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## Vulnerability

### PRESENT CHALLENGE

*Transforming relationships into mutually beneficial and spiritually supportive exchanges.*

You have drawn this card because it is time for you to take back your power, to pay attention to the timing of certain important events, and to recognize that you are approaching major decisions that will affect all your key relationships.

You may be emerging from a stressful period, or you may still be in such a period at this time, but the lesson for you is to accept the more impersonal and authentic means of assessing your relationships from your inner wise voice. You have been gaining in your ability to hear and appreciate your own wisdom, and this card comes to you to encourage you to honor this guidance and to re-evaluate all relationships that are based on mutual lack, pain, fear, or poverty of spirit.

### ANGELIC MESSAGE

*Vulnerability*

*Vulnerability isn't weakness; it is spiritual strength. Your capacity to be vulnerable grows in direct proportion to your state of genuine wisdom, which acknowledges the transitional nature of physical*



*reality and the enduring quality of the spiritual realm. Vulnerability grows as the need for personal material gain and glory diminishes. As your ego gives way to your authentic spiritual power and presence, you gain true vulnerability, and compassion emerges.*

*The gateway to becoming vulnerable, open, and clear about your intentions and motivations is the voice of your inner spirit, your wise counsel. When you accept your own human frailties, not as an excuse for inflicting pain or for living with indifference but as a means of increasing your capacity to feel compassion easily, then you are living honestly, and you are becoming vulnerable.*

*Vulnerability is the natural state of open acceptance and self-responsibility resulting from being in touch with your own awakened spirit. All elements of life, physical or nonphysical, that also live in some way with an awakened spirit will know your true self. You are an open book, capable of being easily read by any living thing that lives by spiritual integrity. And thus we, your angelic teachers, can see you totally, can see all the aspects of your life, no matter that you think you hide behind a physical body or elaborate mental explanations. We see and accept your challenges and encourage your search for your wise voice. We do this without judgement and with the expectation that you will be successful as your capacity for love increases.*

### **SPIRITUAL OPPORTUNITY**

The guidance available to you through this card asks you to assess the totality of your relationship(s) from a spiritual, wise-mind perspective rather than only from the part of you that has been wounded or feels a sense of lack.

Symbolically, this flower image shows you the contrast between its golden center core, similar to your spirit, and its dark, sharp, and potentially threatening spears, which represent the inevitable duality and conflict in relationships. This guidance asks you to assess the core nature of your relationship(s) from your own wisdom mind in order to make the most productive decisions.

What were the circumstances and issues that brought you together with your friend or partner? If your relationship(s) has been built on the support of each other around mutual wounds, then this basis for support will need to be shifted to one that involves sharing around mutual abundance and personal power. You may be worried about attracting or actually beginning another relationship that might hold the same old patterns and struggles. Selecting this card suggests that you will be successful in attracting and/or creating a strong and mutually supportive spiritual relationship(s), or in having the courage to leave relationships that are unable to change from a negative and "lack" emphasis to an empowered and spiritually vulnerable one.

### **APPLICATION**

Choose the relationship in your life that is both important to you and in need of change. Explore this relationship without making assumptions of what can be changed and what is immovable. All things are possible when supported by spiritual energy.

Hidden agreements show up when one person seeks to step out of character and act or assert himself or herself in new ways. This behavior is often perceived by the other person as threatening. Try to observe these shifts in emphasis, and agree to have special times each week to explore these shifts, either perceived or actual. Meaningful dialogue is essential in relationships, and if one person is unable or unwilling to participate, then circumstances will either move the person into situations that crack the old veneer or dissolve the relationship(s).

Ask each other what needs are not being met when either of you changes the way you've always acted. Try playing different roles in your relationship, with one person assuming a more assertive role and the other a more submissive one. What do you discover when you assume the role the other plays? Can you accept that you are responsible only for your own change and are able to support the other's opportunity to change as well?