


Soul Wisdom for Better Relationships



Know more about Sexuality, Eros, and love
Discover the blockages, end the Toxic relationship cycle to live in
harmony with your Loved One

Ouassima Touahria & Luci Fae Davies



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Note: The content of this book is intended for people who wish to make personal and spiritual development, change their lives, and continue their path of ascension in the best possible way for them. The content of this book is not a substitute for any care or treatment offered by health professionals but is the personal opinion of the author

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Introduction



Presentation of the book

I (Ouassima) am very grateful to Luci and You for encouraging me to manifest this project which I hope will be helpful to you. Going through a divorce made me change my whole perspective about relationships. I saw my dreams collapsing, my identity changing, and my life metamorphosing. As I moved from “togetherness” into “soleness” and “solitariness”, I was feeling alone, without support, and lost in a new world where relationships were disposable. The societal values changed and... I changed. So I went through a deep redefinition of who I am and what I don’t want in my relationships, before getting to the “What I want” destination.

In this book, you will travel with us through different soul and emotional landscapes to:

- Connect with yourself so as be able to connect to others
- Determine where you are in your relationships
- Know more about the blockages that prevent you from living in harmony with others
- Journey through the Feminine and Masculine and bring them to Union
- End the Toxic relationship cycle and embark on different journeys
- Know more about Sexuality, Eros, and love...

The exercises and prompts we offer in this book will allow your soul wisdom to be channeled which will guide you on an inner journey, and discover how to build better relationships, with yourself and others.

... Welcome

Hello, welcome and thank you for trusting this book and Oracle deck. We really appreciate that you have and hope it helps you connect with your Souls Wisdom in connection with your relationships in life.

I (Luci) was invited by Ouassima to collaborate on the creation of this exciting project of book and card oracle pack with an aim to help to heal the relationships in our life by focusing on healing and understanding ourselves with the Inner Wisdom of your Soul, and we share with you this journey.

I have been involved with Tarot from the really young age of 16, with breaks along the way, some rather large as life intended that I learn many other things from Life Experience too. I was psychic from childhood and "always seeing people who weren't there" as my mum put it. Over my long lifetime, my love for Spirit and Personal Growth has continued and is still going strong, now though I also work on healing my Shadow aspects too.

So I thank Ouassima for this opportunity to manifest part of my passion into book and oracle form. We hope, above all else, that this book and the cards that go with it can help you to discover the Innate glory of your own Strength and Inner Healing by gaining a deeper understanding of who you are and how you work which will lead you to healthy, loving relationships.

The cards and their importance in the inner work

You will discover - as you read through this book and get used to your cards - the value of using the Cards to access your intuition. It is a very real way of accessing those parts of yourself that you have "collected" or "given away" along the journey of your lifetime by living many different life roles. Everything you have experienced, the "good/easy" and the "bad/difficult" is

stored within for always, just waiting there for you to access it, either via daily life or by going Within to understand yourself.

So many parts of you began to be created in your very early childhood, by teachings and beliefs "handed down" to you by your Primary Careers. As the cute little "recording machine with no filter", you took on board everything you were told by primary careers, school teachers, television, movies, music, and your peers and you internalized it all. As you grew you did develop a filter, but, all that childhood programming was here to stay, and throughout your life, that programming has popped up as anger, fear, and defensiveness, seemingly like habits you never realized you had so you have unconsciously continued to cycle repeatedly through the same patterns as you automatically react to whatever triggers off those old programs. We hope to be able to help you stop those repeated cycles.

All of those beliefs from "being told, taught and traumatized" have been stored deep within your subconscious mind and you probably don't even consciously remember them or how they happened to be created. The good things are also stored in there and they are treasures to find.

This "hidden and unknown secrecy within" is the cause of most, if not all, of life's difficulties and until we feel ready to embark on a journey to find and then heal and let them go, we will always just keep on re-running the same patterns that have run our life so far.

Eventually, every single one of us will embark on this healing journey, but we have to take the responsibility to CHOOSE to heal these hidden parts of ourselves. This is the very process that we need to do in order to attract the relationship/s that are nontoxic but supportive and encouraging and the most desired.

In this journey, the cards will help you to see and become aware of some elements that you may need to think and meditate on. Not by using them for fortune telling or telling you what you "should" or "should not" do but by informing you about what needs to be learned and thus healed so you can step into both your own Wisdom and your own Power, which is a VERY magnetic Power indeed. YOU have to delve deep into your Innate Inner Wisdom, Wisdom that is there within you, but maybe you haven't yet taken

time to look too closely at it for your answers to your questions. This book and cards were created with the hope of helping you to connect with that, all too often, forgotten Inner Guide and Teacher.

We sincerely hope that this combination of book, cards, and your own Intuition will help you to make your life into what you prefer it to be. We bless you on your Journey to Peace.

We suggest that you take time to "play" with your cards, ours, or any other Tarot and oracle deck, and to really get to know them. Explore their pictures, colors, and how the scenes make you feel, and then read the inspiration. Ask yourself "How does this relate to my situation?" And take note of what ideas come to your mind. Make your cards your close companions as if getting to know a brand new friend, because that's exactly what cards want to be, a best friend that can support you throughout the difficult moments and the happy ones. Put them next to or underneath the head of your bed or pillow at night, talk to them, ask them questions, and do whatever "makes the cards your own." Just allow your own energies to seep into the cards as you get to know each individual inspirational card that makes up the body of our deck or any other tarot you may choose to use. ♡

Let's begin...



The Country Dance (1890) by Pierre-Auguste Renoir. Original from Yale University Art Gallery.



Chapter 1:
How are your relationships and what
do you REALLY want?



Relationships are VITAL

Truth is that in our lives: relationships are VITAL.

We humans, are social creatures who rely heavily on the group as a means of stability and survival and so are meant to flourish within our relationships but life has "progressed" beyond the tribal culture, and too often, beyond even the family structure and so of course has the "couple culture". There are less "rules" which in itself is a good thing, but since our Emotional Intelligence (EQ) is not yet as highly prized as our Mental Intelligence (IQ), our relationships are struggling and suffering in this "I am Me, me, me" world culture which is exclusive and unbalanced instead of "I Am Self" which is Inclusive, and therefore balanced.

Relationships are not only about sex and romance but are also about family, work, society, and more.

Do we trust our relationships or not?

Are they easy or difficult?

Are they healthy or toxic?

It is all fantastic when our romantic/sexual relationships are happy and healthy, but what happens when they are not?

Today most are in utter turmoil because they have not had a lineage of true loving support due to the cultural biases we grow up with from our parents, which are naturally absorbed by the child's early forming brain as they pass on what they learned from theirs and so on it goes, from one generation to the next to deal with and subconsciously or consciously, due to their emotional imbalances, have handed it to their children. Thus, we are all affected by it.

So how are we supposed to build healthy relationships from damaged seeds?

It's our sexual/romantic relationships that continue on to become family, the energy of the couple spreads out to create a whole new world around itself, so... how are the energies of the couple?

The couple will pass on what they are taught by either love or trauma, and so the pattern continues, until there is one person that comes along into that lineage with the desire for better, to learn to heal her/himself and thus heal by attraction and contact with the others around her/him.

What energies are being handed down to the next generation?

Journaling prompts

Ask yourself and answer as honestly as you can:

- How do I respond or react to things that happen within my relationship?
- Has this been a pattern of response that has happened in previous romantic relationships?
- What are the thoughts that jump up into my head when I respond or react to a situation?
- If I was to stop and catch that main thought, what would I be feeling about it? Victim? Martyr/People pleasing? Or something else?

My harsh unspoken truth, living with a Narcissist

So many wives have to put up with philandering partners.

It always seems to be one rule for men and another for women. Men and sowing their wild oats, women and housework in loyal chastity. But wowzers does the shit hit the fan if she does anything remotely similar to her partner's behavior. You'd think a philandering man, who has a woman, but still wants and uses others, wouldn't give a flying fig if his "owned" woman "played in kind" but OHHHH YES THEY DO!! Why? MALE PRIDE born of the total INSECURITY he exhibits by his need for other women's attention outside of his relationship. Luci

Now, there are a lot of women who make their loyal man suffer that way too, and of course, not all men behave like this, so we are not discriminating or hating one gender or another, we are just looking at it from the perspective of a woman in a toxic relationship with a man since that is our experience.

We all can get to a point where we need to feel secure in being wanted just for who we are.

When a relationship keeps us in the position of feeling unwanted, like being one that is in a queue or a line up waiting to be "chosen", and feeling like you could be pushed away at any time because there is no honesty being offered to you, feeling disposable, all whilst knowing he is out collecting "friends" who are his "line up of options." This activity applies more so if "he" is a narcissist. Narcissism varies in its types so we strongly suggest you do some research if you suspect Narcissism. There are lots of mental health professionals who offer advice on YouTube, just make sure their advice does come from a professional viewpoint. There are also some YouTube videos from people who have had the experience of trying to live with it, as we have.

