

A NOURISHMENT CARD

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Attention

PRESENT CHALLENGE

Using divine love to transform the worry, fear, or guilt from your shadow side.

You've drawn this card to encourage you to accept without judgment your life, your abilities, and your vulnerabilities. You are being guided to seek to know yourself without fear or resistance to your shadow side, the energy of the night, because it is only the complement to the day and the light awakening within you.

This is a card of release, freedom, and redirected inner energy meant to help you heal emotionally and grow spiritually by encouraging you to value the meaningful experiences in your life while being mindful that each physical lifetime is over all too quickly. This is a powerful card of change and transformation, and you are being shown the means to absorb old emotional energy and convert it into spiritual energy.

ANGELIC MESSAGE

Attention

While you remain in physical life, your shadow side is only half your total being. You are well aware that you have an enlightened



side that you seek to expand and share with the world. But aspects of your personality that emerge from fear: greed, jealousy, anger, or resistance are often pushed aside in the hope that they will disappear on their own or will be healed through emotional and/or intellectual practices. You may spend a great deal of energy avoiding and periodically confronting these undesirable personality traits before discovering that you can release them only when you love them.

In accepting that you have tried to live according to your beliefs to the best of your ability and in partnership with the Universe, you can let go of feeling responsible for past actions or inactions. You can accept the opportunity of this moment by placing your attention on the power of divine love to transform all unredigned or negative energy into positive energy of purpose.

One of the most difficult fears for humanity to overcome is the fear of physical death. Today, at this moment, your life is in your hands, and by placing your attention on divine love you are able to overcome even the fear of death. No fear is too large and no personality too unenlightened to be transformed by divine love. Keep your attention this day on your shadow self and/or the shadow qualities of those you love. In your prayers and meditations, bring these into the light; through love, they can be released and transformed into the power of meaningful living.

SPIRITUAL OPPORTUNITY

The guidance to you through this flower image is to seek the healing love of your center—your spirit—and merge it with the universal center—God. The translucent green center of this flower image helps you visualize the power of divine love to heal. Notice that the petals of the flower are purple, the color of spiritual transformation, and they are tipped with the same shade of green as the center. This means that your life is always capable of being transformed through love.

You are being guided to believe in yourself and know that all aspects of your life that you need to change can be changed through love. Because this is a card of Nourishment,

you are being asked to release troublesome habits that deal with such physical addictions as addiction to food. Try, for instance, bringing your chewing and swallowing into the focus of divine love as a means of truly nourishing your body and life. If each time you swallow you do so with care and love for yourself and the nutrients you send into your system, then food obsessions as well as all others stand a chance of being transformed.

APPLICATION

Breathing is used in many spiritual practices as a means of focusing attention on a process that brings your life energy into balance and also cleanses your system by eliminating unwanted and negative or unproductive thoughts and feelings. Paying attention to your breathing encourages you to find and renew your intimate relationship with your body and spirit each second of each day. Practice accepting divine love with each breath and releasing and transforming through love every unwanted feeling or pain that you or those you love are burdened with. Some day, when you no longer need to breathe physically, you will leave your physical body supported by the spiritual energy of divine love. But for the moment, keep your attention on the beauty and opportunity available to you through this magical and tenuous process of living.