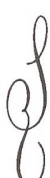


A NOURISHMENT CARD

39



Cooperation

PRESENT CHALLENGE

Seeking love as the means of balancing your life.

You have drawn this card to alert you that the relationship among your body, mind, and spirit is ready to reach a more refined level of inner cooperation.

You may have worked extensively to overcome old feelings of abuse, neglect, abandonment, loss, or low self-worth. You may be finding that even with all the inner-child work, the spiritual alignment work, body work, or other spiritual approaches to healing you've tried, you still feel blocked in some significant way from your desired state of inner well-being. This blockage is giving way to a subtle level of cooperation of body, mind, and spirit that is emerging into your life to improve your self-confidence and to awaken your soul-confidence.

ANGELIC MESSAGE

Cooperation

Cooperation is essential for the systems of your body to maintain your life. Life is interesting, stimulating, fun, sensual, and fulfilling on many levels as you interact with those you love, dislike, fear, or feel competitive with. Even the chemical responses of your



body are linked directly to specific emotions. Clearly, the body, mind, and emotions have a close alignment.

Your spirit's purpose is to facilitate cooperation between you and Gaia, the Earth, and between you and God. Through these avenues of receiving and experiencing the profound feelings of love, your body and emotions are able to respond to love as a transcendent quality. When you accept your relationship with God and thus with divine love, you become a channel for profound compassion, kindness, goodness, and nonjudgement, just as every spiritual seeker does. When you seek the energy of love you rise above the lesser emotional responses and are supported in your ability to act and think nobly.

Cooperation between your feelings and your body create physical health and feelings of happiness and fulfillment. Cooperation among your feelings, your body, and your spirit gives you the ability to experience the grace of God as love and to interpret the energy of love as the guidance you seek. The spiritual energy of love is arising from the divine Presence and raises you to the status of inspired mortal and wise healer of other living things.

Experiencing cooperation at the subtle levels of love puts you in touch with the place of true nourishment; for no matter how many people you have in your life, if you are missing a connection to God, the immortal energy of love, you will feel empty, alone, and finite. You are growing in wisdom to accept the urge to seek cooperation externally with other people and internally among your own body, mind, and spirit. Cooperation is essential to balancing your life with the Sacred in all things.

SPIRITUAL OPPORTUNITY

The guidance to you through this flower image is to search within yourself to discover those ways in which you are testing yourself and God. The brilliant gold and orange in this image offers the potential for splendid change, healing, and renewed balance. The dark anthers that hold the pollen at the end of the brilliant waving stamens in this flower image

suggest that you are holding within you a disclarity, ambivalence, or nonessential belief about the way in which God is present in your life.

You are learning to listen to the Universe and to interpret these impressions to guide your life. Are you still tossing down the gauntlet to God, asking why things aren't better in your life right now? Are you playing a wait-and-see game with God before committing completely to a spiritual path? This guidance is suggesting that you will benefit from asking yourself what miracle or dramatic event will be necessary for you to believe that you are in close alignment with God. This card is suggesting that such an occurrence may be coming to you to prove to you that you have a genuine relationship with God.

APPLICATION

Consider that, in order to experience the inner cooperation described above, you need to understand and work with the vibrations that are coming into your body and mind with each second of each day. Each of these sensory experiences can be deepened to pick up your spirit's love before returning through the words you speak.

Strike a bell, tuning fork, or single note on a musical instrument, or imagine a clear and profound note reverberating through you. Then say your name to yourself several times, and imagine that each time you say your name and strike a note, the vibrations of the sound carry your name deep into your heart. Finally, during conversations with others, imagine that each thought travels from your brain through your heart before being spoken through your lips. This simple exercise reminds you that you are capable of facilitating a deeply cooperative attitude within your own life and within the lives of others.