A Narcissist cannot change without learning about his/her problem, but s/he also would never admit to having a problem in the first place, so your own choice matters about what YOU need to do, in this case, it's even more vital that you understand **your own needs** than in any other, except with partners with Psychosis.

Mostly a relationship cannot survive a Narcissist and **your best choice is to leave**, but that's often easier said than done, especially when faced with a Narcissist! Why? Because of how they confuse you and make you dependent on them because they manage to break you down into believing they are right! That they know you better than you know yourself.

So you end up confused and wondering why being in love is so difficult, but this "love" could be something called a "Trauma Bond" which is not based in Love but on fear and it makes believe that you are going to fail at anything you try, but it is the enforced belief of trauma conditioning.

In this situation, you need to learn to love yourself enough to know you need to make yourself safe. You need to question what you're being told by him/her and ask if you really, truly believe that about yourself. A relationship with a Narcissist is a massive topic and much too big for this particular book to address, so please look at the professionals who deal with it and maybe seek out counseling for yourself with a professional to rebuild your inner strength and Self-love.

To be in a relationship is not always the answer we need to our need to be loved, especially if the relationship is with someone who holds little or no love or compassion for themselves, it ends up being toxic. If you are able to be aware of your own thoughts and feelings, the relationship becomes the catalyst for you to learn to love yourself first...or it can make you extremely unhappy; hence the need to seek help and not just head into a relationship to satisfy a belief that that is the only way to feel like a success.

Boundaries, demons and angels

If you go into a relationship without strong boundaries, your partner cannot actually know what behavior IS acceptable or unacceptable. So good communication is vital, but with those insecurities held from a lack of self-love and self-worth, communication becomes difficult and often defensive and reactionary instead of clear to the point so that boundaries can be drawn.

A lack of boundaries indicates you actually don't know them yourself, this stems from "not yet knowing yourself".

How can you love yourself, if you don't even know "You"? It's the same as: how can you be in real love and long-term relationship with someone you don't know yet? They could be pretending to be better behaved than they usually are and in the beginning, when... we are all on our best behavior!

A relationship that is unhealthy can take you right out of your **OWN Power**, hence the constant need to be aware of **who YOU are** or **who you are trying to be** within a relationship. We are not all here for a battle type of relational process, but it does teach us our truth in the end when we realize we don't have to be in that constant soul-destroying situation.

Many of us are here to realize our OWN POWER, which is often hidden much deeper than we may imagine. All the Images, Masks, and smiles hide the pain that always triggers us yet we deny it by refusing to really see it when it arises. Our own Power also lies hidden within the Shadows of our subconscious alongside our deepest fears and limitations.

Our "Demons" dwell in our memories. Our "Angels" are in our Hearts. One "demon" is *fear* which blocks the other "angel" which is *love* because the "demon" is terrified and insecure and feels that Love is weak and vulnerable, which could get us hurt out there in the Wildly insane Jungle of romantic love. It is especially difficult to love the *Self* enough to not allow abuse by another in the "name" of Love. ***The reason we don't know about the reality of Real Love is because we have been taught by elders who don't know it. It's like the blind leading the blind.***

These inner "demons" are actually memories that trigger us to react, they are buried so deep within, that our various relationships will show them to us by mirroring them in the other person, It is just what needs healing or reaching within our self.

Each relationship reveals a different facet of you so that you can MEET YOURSELF and truly get to KNOW You.

Once that facet is understood and accepted by you, without resistance, anger, and resentment, those "seasonal" relationships will stop happening and relationships will be mutual in their Finer Parts such as true communication, encouraging appreciation, a balanced Partnership that feels safe and trustworthy. It can never feel safe unless it first feels Trustworthy, so if that is not there, it is better to move on. The other option is to step out of that cycle in order to give yourself the space to heal and Grow from what you've learned from your experiences, even when that learning felt like torture, you will see its Value only in Hindsight unless you start to actually look at the situation much more deeply.

So, where do these "demons" come from, and why?

They begin in early childhood, with the caregivers and teachers of what human life is in their opinion, and each person has their own opinion of it. A parent teaches via the Shadows they learned from their parents about motherhood and fatherhood. A school teacher teaches according to both the curriculum which can be the shadow of the society or country and their own Shadows they carry. An employer does the same, and so does every single other person. They all do this without ever knowing who THEY TRULY ARE.

Therefore, in this time of enlightening change, it is vital that we first honor our relationship with ourselves.

Get to understand yourself and your own behaviors, preferences, dreams, and ideals and what it is that is REALLY running your own show from behind the scenes.

Two people need to grow either TOGETHER, or, APART. To go their own separate ways may well be the best growing curve for both people, as a relationship should NEVER remain a Soul Destroying Battle in a "Hell" of walking on eggshells.

Ok...so,

What if... the saying of "I'm an empath so I feel everyone's pain" is often a detour away from yourself? Carl G Jung (Psychologist) said that we all have an unconscious shadow side within us¹.

What if... instead of worrying about psychic protection, you could just be outside of the fear that creates the need for it?

What if... we accepted that we DO have a dark side within us?

What if... the "empath" label actually keeps us from looking into our own Abyss to see our Shadow and our wounds behind them?

All too often, we focus on *protection* rather than *introspection*. It takes a lot of courage to really see what's inside you, and accept it, understand it and forgive it. But that is the only way to truly heal those negative and toxic cycles of your life. None of us are exempt from the Shadow because all of us have the Oneness within, and thus include light and darkness, purity and shadow, no matter how much we try to express the image of purity out to the world.

In this realm of blatant polarity and duality, we really cannot be just "The Light" because we are ALSO the "Dark", part of that darkness is the denial of our Shadow which keeps us in a downward spiral or stuck in repeating

¹ Paraphrased

patterns of toxic relationships, whether they be romantic, familial, or career based and it feels as though you are "cursed."

So,

What if... those feelings that are triggered within you in relationships are actually "pointers" to your own Shadow, and the person in front of you is a mirror of the fears and Shadow aspects that are within you?

It's so easy to pass things off as a spiritual or magical "gift" but this world is one of polarity and so we also need to be a tad logical about these things too. After all, we can't have just feeling (Feminine) or just logic (masculine) we HAVE to MARRY those TWO into ONE Unified aspect of the head working WITH the heart, to create this Unification within the self, so *Psychology* also has to be taken into account because *Science* and *Spirituality* are the same.

*Look deeper, deeper, and yet DEEPER into that rabbit hole
because, you will find there,
all your answers.*

Dear empath: Make Yourself Some Vital Rules, and Police them!

Here are some rules for you if you feel you are too kind, and open-hearted and want to keep harmony in your relationship even if it's to your disadvantage:

- Don't make excuses for anyone's bad behavior.
 - Don't try to keep the peace by staying quiet.
 - Don't try to protect someone's feelings if they are abusing you.
 - Don't push your pain down by thinking you know their pain.
 - Don't ignore your birthright to be happy and safe.
-
- Do tell them when they have treated you badly.
 - Do acknowledge every Red Flag, especially those at the beginning.
 - Do talk to someone you trust so you know you're not going mad.
 - Do create and hold onto good strong boundaries and if someone ignores them walk away from them.

Remember that your Boundaries are your limits to how you let someone treat you and if anyone ignores and breaks or even pushes at those boundaries, it's because they don't care enough about you as they care more about their own interest. So write down your boundaries in order to remind yourself of what you won't accept and keep strengthening your conviction to them and your commitment to yourself.

Do know that anyone, no matter who they are, have no right to abuse and hurt you.

ALWAYS remember that: YOU really DO MATTER TOO!

What is right? What is wrong?

Religions have shaped our societies for a long time, making some things right and others wrong. People have been punished for being in extra-conjugal relationships, others because they tempted virgin girls, and many women were cut off from family trees because they got pregnant out of "sacred bonds." But things have changed so much in today's world. We freed ourselves from old dogmas, boundaries, and rules. Yet, here we are again, trying to find balance, the "right" relationship for us and the "right way to be" in the relationship.

It seems that as soon as we get involved in the sphere of 2 (twos), we have to identify who we are, and how we are in the world; our interaction with the other implies a dance where balance is needed, or else, we fall into "hell"².

But before we get into the Twos, we have to get into the One.

Being in a relationship helps us to figure out what and who we are. We learn more about what we want as we experience what we don't want. But isn't it easier to know ourselves better BEFORE getting into a relationship?

How do we exist through the other person? Why do we need to discover who we are through the eyes of others?

I (Ouassima) got into shamanic practice because it implies a direct experience. I mostly don't learn from other humans, but I go and seek guidance from what is higher and true to me: My higher self, my Oversoul, and all those "unities of consciousness" that are hidden within me: angels, animals, etc.

