

16



Balance

PRESENT CHALLENGE

Living in the moment and allowing the future to unfold naturally from your own wisdom.

You've drawn this card so that you will be encouraged to take heart that you have entered a time to make new choices and that these decisions are to set the course for future stability in relationships and in life work.

The choices you make each moment are best made when they arise from your own inner wisdom. Only your inner awareness holds the power to direct your life and overcome persistent feelings of lack or failure. By drawing this card you're being notified that, even though you may want others to verify that you are doing the right things, you already have the answers to your most pressing questions. You are in the process of filling any and all inappropriate emptiness with blessings.

ANGELIC MESSAGE

Balance

Living in the moment is one of the most significant universal teachings for improving the quality of your life. Your future takes place in the moment, growing organically from the wisdom you can



already lay claim to. Focusing on the wisdom you already know and can apply to your life allows you to remain whole and to avoid being swallowed by pain, confusion, or lack of belief in your own vision. Your own wisdom allows you to observe people and circumstances moving into and out of your life even when you exert mental effort to produce a different outcome.

It is of course much easier to scan the external horizons of your life looking for solutions than it is to grasp the joy you already feel today and to recognize it as your own guidance. There are no paths that lead to certain material success because the material side of creation is based entirely on intentionality. What you believe that is drawn from your spirit is expansive and all-encompassing; it can thus help you create in many ways simultaneously.

Inner balance, unlike physical balance, refers to the process of maintaining inner well-being. When you are balanced you accept and learn from the contrasts in your life more easily because you have an inner presence that holds you together. This reserve is the amassed spiritual energy that comes from monitoring your physical life through a spiritual lens. Your present state of awareness is trying to suggest that there is a difference between mental preoccupation with your life and its goals and the ability to accept the guidance of the emerging "light" within you.

SPIRITUAL OPPORTUNITY

The guidance coming to you through this card is showing you that you need to be more trusting of your own instincts. Red is the color of passion, strong intention, and self-belief. This flower image suggests that many positive new initiatives will find completion or that new creative expressions will take root in your life. Fresh insight and positive occurrences flow from inner balance, and by allowing your wisdom to open to the observance of divine love in your life, you are able to more readily accept an expansion of your accomplishments and success. While your focus may be on a specific person and situation that needs attention at this time, keep from becoming

totally preoccupied with this one circumstance, because it may be limiting your spiritual unfoldment. Relax your own expectations, and accept the Universe's initiatives to help you in all ways.

Step outside your daily routine and watch yourself go about your daily living. Do you look tired, stressed out, weary of life and its loads? Do you look refreshed, joyful, playful, filled with good humor and compassion? The difference lies not in your physical circumstances but in the off-setting power and joy of your daily spiritual practices—and these include every aspect of daily life. You have entered a time when you need to deepen and re-establish your internal balance and recognize that it is held in place by your spirit's guidance.

APPLICATION

Physical movement is an essential aspect of maintaining both physical well-being and spiritual balance. Even if you do aerobic exercise, consider also taking time for activities like contemporary dance, Tai chi, or yoga that help you listen to your internal senses and silences. Or go for a walk, and walk briskly. After several moments, observe the colors that you can see in your inner mind's eye; these are the colors that reflect your mood. If you're feeling in a listening mode, you'll see colors in the pastel hues. If you are in the asserting and acting mode, the colors will be brighter and more dramatic. Ask yourself what question you most need answered, and then allow the world around you to speak to you so that the next step, the immediate goal or answer, can be clearly acknowledged. Try praying while you walk, "Allow me to see clearly the answer, solution, or guidance that I need so that I no longer need to worry that I'm doing the wrong thing."