



18
Truth

PRESENT CHALLENGE

Working through denial and accepting the power of your spirit to promote appropriate physical, emotional, or spiritual healing.

Integration cards direct your attention toward inner harmony and balance, and this card seeks to focus your attention on the ways in which you can open yourself to the truth of your situation rather than living in denial.

You have drawn this card to help you find the clarity you need to make important choices for your life. This is a powerful card of healing, and you have drawn it because you are seeking to understand the significance of your present challenges and to clearly determine the course of action that will best support all aspects of your well-being.

ANGELIC MESSAGE
Truth

As inevitably as the moon changes phases or the flowers blossom from their buds, you also are required to seek your own truth. You may think that there is only one truth; yet we, your angels, suggest that all of you have your own truth, your own interpretation of divine law. No one way is right or wrong because all aspects of the

divine plan are being birthed on Earth simultaneously. And yet your spirit is asserting that a single truth is emerging for you, and it is seen through the awareness and grace gathered from past experience.

Fear is the only enemy of living in a truthful way. Fear robs you of clarity and peace of mind and substitutes instead a false bravado that holds no power. Are you afraid of the truth? Are you afraid that you will hear from those you love and depend on that you are unworthy, unlovable, or offering little value? Are you afraid to know the diagnosis that may tell you that your time on the Earth is limited? Are you afraid for your children to fail? Are you fearful that you will never find a life worth living? Are you afraid of being alone? Fear is a powerful means of holding you in denial and preventing you from accepting the truth of your present challenge, which is to accept the magnificence of your life with all its struggles as the vehicle through which you are to learn to recognize your own spiritual truth.

Truth is not a death sentence or a pronouncement from on high that is punitive in nature. Rather, truth is the means through which you can honor and evaluate the meaning of your passing physical life. Truth is the acceptance of your spirit's voice and a willingness to work in whatever way is required to honor the day and to honor the Force that brings you life.

SPIRITUAL OPPORTUNITY

The guidance emerging for you through this flower image suggests that this is a time to take stock of your life. This wondrous image of green and orange, healing and balance, expresses the universality and eternal process of life and death, emergence and release. This image is guiding you to become more aware of the deeper spiritual currents in your life, which are directing you toward a new beginning and also toward learning from the experiences and relationships that may be coming to a close.

You are being alerted that your spiritual currents, the ones that teach you of your life mission and your immortality, are

more available to you. You are also being shown that you are becoming more sensitive to learning and insight from past lifetimes. This is a most meaningful time of personal spiritual synthesis for your life. Practice taking no action until you are sure that the action you choose flows from your deeper truth and wisdom.

APPLICATION

Think of the greatest challenge to your well-being that you face at this time. Now pretend you can step outside your life, away from having any vested interest in your situation. Try observing your situation with dispassion. Notice how difficult it is to avoid feeling the pull of your emotions as they try to show you the images of your worst fears. But be persistent. First consider the openings and opportunities that are in your life or are coming into it. Now think about the aspects of your life that are closing down or moving away from you, even though you might have it otherwise. Try not to fight what your spirit is suggesting. Joy and well-being always follow your spirit's guidance even if, in the short term, it means that you will have hurdles, even difficult ones, to cross.

Ask your inner truth, the all-knowingness part of you, to stay with you and eliminate or reduce fear. Imagine that you are sitting in the lap or held in the arms of the person or teacher you most love, whether or not this presence is on the Earth. Feel the currents of love as they flow through your body and your emotions. You are safe, and no harm can ever come to you. Relax, breathe, and accept that all is well.