By getting in touch with my true nature, I strengthen my "relationships with my inner family" which brings me to "oneness" and harmony. I don't need new experiences "outside of me" to know who I am even if they still

² As shown in the Tarot cards of 2 of pentacles trying to juggle everything you do, think and say, or the 8 of Swords in feeling trapped and not knowing a way out, or the 2 of swords in not even wanting to face the problem!

happen. But, as soon as we touch the pleasure of meeting with our different selves, we start seeing others as “us”, not as separate beings. Every relationship becomes a gentle reminder to get back to balance.

Long, hard, and difficult relationships are no longer needed.

With this exploration, we enter a new phase that I call the " construction of a new reality ". In this phase, we have healed many wounds and found our way to balance, and a desire to share this harmony starts emanating and vibrating from our core. It is very strange as we become a beacon of light, and many men or women get attracted by it, yet we have to stay alert and cautious in order to not re-enter the Drama, or to act as "saviors".

Through the years, I noticed that many get attracted by this " savior-healer-sense " oriented energy in me as I am a therapist at my core. But I came and (still come) to notice it quite quickly. Usually, I get into their lives at a specific moment when they live a transition that will make their old life collapse, and they need an escape boat or a quite isolated island to feel safe and secure during that phase period, or they may want to have inspiration and guidance to find their way. Even if people get emotionally involved with me through this, I have to stay centered and careful about the “role” I play in this relation. Time is the best ally, physical (and not digital) meetings help also a lot to know a person better, before getting involved emotionally and physically.

In addition to that, even though in today's world it is easy to get involved with people on many levels, this does not change the fact that our body is our temple, our womb is sacred, and as in every sacred place, people need preparation and purification to enter. I might sound a bit traditional, but this is what feels right for me to share. As a woman, I need to protect and care about my womb, getting involved in a physical relationship quickly disturbs my inner Temple, as it needs care and love and has to be treated as sacred. I also have the certainty that women keep the energy imprint of a man within the womb and their energy field for at least 3 to 6 weeks. Knowing this pushes me to put a boundary and time between encounters or relations as it is essential to keep my bodies and temple harmonious.

In today's world, there is seemingly no more "right or wrong," as values have been mixed, forgotten, or just plainly ignored and abandoned. Rapes, rages, and pedophilia became "normalized" as "it happens all the time" and in the middle of all this, is the forgetting of who we truly are inside.

Direct experience with and from our soul is the key to improving all our relations. We don't mean that we should be once again forced into religious control with all its shaming and secrets though, what I mean is that we all need to become intimate with our own feelings in order to understand our beliefs and thus be able to change them to create the life we wish to live. This process implies a Journey to our Inner Core Self and getting to know what is "right or wrong" FOR US, on our truest and most intimate level, as our own healing affects the whole of humanity.

In order to reconnect with your beliefs, we can ask ourselves vital questions such as:

- Where did my beliefs come from in the first place?
- Which beliefs do I live by?
- Why do I hold onto this belief?
- Is this belief helping me to be happy or is it making my life too miserable?
- How can I change my beliefs?
- What does feel right for me? Beyond any opinion or judgment?
- What makes me feel aligned and balanced? And what makes me feel misaligned? What brings me peace or confusion?

Find your OWN VALUES, those that make your heart feel good, and forget about people's rules or fashions as they change with time.

- What is it that feels deeply right for you, even if it comes from religions or makes you feel traditional? About your own body? About what you will exchange in a relationship? About what is the future like for you?

You have the right to want a family, or not, you have the right to take your time, you have the right to speed it up if you want to, etc. Explore your issues to find what they truly mean and why they matter to you.

You have also no right to change people or to convince them about who you want them to be or, what you want them to do. Yet you have the right to "feel" what is right for you and build your life around it.

What do I want in a relationship ?

"Today, I am in pain, my heart wants to explode with pain, the wounds of separation awakening, bringing back all the memories from the past, all the unhealed breakups, the unsaid words, the relationships that have remained suspended in time,...

Men from my past come to haunt me again...

I hear them...

Those words hurt and enter our being like knives, and it feels like I have 100,000 knives stabbing in my back and heart."

In order to build up new harmonious relationships, you have to heal your old wounds and free yourself from all old relationships that have could been. The goal is to bring back your energy to the present moment to gain back your power, to be filled with your soul, and thus to find a relationship that corresponds to the "healed and empowered" you.

Journal and pick a Tarot deck of your choice + The companion cards of our pack to explore these questions:

Question one: What are the wounds that I have not yet healed?

Here is an example:

The Hanged man: My difference, my non-affiliation to a specific cult, group, or culture, I live suspended between heaven and Earth, I let myself be carried by the Divine fluid of life, I have no long-term plan because the long-term does not exist on Earth.

I don't know if I will have children or even if I want to have them in the future, I don't force myself to have "projected" desires in the future. I live my present, I plan the future of the planet, but not my future as a human.

Yes, I depend on men, on their affection, on their love, on Love, but I do not stay where Love is no longer. Societal rules, fidelity for convenience, and life as a couple for security are not my benchmarks.

My benchmarks are maturity as a couple, communication, negotiation to find a balanced place, in the middle, between masculine and feminine, and where positivity rests.

Am I too mature for relationships, or maybe am I too "complicated"? I've always wondered: What does the word complicated mean? According to the dictionary, it means a "Person who seeks difficulty, who does not simply act." Then, what is "simplicity?" From the dictionary again, a few definitions caught my attention: Simplicity is made up of a small number of elements that are organized in a clear way. Humans are not simple, they are made up of several elements: their history, their emotions, their instincts, their archetypes, their connections, etc. These elements are not organized in a clear way, which "complicates" their thoughts, actions, decisions, and relationships... and so makes this life very complicated!

How can we therefore "assume" that a person is simple, that a relationship is fluid... It is IMPOSSIBLE! The human is always a complicated being. If we put him or her in a room with other humans, the complications multiply into infinity!

Are humans really simple?

If we humans accept the programming we receive from our living environment, our education, school and political education, and our work environment, ... then yes, we would become a machine that works automatically and our life might be a long "quiet" river of planned decisions, seemingly easy to follow and do.

For example:

- Study
- Take a loan to finish your studies.
- Find a job.
- Take out a loan to buy a house.
- Find a woman/man.

- Maybe have children.
- Look for another man/woman to add more joy to your life, etc.

But all along this "false quiet river", several "error messages" are sent from our deepest being through events such as an illness, a disease, emotional instability, accidents and burnout.

It is our soul that wants to take its place, to lead our lives in this automatic world and to turn all this "nonsense" upside down.

If we don't hear properly the soul's song emerging from our depths, our inner space for freedom and expression gets reduced. We may start searching for strong sensations to feel alive, we become selfish in this quest and we lack empathy, all that we do for pleasure comes to an end, and we start over the search for something stronger and bigger. A stronger surge of Dopamine, the feel-good hormone, sometimes by any means possible and without due consideration for consequences.

Instead of opening our heart to what is waiting deep within to emerge, we close it a little more in response to all the pain caused by these tempting distractions which can so easily become self-destructive addictions.

How can we come back to the true call of the soul in order to start behaving with truth and without pretension?

There are honest and naturally driven people who exist, but how do we recognize these qualities in ourselves and in others?

Perhaps by removing the "indoctrination" to be a "useful" part of modern society, and that teaches us:

- Distrust of other humans.
- Doubts and fear of being betrayed, robbed, raped, injured, abandoned, etc. All these things are very viable reasons to be cautious but it makes us become untrusting and build big walls instead of just boundaries around us.

The Devil is in every archetype and I would call it the Wetiko. Wetiko is an evil cannibalistic spirit that takes over people's minds and turns them against their own humanity. It is contagious and acts as a parasite leading to

greed, over-consumption, and destruction. According to Paul Levy, author of many books about the Wetiko³, by recognizing this mind parasite, we can break free from its prison and regain access to the creative power of the human mind.

For me, the Wetiko is present in every archetype and comes also as a result of excess, denial, and imbalance. While you explore archetypes within you, look at their shadows as well as the light they hold.

Question two: How do we get these "mind viruses and parasites" out of our being? What can we replace them with?

We can get these mind viruses out of us by:

- Living by respecting the Cosmic laws and not human laws.
- Choosing daily compassion for oneself and others, love and boundaries instead of anger, fear, and walls.
- Detaching ourselves from what we think we "possess" ... So we have nothing to lose!
- Learning to be and live "together" with wisdom and maturity.
- Welcoming our emotions and those of others.
- Deciding to change our past as humans, let's rebuild a new model of society.

