

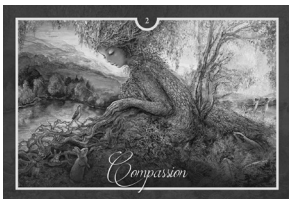
1. *Receive Healing*

The first and most important step for healing is being able to recognise you need it. When you are asked about your health, you

discount what is going on by stating you are fine. You are being asked to acknowledge your need for healing.

Whether your wounds are physical, mental, emotional or spiritual, you may need the support of someone who can help you face your concerns. Take a moment to reflect on what is going on for you. This card is asking you to accept some extra support. It is letting you know that you don't need to do this alone. Professional advice will help you get the best information. Trust that you will find the support that best suit your needs

This card features an angel holding a caduceus. The caduceus indicates the beginning of a healing process. The snakes on the caduceus twist around each other to highlight the importance of increasing your knowledge and broadening your outlook. The angel's wings may signify soaring forwards or be encouraging you to allow a positive outcome to come forth. The angel's wings can also refer to your guardian angels or indicate angels may be showing up in your life. The presence of the angel means you will not be on this journey alone. Her rainbow-coloured wings indicate there are new opportunities ahead. Rainbows can also represent the connection to your higher power. If a specific shade of the rainbow catches your eye, pay attention to the corresponding chakra.

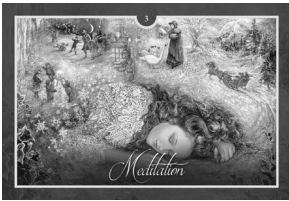


2. *Compassion*

During a healing challenge, it might seem counterintuitive to have compassion for someone who hurt you in the past. However, forgiveness is a vital step in your healing process. Decide to let go of resentment. Feelings of hurt, suffering, being the victim or wanting revenge are low in vibration and prevent you from making progress. Forgiveness carries a high vibration. Forgiving someone in your past will bring healing to you. You don't need to communicate an apology, forgiveness is something you do within yourself. Once you decide to forgive, it can lead to feelings of tolerance, sympathy and consideration for the person who hurt you.

This card might be prompting you to consider any hurt or pain you may have caused others. Ponder the times when others have forgiven you. Forgiveness is a process. You may need to reflect on small offences more than once, and bigger offences even more so.

In the card artwork, a dryad is connecting to a rabbit and a sparrow. The dryad's visible roots may signify the need to ground yourself. Try to look at a situation from a different perspective. The sparrow may indicate a situation being resolved in a creative manner. The rabbit signifies a beginning as well as working out social differences. The orange and yellow hues may relate to the sacral and solar plexus chakras. The colour green represents the heart chakra, where the major healing will occur in this situation. Reflect on how this card affects you. When you think of forgiveness, is there anyone specific that comes to mind? Where would the healing that comes with forgiveness be of benefit to you?



3. *Meditation*

In meditation, we can find the space between thoughts and mind chatter. When you meditate, you allow your mind to be in a state of peace. This shift in thinking will help stop any limiting and negative thoughts you might have fallen prey to. When fearful thinking gains a foothold in your mind, it can take root and become habitual. Expecting the worst possible outcome can become your normal response. It can be hard to recognise and release fearful thinking.

Take a minute and silence your mind. Breathe in and imagine this breath travelling through your body. Take a second breath and ask your body to relax. You are creating a connection with your higher self, God, Spirit and your intuition. Just one minute a day of meditation can provide a mental reprieve from the thoughts connected with illness, loss or low vibrational thoughts. This can go a long way toward healing.

A sleeping woman is surrounded by wintery imagery. The different scenes indicate a connection with your true essence, your inner resources and times when you felt happier. The snow suggests purity, cleansing and discovering hidden thoughts and fears. The goose may signify a need for reorganising your priorities and the importance of the many blessings you have in your life. As you hold these images in your mind, begin a meditation to see if any messages come to you. Don't worry or strain. Commit to meditating for a minute a day and increase it as you start to feel comfortable. Find soothing music that helps you relax. With practice, clarity and relief from stress may come more easily.



4. *Nurture*

No matter what is going on in your being, it is vital to nourish and nurture yourself. This may mean learning how to listen to your needs. This card is asking you to balance the attention you give to the people and situations around you, with the attention you give to yourself. This balance will help you make healthier choices for yourself.

Do something daily that is just for you. The way you choose to nurture yourself will be unique to you. You may feel the urge to exercise, to take a long bath, to have a massage or to curl up under a favourite blanket. You might choose to go to sleep at an earlier time. The most important aspect of self-nurture is giving yourself permission to make healthful choices. Maintaining a daily flow of self-nourishment will help you in many ways. Once a nurturing practice is in place, your energy levels will be higher and more consistent. This will lead to better decision making.

A merangel hugs herself. Her posture indicates the need to strengthen the relationship with self. Her wings encourage you to assess your environment and find the information that will best support you. Try to place your own wellbeing at the forefront of your life. Make decisions in accordance with your personal needs. Nurture yourself to address the depletion you might be feeling. This card suggests you have been pushing yourself and need some self-care.