

19



Expression

PRESENT CHALLENGE

Unleashing spiritual energy and overcoming limitations.

You have drawn this card of Expression in order to further your personal spiritual growth and to help call to your attention those ways in which you box in and limit your spirit's energy.

Even if you have worked on healing past painful experiences or dysfunctional attitudes, this card is asserting that you can further or even finish this release work by paying particular attention to color and its healing energy. You have drawn this powerful card of self-expression in order to further awaken your spirit's presence and to reorder and deepen your beliefs about God.

ANGELIC MESSAGE

Expression

The search for divine realization is your search and your children's and grandchildren's search, too. You express the magnificence of love only as you experience God's love. You and all living things are the colors of this expression of divine love. You have specific physical characteristics, and these are to honor your own uniqueness as well as the entire divine system of life. The color of your



skin, the color of your clothes, your house, your car, and your friends: all are expressions of divine love. God is woven into all life because God is life. You and God share the same bed, the same car, the same glass of water. You and God are one.

Your spirit, as part of this grand divine plan, isn't bound by your physical body's boundaries. In your daily life you are aware that a part of you is tied directly to the physical body through laughter or tears, happiness or fear. These mental expressions of your physical reality change as quickly as your clothes. Your spiritual expression, however, remains constant. It is the guiding light within. Your spirit is urging you continually to live with love and compassion; and beyond your desire to understand God, merely loving your way into the realization of God.

Your spiritual body is in no way limited because your mind is unable to follow into uncharted realms of energy. The next time you are tied up in knots emotionally, try to catch the fleeting impression of your spirit, and you will sense an entirely different energy. The time you feel the least like looking for spiritual insight is often the time you will be the most successful, because spiritual orientation can come through clearly during mental disorientation.

SPIRITUAL OPPORTUNITY

The guidance through this flower image is to be aware that your inner voice can trumpet out into your life and into the world, sharing feelings that grow from an unlimited spiritual reality: truth, love, joy, kindness, compassion, and service. The varying darkness and lightness of the purple flower petals alerts you to the truth that your entire life is a spiritual search. Some days you will feel more directly aligned with the Divine, and on other days you will feel more limited, upset, and distant from God, but the colors of God's love are always available to you.

The divine Presence is never far away, never distant from your problems and concerns. But the divine Presence also doesn't accept problems as the excuse for denying love. The

vast and all-encompassing energy of God knows that a different realization is possible for humanity. In order to "see" and "feel" God at work in your life, you need to find and use the gifts of insight and perception available to you.

APPLICATION

To call on the energy of your spirit for healing of yourself or others, close your eyes and imagine that you can perceive a boundary or outline around your physical body. This outline often appears as an oval. Where the physical body is healthy, a blue/purple border is visible around the perimeter of the body. Where illness is present, the border is often broken, missing, or appears to be black or dark grey.

Healing involves understanding the emotions that have broken down your aura of health. In meditation, ask to understand the nature of the force that holds disease, dysfunction, or disturbance in place in your life. Ask yourself what passion may have been thwarted in your life that you desire to recognize and recapture. As you approach the accurate negative feelings or responses, the blue-purple border around your body will begin to reappear. This means healing has begun.