Paul Levy in his book "Wetiko: Healing the Mind-Virus That Plagues Our World" explains how it is important to release the mind parasites by acknowledging them and putting them into light. However, we don't have to focus on them as we also have the power to duplicate and increase the energy of what we put our attention on. We have to get back to the *Union* within instead of feeling expelled from ourselves, feeling strange, and not recognizing our deep Self. The illusion of separation and limitation has

³ Learn more about the Wetiko in the book I co-authored : Self-protection kit and by reading books written by Paul Levy, here is an article to give you more details:
<https://unsettlingamerica.wordpress.com/tag/wetiko/>

created a trauma of being “out of ourselves.” It needs to be healed in the Path to Union within.

Question three: What values do I want to have in my relationships?

Non-judgment, benevolence, presence, communication, evolution together... these are my own personal values that I want in my relationships, yours may be different.

Take back your power, own it and do not give it to the other, nor try to take power from the other, understand that you are on Earth to evolve together, share together, take a short journey together.

Question four: What do I no longer want in my relationships?

Aggressive or even passive-aggressive behavior, games of power, of domination, of searching for soul fragments through the other. I no longer want to be my partner's therapist, I want to be the equal companion. I no longer want to be the source of light for the other or making unrecognized efforts, taming and healing the wounded human in the other no longer amuses me. What I DO want is passion, maturity and wisdom.

Question five: Further questions to explore

What do I want?

- Common activities.
- To be accepted as I am.
- To be able to meet a person that I respect.

Does this person feed on me or I feed on them, or both?

Does he dare to be his true Self with me?

Do I dare to be my true Self with him?

Are we evolving in paradise or falling in the abyss? If we do, what are our strategies to exit from the abyss?

How to be in the present moment together.

- Peaceful.
- Understanding.
- Having a good communication.
- To laugh and have fun.
- To have non-sexual time together.
- To have non-alcohol/pub time together.
- Being more than a "Sexual Healer", "Entertainment" or "trophy" toy.

For further exploration:

- What archetype(s) am I being when I am with this person?
Seductress? Wife? Mother? Or do I express some other archetype?
- Do I dare to dream of something better? What would that be?

Views of Wifhood

I (Luci) honestly don't believe marriage is important anymore. You can get married and live the most horrible life feeling alone and hated for the whole of your adult lifetime if you choose to persevere with a toxic relationship...often "to the bitter end" in whatever way that "end" expresses itself .

A wedding ring and signature on a legal contract doesn't guarantee eternal love and happiness.

As we age and as time passes, we grow, and not always in the same direction. Marriage is certainly no guarantee of anything other than the material stuff collected within it.

A couple can commit to each other's heart and soul and still live in the same home or even in separate homes... two homes are always better than one in my own estimation as no one becomes the slave to the other! As in "Why are dishes not done yet?" "Why did you move my.....where is it?" "Why is my food not ready yet," etc.

I personally always chased after and wanted "the stability of Marriage", I always wondered if the person I was meeting was "The One".

I now know, due to doing my own Deep Shadow Self-Healing Work process that it was due to my Initial Core Wound of "unlovability" that "always" leads to "Abandonment" which is a wound we ALL have to work on. But now, I can't understand why the heck I wanted it so much?...Well, no, not quite true, I wanted to be "special" to someone who was special to me. To be loved to "prove I was loveable and truly wanted" and so wouldn't be Abandoned again... (romantic Tom Foolery right there ha-ha)..and for the practicality of being a "Team." A working, fully functioning "duo" in Union of mutual support and life desires...but marriage CERTAINLY doesn't always bring that after the honeymoon is over and years have passed. As was my own experience and that of many couples I have spoken with, people often grow in different directions, wanting different things and it's then that some important decisions have to be made. Some couples can grow together

though it doesn't happen all by itself because it takes a lot of work especially on improving communication and emotional maturity by both partners in order to keep it together.

If I was to meet my "True Complement, that other part of my soul incarnated into another body, my Life Soulmate", then that would be great and I would truly be open to that, I would totally embrace it in fact...but, living between two homes, would work better, for me, (as I feel right now without that looming). Living without the legal contract which is all marriage seems to be about (for me personally at my current point in time, although I am keeping an open heart to change and NOT making it into a "Rule") as rules are so rigid and rigidity does not allow any peace to enter in, so my view may well change should the right person for me appear.

The above paragraph is only one person's viewpoint and there are so many different ones to consider. Do you truly know what yours is? Or do you follow the "traditions" or "standard expectations" about the culmination of Romantic Relationships? You can use the cards and this book to explore what is deep within and what sits on the surface for you.

Since Patriarchal times began, marriage was about men gaining power, and women providing heirs. These days we get a joint home that can be split down the middle on divorce and handed over on death, material security is still a scary thing within a marriage. Oh, and that awesome, though frightfully expensive day of specialness for the beautiful bride who becomes "Queen for One Day" and adored by all, which granted would be pretty "cool" ...maybe? Does a man like to be Prince Charming for a day?

But we can still write a Legal Will even without the Wedding paper and legal signatures....the Will being the FINAL Contract of what we want to give to whomever we love even if living in a committed relationship between two homes.

I (Quassima) would love to be married again, but from a ceremony perspective, not a contract perspective. Marriage holds for me a special place as it is a commitment, not for life as taught in the Western world. I was born in a Muslim tradition that allows marriages and divorces if the

couple is not happy. So my cultural heritage does not depict a negative view of marriage necessarily. A marriage for me is an agreement made in a sacred way, in front of our ancestors and future generations, that we are doing our best to sustain life.

Journal and explore these questions with your cards about Marriage/Commitment/Binding :

1. Why did I want to be married? Or, why do I want to be married?
2. Could we still be friends if we were unmarried or divorced?
3. How would I personally feel if we separated?
4. If I am with someone, how does s/he feel about this relationship?
What is the future like for him/her?
5. How would s/he feel if we separated?
6. What is the most likely path for me to take with things as they are right now?
7. What is the best path for me to take for the sake of my emotional and mental health?



Romance sans paroles.

Romance sans paroles (1923) by George Barbier



Chapter 2: A new relationship?



We might fall in love for so many reasons, some we know and some stay unknown forever, yet we try to understand why we become "blindly" and totally under the effect of Oxytocin, the love drug or love bonding hormone.

"Researchers⁴ in one 2012 study Trusted Source found that couples in the first stages of romantic attachment had significantly higher levels of oxytocin than their unattached counterparts." This hormone has many positive effects on us, such as increasing trust, being more empathic, having positive communication, etc., and I shall add: seeing light and love everywhere and being optimistic.

Falling in love might be a result of a society's programming, a deep desire to build a family, or a call from the soul for divine union. It might be a question of vibration, of past memories(lives), etc.... So before going forward, pause to contemplate these questions and any others that may pop into your mind as a result of these questions:

- Why do we fall in love?
- What do you secretly hope for by falling in love?

⁴ <https://www.healthline.com/health/love-hormone#negative-effects>

Advantage Vs Warning clues

Certain clues appear to us from the beginning of a relationship, these encourage us to continue or warn us of the "complications" that we could experience in the relationship.

In one of my relationships, several elements were present from the start, but I chose to put them aside because the advantages of the relationship seemed promising to me. Eventually, I told myself that it would be more beneficial for me to identify the clues at the beginning of a relationship and see their impact in the future. However, it didn't go through because the red flags continued on popping up!

Let's take another example of a client who has just met a new person, I suggested that she do this exercise to "measure" the indicators of future problems, in order for her to have a clearer vision, especially since she has started cultivating feelings for this person but did not know if they should move forward or distance themselves. Yes, the Oxytocin hormone prevents us from seeing the overall situation, it is important to have an overview of the relationship and we hope this mode of thinking will help you.

Table of Clues

<i>Clues / Advantages of the relation and their impacts</i>	<i>Clues / warnings and their impacts</i>
<ul style="list-style-type: none"> ● Sexual complicity that allows each one to feel complete and in harmony... ● Softness and human warmth that nourishes the heart and the senses... ● Variety of activities to do together which enriches their general knowledge and allows them to discover new things... ● The difference in their interests is also an advantage, which allows them to return to balance, the companion has access to physical activities and the client has access to intellectual activities, returning to the earth plane and taking care of her physical body and fitness is a great advantage for her right now. ● etc... 	<ul style="list-style-type: none"> ● Judgment and activism: the companion experiences an awakening and is seeing the current state of the world in a different way. He feels revolted, which leads to a desire to change his life, this makes the client feel insecure because she needs stability at the moment. ● The “single vision” of the companion goes against the openness of the client which will lead to tension and conflict on “how to see others and the world”. ● The companion had a hard life which led him to depend only on himself and to seek opportunities and advantages for him in every situation, the client fears this aspect might be linked to selfishness. ● The separation of everything in 2: the client had a previous relationship where she had to support the couple financially, and that caused her a lot of stress and trouble. Still traumatized by this

<i>Clues / Advantages of the relation and their impacts</i>	<i>Clues / warnings and their impacts</i>
	<p>memory, she wants to be taken care of and “given” the "gift" of being invited out. She would love that her partner participates financially for activities. The client specifies that she does not need financial assistance but wants to feel supported and “shown appreciation in a physical way”.</p> <ul style="list-style-type: none"> ● etc.

