts from the unhelpful ones, so you can see a situation and the best steps to take more clearly. In this way, it promotes inner peace and wisdom.

Answers that have been out of reach during the rush and noise of our daily routines, often come to us readily during quiet contemplation. You may like to begin your meditation by asking your angels and spirit guides to help you quiet your mind. You

may also ask them to steer you toward the right tools, teachers or resources that can help you to meditate.

ACTIVITY

Find a quiet space where you can sit or lie in a comfortable position. Close your eyes and bring your attention to your stomach by gently resting your hands there. Take a deep breath in, and feel your stomach rise. Slowly breathe out, and watch your stomach fall. As thoughts come into your mind, just unhook yourself from them. Watch them come, and watch them go. Continue for ten deep breaths.

Call in your angels, spirit guides and Archangel Chamuel. This archangel represents peace and is a good helper during meditation. Be still and imagine your spirit helpers are surrounding you with rays of unconditional love. Ask that your unhelpful thoughts be carried away on these rays, and that your helpful thoughts be illuminated by the rays of love. When your mind begins to stray, gently bring it back to the situation in question. Be still and let the clarity and the answers come. A solution may come as an image, a song lyric or a feeling. Continue to patiently watch your thoughts, trusting that the answer will reveal itself.

After ten to fifteen minutes, open your eyes and write down your impressions about your situation and what you feel is the best course of action for your highest good. It is helpful to capture these thoughts while they are fresh, before your doubts and concerns get a chance to interfere. Give yourself a hug, and a smile, and know you can return to this exercise any time you wish.



2. SPEND TIME IN NATURE

Being in nature helps you strengthen and deepen your connection to yourself. When you are stressed, sad or unsure about something, relaxing away from a man-made environment can shift your thinking so that answers and

insights just flow your way. Time spent in the natural world is a form of healing as it helps to recharge your energy, reconnect you to your body, and put you in a good mood!

Drawing this card suggests you could benefit from being in nature for healing and rejuvenation. Being in nature is free! Whether it be at the local park, the beach, the mountains, or a lake near your house, spend time outside for some grounding relaxation. Some of our best ideas and revelations can come when we are sitting out in nature.

If you can't get to a park, beach or mountain, that's okay. Just get outside. Sit in the backyard and lean up against the tree. While you are out there, close your eyes and imagine healing energy being transferred from nature to you.

ACTIVITY

Find a tree in a quiet spot. Sit with your back firmly against the trunk of the tree. Close your eyes and bring your attention to your stomach by gently placing your hands there. Take a deep

breath in, and feel your stomach rise. Slowly breathe out, and watch your stomach fall. As thoughts come into your mind, just unhook yourself from them. Watch them come, and watch them go. Continue for ten deep breaths.

With the intention of making an energetic connection with the tree, imagine golden healing energy pouring from the tree to surround you. Breathe in the golden light, and as you breathe out, visualise any worries or fears being exhaled also. Allow the tree to work with you, changing your fears and worries into the love and hope which returns to you with each breath in. Continue with this breathing exercise until you can imagine your whole body beaming with golden light. To finish the exercise, smile at your transformation, thank the tree, and open your eyes.



3. ELECTRONICS OVERLOAD!

How lucky we are to live in a generation where technology is so advanced and abundant! From iPads, iPods, Mobile Phones, Computers, Laptops, Xboxes, and so much more! Sometimes though, we can get lost in these electronics and

forget how much more there is to life.

This card brings the gentle reminder to switch off from electronics every now and then. Taking a brain break can benefit us in many ways. So, trade the devices for family time, a book, meditation, seeing a movie with a friend, journaling, kicking a soccer ball, drawing or getting creative. Factoring in regular breaks from technology helps ease our minds so we can approach situations more clearly.

This card might also be reminding you that a solution hasn't been reaching you as your brain is in overdrive. Switch off the electronics so you can pay attention to and sort out a problem, instead of avoiding it. This might be a challenging thing to do, so enlist a friend to join you for a tech-free day or plan something interesting to do on your own. You might also like to ask your angels and spirit guides to help you keep your focus off your devices.

ACTIVITY

Schedule daily technology-free time. Decide not to turn on the television or to check your devices for an hour when you wake up and an hour before bedtime. Before you get out of bed tomorrow, you may like to ask your angels, spirit guides and Archangel Metatron for the strength to stay off social media and electronics for one day. Thank them and then begin your day. Archangel Metatron is associated with helping young people.

