

A NOURISHMENT CARD

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Sustenance

PRESENT CHALLENGE

Merging your guidance from your angelic teachers to help you love yourself.

You have drawn this card to improve your ability to hear and participate in work with your angelic teachers and, in so doing, to feel more secure in relationships with other people who are less committed to following a spiritual path.

You are needing to sustain your body and maintain your inner balance more completely and thoroughly as you surmount the challenges and accept the changes in your life. You may feel you've been too heavily influenced by the opinions and actions of others and that you are now seeking to stay within your own power and find your love for yourself, so that you can grow spiritually even if others choose not to.

ANGELIC MESSAGE

Sustenance

You may not think of angels as supporting your life as directly as we do, but the angelic realm is committed to helping each human being in many specific ways to transform current personal and planetary difficulties. We seek to enlighten humanity to move more completely



into a course of wise action stemming from a creative involvement with us and with all inspired teachers of love and compassion. We are ever-present to you as a source of solace and enduring support. We are in your dreams by night and your meditations by day. We are always with you through pain or loss, through death and transcendence, and through joy, health, recovery, and lasting success.

You speak to us and we speak to you most directly through the beauty of flowers on your Earth. The flowers are our angelic messengers, meant to offer you our love and support. When you look into the face of a flower you see the Universe, the galaxies, the stars, and the planets sprinkled and clustered across the sky. You see life, death, and re-birth. You see human frailty, fear, and loss as well as courage, joy, and ascension.

Working with flower images will help you develop your intuition and your ability to more readily interpret your life symbolically and archetypically. Guidance is everywhere around you. As you accept that you and we are one, then the fact that you are for the moment physical and we are for the time being spiritual will present no barriers to our being together.

We speak to you through flowers so that you can draw essential help and love for your own life. There are lessons to be learned by observing flowers. You can hear us each day, each moment, and benefit from closing the space between your heart and our love, between your point of transformation and our assurance of your eternal life.

SPIRITUAL OPPORTUNITY

The guidance being shared with you through this flower image asks you to focus on the power of challenge and the importance of lessons learned. Notice, in this image, the striking white center representing God and the angels reaching out to you. The dark circle beneath the light center portrays the potentially stressful, fearful, or anxiety-producing nature of daily living. Yet the magnificent color of rose permeating the petals—and, symbolically, your life—suggests that you benefit from listening in love to your spirit and your

teachers. As you grow through challenges to your physical health and the continued well-being and growth in your relationships, your spirit is sustaining and strengthening you and encouraging your acceptance of lasting well-being.

You are more effective, productive, and capable of love yourself when you seek and live the guidance that is so continually available to you through flowers. You will be more successful in finding happiness in your own partnership or close relationships as you accept your own spiritual center and seek to know it better. If others talk behind your back or misrepresent your motives, or if people you love seem to wobble and vacillate emotionally and seem unable to offer you what you need, understand that they too are seeking a spiritual center, whether they are able to verbalize that search or not. Unconditional love for self and others, fairness, compassion, understanding, lack of judgement—all are qualities that emerge when individuals are sustained by their spirit and they know it.

APPLICATION

An important part of living and loving purposefully is to be aware of bringing your spiritual insight into the circumstances of everyday living. The next time you have an upsetting or incomplete conversation, one that leaves you feeling unsettled, ask yourself, "What should I take in from this conversation that can help me? What belief about myself is being challenged? What am I willing to admit about myself and the other person without judging the rightness or wrongness of either my response or that of the other person?"

The Angels love you for your potential and your persistence in reaching meaningful goals. You can love others for these same qualities because you may be coming to accept that the urgency of humanity's race toward recommitment to peace, love, and survival is ultimately a day-by-day process of change. And it is the wise man or woman who understands the nature of the race and the nature of the prize at the end.