Whether you are in a new relationship or an old relationship, it is important to:

- Get to know yourself and your own needs. This is where the cards can help you, they take you to levels you wouldn't be able to achieve by thinking alone.
- Identify the Advantage vs. warning clues or Red Flags in your relationship.
- See the impact of these "impressions" and "clues" and how they make you feel at the moment and, if they were to continue within the longer run of the relationship, how would you feel then?
- Put them into **specific categories** as we show in the example below. They represent **what is very important to you**, the “worlds” you belong to for example: Trust, problem-solving, finance management, family orientation or not, shared activities, intimacy and sexuality, etc.

Here is an example :

Table of categories of clues

<i>Category of clues</i>	<i>Advantages</i>	<i>warnings</i>
Body-Sexuality-Intimacy	x	
Activities and Discoveries	x	
Vision of the world - Maturity		x
Finances		x
Living together - Sharing		x
Etc...		

For the answer seeker (client), the most important categories in a relationship by order of priority are:

1. To have a common life - Balanced sharing
2. Finance
3. Body-Sexuality Intimacy
4. Activities and Discoveries
5. Worldview - way of living and how to educate and discipline children if they have them one day

Through this overview, we had a discussion with the client as she had a clearer view of her current needs. She also could understand why she is in this relationship:

- She needs to reconnect with her femininity, the sexual attraction awakens this aspect within her. She also needs to take care of her physical body by doing more exercise and choosing a better diet for herself.

- She is open to the world and desires to discover it, travel, and do activities with others. She seeks real and authentic connections.
- She needs to heal her wounds from her old ties with men.

After this exercise, she realized that this experience was helping her to connect with her physical body and sexuality, it is a **healing experience**. She decided to discuss it with her companion and as she made things clear, they realized that they both couldn't maintain the relationship because their needs were different.

Journaling prompts

- What advantages Vs warning clues have you already seen in the past within your relationships?
- What clues/Red Flags from the past are impacting you right now?
- How are they impacting you and your life?
- According to your own table of categories, what are their different classes?

Be careful of these

Ask yourself: What are the elements that make you fearfully run away at the beginning of a relationship that you must recognize and not accept, RIGHT FROM THE START?

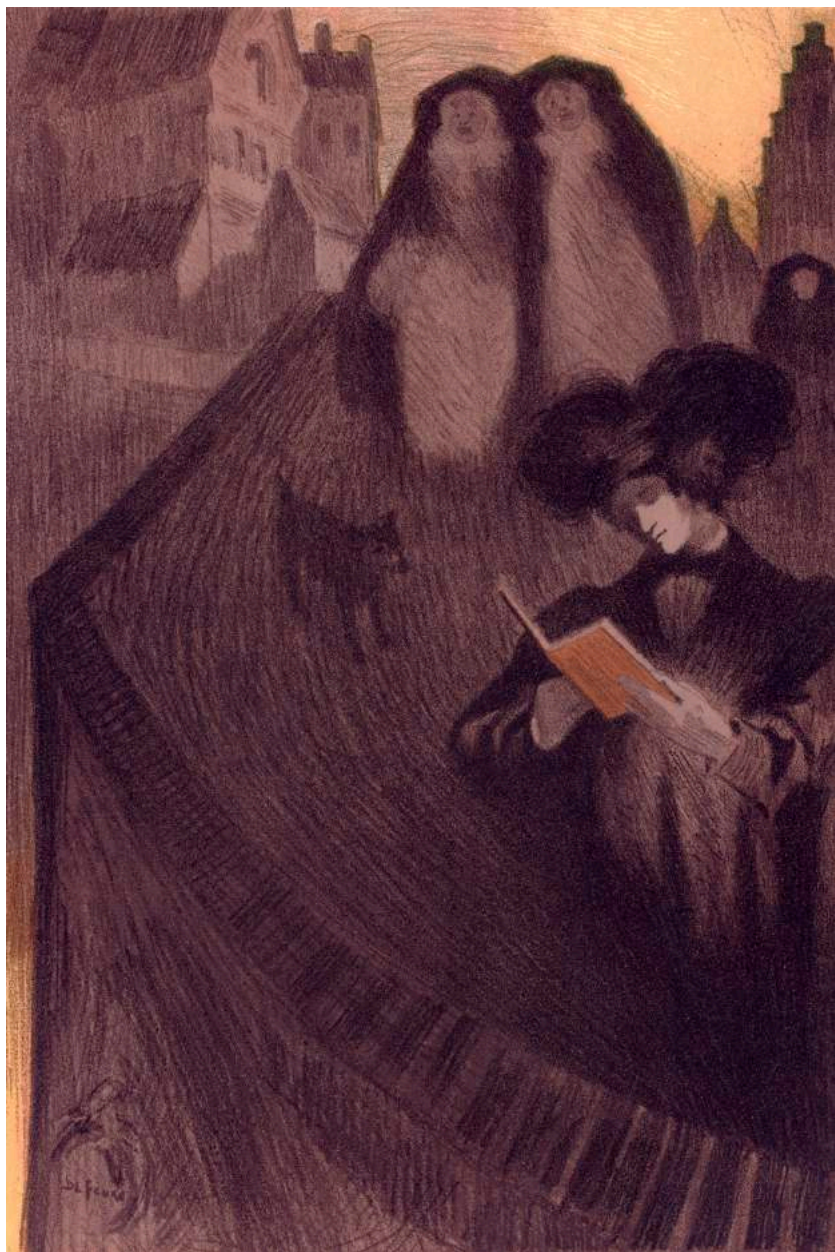
For further consideration, here is an example of some things that we may not accept, and make your own list:

- Traces of lying.
- Baggage of emotions and wounds.
- Religious differences.
- Centered on himself/herself.
- Available only when HE has the time.
- Cowardice and laziness.
- Alcoholic.
- Disrespectful language.
- Sexualization of women and men.
- Too many insecurities.
- Thinking he/she's right, all the time.
- Life habits that you don't agree with such as extreme smoking, drinking, etc.
- Being argumentative all the time.
- Easily judging others, the woman/man on her/his hair, appearance or weight for example, etc.
- A fixed vision on the subject or topics, no openness to discussion.
- Disrespect of the decisions and desires of others.
- Wickedness.
- Racism.
- Non-committal or emotionally unavailable.
- Easily triggered and reactive.
- Lack of empathy.
- Does not know how to manage his/her finances.
- Likes to keep his/her love options open, even after sexual relations have begun especially if you do not agree with aspect.
- Loves to play power/mind games, ie Gaslighting.
- Imposes his/her way of doing things.

- Lack of integrity.
- No emotional maturity.
- Not remembering your name!
- Not remembering the dates or where you went.
- Not knowing how to compromise.
- Touching private parts in public even if you don't want it!
- Not keeping promises.
- Arrogance.
- Lack of humor.
- Disconnection from nature: does not like animals, does not respect nature: throwing things out the window, not recycling, etc.

Journaling prompts

- Make a list of all the things you either don't like or that make you feel uneasy about your relationship.
- Make another list alongside listing what, if anything, you can do to bring balance to it.
- How many points on your list can reasonably be worked on together? Does this outweigh the dislikes enough to make it worth your time and self-value to stay and work on it?



Painting by Georges de Feure (1898)



Chapter 3:
Let's talk about Communication -
What I Never Felt Able To Say?



Are there things that you felt you couldn't say or stayed trapped in your mouth? What are they?

In our relationships, we talk a lot but there are many things that we DON'T dare to SAY. Why? To not hurt the feelings of our partner, maybe because we don't assume our needs.

With my friend Steph wilder, creator of the Oracle deck *I DON'T CARE*, we established a list of things we always wanted to say to our partners but couldn't or were not heard...

Note: as we are women, we write things that we felt or heard from other women! If you are a man, please feel free to fill in the blank below and express all you wanted to say to your woman!

- « Shut up! »
- I'm not your mother!
- OMG! Why are you obsessed with your p **** ?!
- You are not YOUR job, why do you always identify with what you DO.
- Get the F***up from in front of the TV!
- Yes, I'm looking for a sugar daddy!!!
- Who said I need just one man in my life?
- You have muscles but no brain, but even muscles disappeared nowadays!
- Yes, I can live without you!
- So many beautiful things are waiting for me, do you want to embark on the journey or should I leave you behind?
- Be who you are deep within, not what you are supposed to be!
- Be feminine: it's not dangerous!
- Be masculine: you got it!
- BE BOTH feminine AND masculine .
- I'm not your elephant: if you forget, buy a notebook and write down your LIST yourself!
- And no, I'm not a radio: why should I have to repeat things all the time?
- Yes, I didn't shave my legs, and I don't want to!

