



1. MAGNETISM OF EROS

Trust in what your heart yearns for without concern about how it will manifest. Take steps toward that which moves your heart. Reach out for what your soul wants and needs. Allow yourself to be vulnerable, for only then can you be truly held. That which appears out of reach or unavailable to you is closer than you realise.

The Magnetism of Eros is our soul's fascination with that which appears different and calls to us at a deep level. This soul-deep attraction inspires us to remain open, be passionate and willing to engage with life, other people and new, vitalising pathways

and practices that inspire us. It keeps us moving on our authentic life path, living by the call of the heart. This oracle indicates that your heart is being called to a particular path or way in life. It may not make logical sense, but to honour the call of the heart is to honour the needs of the soul. The call of the heart can lead you into unknown and intriguing territory. It can feel liberating but also unsettling, as you let go of known worlds and reach for the unfamiliar. Following such a path will bring a fresh influx of energy and expand your understanding of yourself, your life path and your higher purpose. It is meant to be.

Eros is a Greek word for love. On a spiritual level, Eros is our passionate, open, engaged love for life. When we experience Eros, we are ready to embrace our journey. It is an affirmation of life. Its opposite is the destructive drive, known as *Thanatos*, which is the drive behind our undermining, self-defeating and self-harming behaviours. We may engage in such negative behaviours in a misguided attempt to heal ourselves or make ourselves feel better. When we act negatively, despite our best intentions to be positive, part of us is trying to tell a story that is yet to be fully heard. Until that story is heard, we cannot let it go. We get stuck in a negative loop.

To resolve the negative *Thanatos* drive within us and in our world, we need Eros. We need to embrace life, including our negative experiences. By acknowledging and healing our suffering, we can find the courage and wisdom to live more fully. The challenge and gift of Eros leads us into our vulnerability. From there, we can also recognise our strength and dignity. We become able to let go and heal.

This oracle brings the message that life has particular gifts to

share with you. There is the promise of deep soulful connection with your true self and with others — and a healing realisation that you are truly desired and loved. You are encouraged to explore new pathways, especially if you feel out of your depth and a bit vulnerable in doing so — more so if they involve personal healing. The oracle indicates a path is opening up for you. It may not be the easiest way forward, but when your heart leaps at the prospect of it, know something truly special is unfolding for you through that pathway. Trust where your heart is leading you.

HEALING PROCESS

Take a moment to consciously connect with your breath and ground your awareness in the present moment. Place your hands over your heart. Can you connect with what it is to feel vulnerable? To have needs? This may be easy or difficult for you to acknowledge. Whatever you experience is absolutely fine. To feel vulnerable, to need to be loved, heard, held and seen, for example, is acceptable and essential to your human journey.

As you connect with your heart, imagine, feel or intend that a beautiful white light is shining from afar. It loves you and is reaching out to reassure, comfort and protect you. If you can, allow it to truly hold you. Relax into its embrace and imagine the light wrapping itself around you like a loving cloak. As you do this, you may sense your heart and mind letting go of a tension you didn't realise you had been holding. You may sense that this white light is in your heart, reaching for you always from deep within.

Rest in this awareness for as long as feels best for you. You have completed your healing process.



2. CUPIO DISSOLVI

It is time to let go. Things are working out in their own way. Trust that your heart is wise and is leading you on a soul-healing journey and the right spiritual path. Spirit wants to bring you a blessing and a resolution, but you must let go and allow it to happen. Events are unfolding according to a higher plan. Even if your plans are going awry, know that all will come together at the right time and in the best way possible. Surrender your struggle and hold on to your faith.

You do not need to be in control in order to be safe and have things work out in the best possible way. In an often spiritually deficient

modern culture, we have developed a kind of mystical amnesia. We have forgotten the genuine, effective and astonishing power of spiritual intervention that can be evoked by an open heart.

This oracle brings you a message from Spirit. There is a problem in your life that seems very real and substantial. Yet, if you approach it from a more mystical perspective—desiring spiritual connection and healing—that issue can dissolve. It can be absorbed into spiritual light and be healed. It can transform in such a way that your current viewpoint of suffering will cease to exist. There is a path for healing you have yet to recognise. As you let go of what you think should or must be, you will recognise a perhaps unexpected path to your true healing and inner fulfilment opening up before you.

The Latin phrase *cupio dissolvi* refers to a desire to dissolve, to be absorbed into the luminosity of the soul, where there is beauty, relief and peace. To enter into such a state requires a loosening of our attachments and fixations upon our problems in the physical world. This does not mean we deny our troubles. In letting go, we give Spirit permission to heal the state of heart and mind that has led us into these difficulties. It can be surprising just how much we hold on to things we wish to be freed from.

It might help you let go if you reflect on what would be different for you if this problem is no longer in your life. Sometimes, we might hold on to pain hoping to gain acknowledgement from a certain person who may just lack the emotional capacity and spiritual development to grant us a heartfelt apology. Sometimes, we punish ourselves by holding on to pain, holding impossible and unhelpful standards of inhuman perfection when we could forgive ourselves and move on. Spiritually, we have the power

to forgive and free ourselves and others. There is so much to be gained in doing so. It is a way to heal the heart from emotional poison, awaken inner peace and freedom and move forward with our lives.

As we forgive and enter the temple of the heart, we can see beautiful visions of what is now possible. Feelings of euphoria may awaken. We realise we have set ourselves free from the past. A constraint that once weighed heavily upon our hearts has been cast off by our spiritual will. Knowing we have such a beautiful power within can bring gratitude and wonder into our hearts.

In the spiritual landscape of the heart, we let go of what we think and engage with what we feel. The true mystical experience of divine love is not just emotional, it is transfiguring. It helps us transform ourselves and our lives. This oracle guides you to immerse yourself in the spiritual light within your heart. A beautiful and uplifting outcome is being offered to you. Trust in spirit, let go and receive.

HEALING PROCESS

Consider any problem you have been wrestling with or a painful situation or interpretation of events to which you are attached. If you are willing to do so, you can now set an intention to offer that attachment to Spirit through this healing process.

Place a hand on your heart and consciously connect to the flow of your breath. Close your eyes and rest for several moments.

Imagine, feel or intend that you are now aware of your heart, experiencing it from the inside, as though you were sitting in the middle of your heart chakra. From deep within the centre of your heart, a pure-white spiritual light begins to radiate outward. It

feels joyful, uplifting, peaceful, expansive.

Now, we practice *bhavana*, a Sanskrit word that means *infusion*. Allow the white light to gently infuse into your being, like a sacred tea subtly perfuming and enriching your soul. The white light is being absorbed into your cells, into your mind, into your heart. You feel more settled, peaceful and blissful as this process unfolds.

Intend to release your offering into the light, now, letting it go from your heart. In the light, it can dissolve and transform. This process can be gentle and powerful. Sense that you, your offering, and the light are one.

Complete this practice with *manolaya*, a Sanskrit word meaning immersion and *complete absorption*. Gracefully, choose to let everything else go, and settle into being one within the light.

Take your time and gently emerge from your luminous contemplation when you are ready. Ground yourself, and you have completed your practice.