- Don't touch my phone and no I don't want to give you my password!
- I am a beauty even if you think I am a beast with no makeup.
- A-n-t-i-s-o-c-i-a-l, I don't like your friends, I have the right to choose my own!
- Honesty is always best so please stop lying.
- I want to Taste life with you, and sometimes alone!
- I have the right to have pleasure alone, my body belongs to me.
- I want to keep my status on Facebook set to: "I am single"
- I'm not your property!
- I'm bold but sensitive too, my heart is a stone filled with water.
- Pleaaaaaaase don't snore, Sleeping is more important than you.
- Romantic is a bonus, Brave is a Must
- Promises, promises! Keep your promises and you will gain my respect.
- You are just an experience in my life that has an expiration date.
- Please stop telling me what my intentions were. I KNOW my own Truth.
- You should have told me you ONLY wanted "friends with benefits" that's not my way of life!

If anything is in your head that you need to say to your partner then say it, in the most straightforward, honest, and "maybe" considerate way you can because if you don't open up then it will always stay inside until it reaches explosion point and there's often no way back from that. Something screamed out in anger is generally not said in the manner you actually wanted it to be expressed. Speak up, be honest, be transparent. There is no wrong in "wearing your heart on your sleeve" as we say it in French!

The importance of communication in relationships

Good communication is vital in any aspect of life but maybe even more so in a romantic aspect of life, which makes choosing a Life Mate a very important step because those are the ones that you will spend the majority of life experiences with.

If good, healthy communication is lacking, and that means total honest communication without parts left out as this, is indeed just "lying by omission" and is not conducive to open honest "transparency". What is not said, can create a whole whirlpool of emotions and mistrust that will pull the relationship down to the breaking point.

This does not include the "surprise birthday present" and such, but the intention behind the secrecy.

Why would someone hide important feelings in a relationship?

It's Mostly Due to Fear.

Sometimes it's a simple fear of being "nagged at." You may know the old joke of the angry wife waiting behind the door with the rolling pin in hand because the drunken husband stayed out too late.

There are times when a partner is afraid to tell the other everything, maybe they were tempted to buy their favorite perfume knowing the budget doesn't afford it. But on a larger scale, it could well concern some dreadful action and the partner doesn't want the other, or even, anyone to know about it. Or... maybe they are hiding some truth about how they feel about their own ideal relationship but can't express themselves?

On the other hand, some people are just what is called "a Player", meaning they have a conscious strategy about dating and like to keep their options open so they keep this from the unsuspecting partner. However, the partner is never truly unsuspecting because "the player" cannot hide their true strategies for very long, it is displayed gradually, slowly but surely....but oh, if ONLY we chose to notice the clues they leave around in plentiful supply.

Sometimes though, we feel so afraid to lose the person that we allow ourselves to put them first in order to save the "relationship." We literally CHOOSE to make excuses for their behavior until we become so lost and unhappy... we get to the point where we have "lost" ourselves instead of the partner we have tried so hard to keep. We have given away OUR OWN POWER. The thing that stings even more than that is the fact that our partner then no longer recognizes the person they partnered with in the first place so usually will STILL end it leaving you to wonder "what did I do?" Which takes us right back to our low self-esteem which has now taken yet a further dive downwards.

When we feel afraid to communicate our innermost feelings with a partner who is behaving less than truthful or is keeping secrets we don't deal with it in the correct ways. We may stay quiet while all this going through our heads, mistrust grows, and sooner or later the pressure bursts forth like the explosion of a killer volcano. The resulting argument may become extremely harsh, toxic, and possibly even physically abusive. This is NOT healthy communication.

Therefore we must look at each trigger that boils up within us, **before, during, and after an emotional Blow Out**, in order to bring about our own emotional balance.

How can we actually deal with what boils up to the surface during an argument? Maybe you get triggered by a word or tone of voice? It often doesn't take much because when communications are lacking in *Emotional Wisdom*, the resentments build up easily and it becomes so difficult to see beyond.

The first step in this case is to notice your own anger, and if possible to breathe deeply and calmly before you speak. You may be able to temporarily ward off your self-defensive anger reaction.

At first, you probably won't feel able to control your breathing or reaction and so may just fly straight in as the pressure explodes. It's not easy, but it takes practice, effort, commitment to self, learning from various sources, not just one, and self-healing/understanding.

A truly self-supportive way is to use the Oracle deck to look into what triggered you in the first place, to give you ideas on how you wish you could react, and thus embark on educating yourself... about yourself. It has to be *you* simply because you are the only one who can choose to change *you*, because you cannot change "the other." This is what we call "*doing the Inner Work.*"

The Crystal Pyramid Exercise For Grounding

This very powerful Pyramid is crystal clear around you, you can sit or stand in its center.

It can be filled with any healing color you choose, including the Violet Flame of St Germain (previously known as The Flame of Archangel Zadkiel), which Transmutes all negativity into positivity that you can then reabsorb and use.

Let's begin:

Find somewhere safe, quiet.

Rest with your back straight whether sitting or laying.

Breathe deeply in and out 3 times to become totally relaxed. You can use heart coherence technics to help you.

Imagine you are inside a **Special Pyramid which is ONLY for you** whenever you need it. You know you can come and go as and when you choose to.

As you lay there feeling safe and comfortable, begin to see the air around you turning into the most beautiful Violet color you have ever seen. It glows as if under UV light. Feel the intense pleasure of its energy that is reviving you and changing all Negativity that you are carrying into Positivity. Feel deeply the change that it is making inside of you. Accept it and welcome it with the knowledge that it is the best healing medicine for you at this time.

Now, within this experience, visualize a set of Libra/Justice scales in the Violet air in front of you. If they are unbalanced, watch how with every wonderful feeling you are feeling, they come gently into their own wonderful Balance. Breathe and relax as you Know these scales are *you* in

Divine balance. You are peaceful, you are grounded, you are relaxed and happy and transformed.

When you feel ready, start to come back into your everyday world, bringing all that wonderful goodness with you, and feel it all centered in your heart. From here, you may share it with whoever and whatever situation may need it. When you need another Top Up, just revisit your Violet Pyramid.

Do this repeatedly and one day you will figure out how to keep it Topped Up without always going into your Pyramid.

Another version of this that I found extremely helpful to transmute negative auric energy into positive energy is to call on the Violet Flame of Saint Germaine (or Archangel Zadkiel).

The process I personally use is visualization of a fire that you are standing in front of. At first it's a regular large bonfire in its own circular stone hearth. Stand before it and say three times

"I am S/he of The Violet Flame and I call unto mySelf the Violet Flame of Saint Germain"

Wait for the regular fire to transform into the cool, safe, Violet Flame. Then repeat "I Am S/he of the Violet Flame and feel its truth within your heart and soul, then step inside the cool, healing flame.

Repeat, again 3x

"I am S/he of the Violet Flame, I Am the Purity of the Divine, all negativity is now the Positive Energy that I need to Thrive and Grow." As you say it, feel it too.

Then step slowly out of the Flame onto the opposite side from which you entered, turn and thank St Germain/Archangel Zadkiel and watch how the flame turns back from cool Violet to the regular hot burning flames of the Eternal Flame of Spirit Fire.

Get a better Communication Spread

1. How is our communication affecting us?
2. The way things are right now.
3. What happened to make it this way?
4. How will things develop if I do nothing?
5. What can I do to make it different?
6. What must I change within myself?
7. How will things develop if I make those changes?

Some Communication basics

To have a better communication, you have to define how you feel, what your thought patterns are and what are your deepest needs. This will give you the right words and allows you to express yourself in a balanced way. Here are some basics that might help you:

What are the emotions you might feel, what words can you use⁵?

acceptance	bewildered	demoralized
admiration	bitter	depressed
adoration	bitter sweetness	desire
affection	bliss	despair
afraid	bored	determined
agitation	brazen	disappointment
agony	brooding	disbelief
aggressive	calm	discombobulated
alarm	carefree	discomfort
alarmed	careless	discontentment
alienation	caring	disgruntled
amazement	charity	disgust
ambivalence	cheeky	disheartened
amusement	cheerfulness	dislike
anger	claustrophobic	dismay
anguish	coercive	disoriented
annoyed	comfortable	dispirited
anticipating	confident	displeasure
anxious	confusion	distraction
apathy	contempt	distress
apprehension	content	disturbed
arrogant	courage	dominant
assertive	cowardly	doubt
astonished	cruelty	dread
attentiveness	curiosity	driven
attraction	cynicism	dumbstruck
aversion	dazed	eagerness
awe	dejection	ecstasy
baffled	delighted	elation

⁵ Source: <https://www.berkeleywellbeing.com/list-of-emotions.html>

embarrassment	humility	neglect
empathy	hurt	nervous
enchanted	hysteria	nostalgic
enjoyment	idleness	numb
enlightened	impatient	obstinate
ennui	indifference	offended
enthusiasm	indignant	optimistic
envy	infatuation	outrage
epiphany	infuriated	overwhelmed
euphoria	insecurity	panicked
exasperated	insightful	paranoid
excitement	insulted	passion
expectancy	interest	patience
fascination	intrigued	pensiveness
fear	irritated	perplexed
flakey	isolated	persevering
focused	jealousy	pessimism
fondness	joviality	pity
friendliness	joy	pleased
fright	jubilation	pleasure
frustrated	kind	politeness
fury	lazy	positive
glee	liking	possessive
gloomy	loathing	powerless
glumness	lonely	pride
gratitude	longing	puzzled
greed	loopy	rage
grief	love	rash
grouchiness	lust	rattled
grumpiness	mad	regret
guilt	melancholy	rejected
happiness	miserable	relaxed
hate	miserliness	relieved
hatred	mixed up	reluctant
helpless	modesty	remorse
homesickness	moody	resentment
hope	mortified	resignation
hopeless	mystified	restlessness
horrified	nasty	revulsion
hospitable	nauseated	ruthless
humiliation	negative	sadness

satisfaction
scared
schadenfreude
scorn
self-caring
self-compassionate
self-confident
self-conscious
self-critical
self-loathing
self-motivated
self-pity
self-respecting
self-understanding
sentimentality
serenity
shame
shameless
shocked
smug
sorrow

spite
stressed
strong
stubborn
stuck
submissive
suffering
sullenness
surprise
suspense
suspicious
sympathy
tenderness
tension
terror
thankfulness
thrilled
tired
tolerance
torment
triumphant

troubled
trust
uncertainty
undermined
uneasiness
unhappy
unnerved
unsettled
unsure
upset
vengeful
vicious
vigilance
vulnerable
weak
woe
worried
worthy
wrath

SMART objectives

If you work in the corporate world, you might have heard about SMART objectives, where the goals have to be specific, measurable, achievable, relevant, and time-limited. As conversations in our relationships tend to be more intangible and emotional, it is important to bring in some tangible factors to make the communication more specific with an intention and a goal in order for it to be efficient and fulfill the needs of both individuals.

In your "more serious" conversations, try to :

- Meet out of your habitual place, in a café or a park for example, this will allow you to be in a neutral space.
- Avoid distractions.
- Be brief and specific, true to yourself and authentic, remember your intention and what your goal is from the conversation.
- Be empathic and have a positive posture, if you have some negative points, try to share them with compassion to yourself and the other.
- Be mindful of your inner critic and talk, is there a double conversation happening? Are you looking for a space only to express yourself? Or, are you active listening?
- Ask questions if you don't understand a point, to make the conversation flowing, but don't stay in the details. Keep your focus on the intention.
- Set a specific time for the conversation, is it one hour that you want to put for it, 2 hours?
- *Remember that if the conversation starts to get heated to stop, breathe, and ask yourself "how ca I reply to this in a harmonious way?"*
- Put an end to the conversation by making a summary about what you discussed with practical solution you can apply in real life.



Chapter 4:
Harmonious Relationship Inner
Work - Let's do it!



1. It starts with You

In this step, we go further with the exploration of who you are in a relationship.

First, it is important to understand your short and long-term goals for your relationship. Explore these topics with your cards and journal:

- What is your ideal relationship?
- Describe it in detail, for example: how would your evenings be together? Mornings? Will you have kids? Will you have some projects together?

What about work? Where would you travel together? What interests would you develop together? What things would you want to do together? What type of people do you want to have in your surroundings?

- Identify the Desired Outcomes from the actual relationship or desired one: What do you want this relationship to bring to your life?

Where you are going in your own life?

- What is your lifestyle like? Easygoing or planning everything? Being family-oriented or career-oriented? A nomad or a settler? Etc.
- What are the things you want to learn and improve in your life?

What are your past wounds, those that have impacted your relations or that are present in recent days? What thoughts do they generate in your daily life?

Here is an example of wounds related to our inner child:

- Abandonment wound: Fear of being left out, co-dependency, feeling left out, attracting people that are emotionally not available, etc.

- Guilt wound: feeling sorry, trying to not disturb others, To not having boundaries, acting from a place of manipulation.
- Trust wound: Fear of being hurt, not trusting themselves, feeling insecure, and needing external validation.
- Neglect wound: fear of being vulnerable, repressing emotions, low self-worth, difficulty in putting boundaries, etc.

What are your needs?

First, state your actual needs according to your Life mission, goals, and priorities without regard to the other person, focus on yourself first:

<i>Physical needs</i>	<i>Emotional needs</i>
<i>Mental needs</i>	<i>Spiritual needs</i>

Here is an example of needs according to Maslow’s pyramid that can be taken as a reference.



Maslow's hierarchy of needs

6

How can your relationship help you to fulfill your needs?

We suggest you write your need in this form: "I need this", and not "I need *you* to do this and to make me feel this".

Physical needs	Emotional needs
Mental needs	Spiritual needs

⁶ Source: <https://www.simplypsychology.org/maslow.html>

2. About the relationship

Examine the current outcomes of the relationship?

- What are the positive outcomes?
- What are the gaps?
- What needs are not being met at the moment?

Some conversations can take place in a relationship which create issues such as:

- Poor communication
- Money discussions
- Housework tasks
- Mistrust and unfulfilled promises
- Imposing a change, etc.

3. Solutions

Establish and Prioritize Solutions you can implement in real life

Explore these points:

- What do you do for yourself first to improve yourself?
- How can you find balance? Then, how can you be in a balanced relationship?
- If you feel something is not right, ask yourself, what is the REAL problem?

What sorts of things do you choose to do to distract your attention away from the tough doings within your relationship? These could be binges of:

- Watching Netflix,
- Mindlessly scrolling on social media platforms,
- Drinking wine,
- Feeling as a victim,

- Feeding your imagination with toxicity: Imagining bad things happening to you or you doing them to the other person, etc.

List all the things that you do when you are fed up of dealing with the hard things. These are all things the cards can help you to understand and change and heal. They are all rising up from old traumatic wounds and you can start to understand your own Inner Self. This is your chance to heal the hurt that not only explodes forth within a toxic relationship but also ensures that you attract to your electromagnetic field (aura) that stuff to you ...so you CAN heal it.

When you use the cards to dig into your subconscious, you can **start to see** what is there, and seeing it/being aware of it is the very thing that leads to the Self-Healing of the Divine Feminine AND Divine Masculine within.

Heal these within yourself, bringing them into balance magnetizes balanced and fruitful things that you deserve in your outside world, because you are able to change how you are thinking and feeling about your reality. This happens via your Auric Field/Electromagnetic Energy Field.

- How can your partner - in a perfect world - help you in real life? Is there something that would make things better from your perspective? A word? A sentence? An action?

<i>To fulfill your physical needs</i>	<i>To fulfill your emotional needs</i>
<i>To fulfill your mental needs</i>	<i>To fulfill your spiritual needs</i>

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Here are some love languages that make a big difference in a relationship. When asking for these from your partner, ask yourself if you are offering them too:

- Work on things together, and be of service to him/her with love, and enthusiasm.
- Have good quality time together.
- Offer appreciation and words of affirmation/admiration.
- Physical and kind loving touch.
- Gifts you get for him/her, this can be for special occasions or just by your feelings. Note that good quality time spent together can be one of the best gifts too!

4. Now, It is time to share!

How would you communicate these needs to your partner in the best way?

The goal of the inner work is to have balance within and without. We have to deal with inner turmoil first in order to avoid pouring toxicity out in a destructive way.

If you feel overwhelmed by emotions, try to sit with yourself first, and use EFT, meditative or mindful breathing, to relax in order to identify your needs.

Remember, the only thing you want to communicate to your partner is your needs. You might want to share with them your vision about what and how they are, but this will only be a “suggestion” of a reality, from your perspective. By the law of free will, you can’t change how they view things nor try to manipulate their vision, this is not spiritually ethical, but will just end up getting back to you. This

doesn't mean you won't discuss and negotiate a path together. The best that can be achieved is an agreement or compromise.

*Seek connection, not manipulation.
Seek common involvement, not selfish fulfillment.*

Here is a form of communication that can help:

1. First, start by stating What you really appreciate in your relationship or in the other... For example, the other one is taking time to hear you and has this desire to understand what you are going through.
2. "I feel *sad* when... ". breathe and state the situation calmly while you seek connection,
3. Don't use "You", focus on yourself: I feel frustrated when I find food left all over the sofa, etc.
4. Ask for a specific change, instead of stating "be fair", you could say "It would mean a lot to me if you would eat in the kitchen instead of the living room."

Now, do the same thing with one of your needs:

Thank you for taking time to be present with me, I really appreciate that we can talk about things together...

I feel When (don't use "you")

It would mean a lot to me if you could (practical call-to-action)

(Listen and discuss)

5. Remember

- Be Patient
- Communicate Clearly, Honestly, and Often
- Practice Gratitude and share it with the other one, have a gratitude journal together!
- Reconnect to the Origins of Your Connection – Do you have a spiritual connection? What is the role of the other in your life from a spiritual perspective?
- Show your appreciation and love
- Surprise him/her
- Do new things and activities together
- Be together but at the same time as "a complete whole being"

An Experimental Period of Time

- Give it some time, say a month? Maybe longer until you can spot any changes.
- Maybe begin a daily Journal with it about your feelings and how those feelings change over time?
- Try using your cards to help you to put your deeper feelings in words.

WHAT IF?

What if.... the place where you are, the situation you are in, needs YOUR Light ...not the other way around?

What if..... you are the small spark of Light in the Dark Place?

What if..... the things going on around you are "calls" for your Healing Light?

What if..... you focus on your Healing Light and expand it outwards to whatever is happening around you instead of complaining about it?

What then..... will happen to how you feel inside?

What then..... will happen out there, in your external world?

It might just be an awesome experiment to try out for yourself, isn't?



Retour (the way back) (1897) print in high resolution by Georges de Feure



Chapter 5:
To go deeper: **KNOW** yourself
better



The Gene Keys

The Gene keys have been brought alive by Richard Rudd, a teacher, mystic and award-winning poet. Richard Rudd's inner journey began early in life as he experienced strange energies rushing throughout his body, culminating in a major spiritual experience at the age of 29. Emerging from what he calls 'a field of limitless light' that lasted 3 days and 3 nights, Richard was entrusted with a sacred teaching – the wisdom of the Gene Keys. These are living wisdom to imbibe, contemplate, and apply in your daily life.

I have experienced this path and learned many things about myself and others, I gained depth and insights about our "human constitution". Some of the key elements that this path brought me were: the gift of contemplating who I am and taking responsibility for it, contemplating my interactions with others, and asking myself with curiosity, gentleness, and calmness profound introspective questions to seek more maturity, wisdom, and centeredness⁷.

If you want to go deeper in the exploration regarding this specific work, the Venus Sequence is the way to go!

What is it? The Venus Sequence guides us into some of the unconscious patterns we each carry deep in our DNA, teaching us to trust in our self-love and live with a permanently open heart. It explores the mystery of attraction, the triggers and defense systems in relating, and how all relationships can become a mirror for transformation.

Whether you are single or in an intimate relationship, this is for anyone interested in developing a deeper relationship with themselves and others⁸.

⁷ These links are not affiliate. To learn more about it : <https://genekeys.com/>

⁸ Ready to know more? find it here : <https://genekeys.com/deep-dive-love>

The 16 personality types

The 16 personality types are a unique system that helps you to define your traits and the behavioral tendencies that go along with them. This system is being used in many companies to recruit the prospects and create harmonious work environment and increase efficiency. But be mindful that the main goal is to know yourself and others better without stereotyping, which can be quite deconstructive. We have to remember the Individuality principle, everyone has different experience, memories, intentions and Essences. Understanding this is important, we suggest you meet people and being present by actively listening to “who they are” at this specific moment and not relying on preconceptions and presuppositions.

Here is a summary about the different types of personalities⁹:

Architect: INTJ-A / INTJ-T

Imaginative and strategic thinkers, with a plan for everything.

Logician: INTP-A / INTP-T

Innovative inventors with an unquenchable thirst for knowledge.

Commander: ENTJ-A / ENTJ-T

Bold, imaginative and strong-willed leaders, always finding a way – or making one.

Debater: ENTP-A / ENTP-T

Smart and curious thinkers who cannot resist an intellectual challenge.

⁹ Discover more about here: <https://www.16personalities.com/personality-types>

Advocate: INFJ-A / INFJ-T

Quiet and mystical, yet very inspiring and tireless idealists.

Mediator: INFP-A / INFP-T

Poetic, kind and altruistic people, always eager to help a good cause.

Protagonist: ENFJ-A / ENFJ-T

Charismatic and inspiring leaders, able to mesmerize their listeners.

Campaigner: ENFP-A / ENFP-T

Enthusiastic, creative and sociable free spirits, who can always find a reason to smile.

Logistician: ISTJ-A / ISTJ-T

Practical and fact-minded individuals, whose reliability cannot be doubted.

Defender: ISFJ-A / ISFJ-T

Very dedicated and warm protectors, always ready to defend their loved ones.

Executive: ESTJ-A / ESTJ-T

Excellent administrators, unsurpassed at managing things – or people.

Consul: ESFJ-A / ESFJ-T

Extraordinarily caring, social and popular people, always eager to help.

Virtuoso: ISTP-A / ISTP-T

Bold and practical experimenters, masters of all kinds of tools.

Adventurer: ISFP-A / ISFP-T

Flexible and charming artists, always ready to explore and experience something new.

Entrepreneur: ESTP-A / ESTP-T

Smart, energetic and very perceptive people, who truly enjoy living on the edge.

Entertainer: ESFP-A / ESFP-T

Spontaneous, energetic and enthusiastic people – life is never boring around them.

Who are we in reality?

When we try to determine who we are, we have to draw in the big picture.

Well, here is my view about who we are at the moment of writing this book, it might change in the future as my understanding evolves.

<i>We are a Soul</i>	<i>We process through the Mind</i>	<i>Are we the Body?</i>
<p>We are an Essence, divine, immense, eternal.</p> <p>We are a program coming with Mandates and missions. We have a set of memories, gifts, and capacities that transpire through behaviors, images, emotions, etc.,</p> <p>Our memories can come from Earth, from other galaxies, other types of existence...</p>	<p>But, we are not the mind, It is a center of collecting and processing the information, It gives access to multiple planes of “existence” and consciousness.</p> <p>What we call personality, is actually a projection of what a soul is and needs to do; however like any projection that exists, it is limited and restricted by the Data that can be processed, that is why alphabet is limited,</p> <p>The mind tries to synthesize</p>	<p>Stardust we are...</p> <p>Memories of the soil, the waters and the stones,</p> <p>As souls, we are hosted in these bodies to live the experience of Earth, singing it into existence...</p> <p>The Body is the earth’s memory and gift to us as souls. She teaches us the gifts of transformation as she masters it, as well as the gift of generosity and interconnectedness.</p>

<p>We are also the mountains and rivers, the sun and the moon, the water and fire, we are and carry all that is within us.</p> <p>We are Starseeds, some came long ago, others recently...</p> <p>We carry the Stars' memories within us, and we seek to feel the immensity again.</p>	<p>information and make it readily available to be treated and used. It is an essential tool on earth.</p> <p>Yet, Its limitation is important to acknowledge, we cannot rely on the mind to identify who we are.</p> <p>The mind has access to the soul, but also to the human conscious field where we live (government, society, culture, history). They all can give the basis to transcribe the data of the soul, or hack it and distort it.</p>	<p>We incarnate to connect. Our lives on earth are about connecting to all, to the past and future, to the sky and earth, to other stars and souls. And in this journey of connection, we transform and alchemize what has been separated, it becomes ONE again through the threads of loving connections.</p> <p>Such an incredible gift !</p>
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Now, contemplate these aspects and imagine who you are, notice any feelings that come up as you search within yourself for the answers, the cards can help you with this process.

- Where do you come from?
- What are you looking for and does it feel as deep as your soul?
- Who are you looking for to make connections with?
- What type of connections are you making at the moment?
- Do they rely on the Soul you are? The mind? Or the Body?

- How can you build connections that respect the multiplicity of your being?



Gustav Klimt's Pallas Athena (1898)

Who are we, the Goddess? The Owl? The One who gives birth? The one who takes Life?



Chapter 6:
The awakening of the Priestess
and the Knight Archetypes.



We come with multiple memories from other times and dimensions, we carry stories that need to be made alive again, wounds that need to be healed... again.

I see ourselves as actors waiting to live theater pieces on stage.

These memories have been categorized and defined as archetypes or "sub-personalities" to help us understand them and give them a voice on stage. They might take on images from human experiences such as the Knight, Hermit, Priestess, etc., Or memories from our cosmic existence such as Lyrans, Andromedans, Arcturians, Pleiadians, etc., or Ancient Earth incarnations such as Lemuria (Mu) or Atlantis and those that came after, but in their essence, these are parts of us that need to be heard and played.

Some archetypes also awaken through some centuries by waves, as a wake-up call to heal it.

I noticed these last years some archetypes awakening that need to be played on a cosmic level to bring harmony and connection to the fabric of reality we live in. By living these archetypes and understanding them and giving them space, we become a pure channel that is of service to the greatest good. Some of you might say: What is in it for me? How can this archetype bring me the Love I am seeking?

I don't have a definite answer, however, I can assure you that you will learn so much about who you are and how the world functions on a bigger scale. I also have the conviction that when we embody these archetypes we connect to the divine flow that is pure abundance and love, which allows us to connect more and know more.

The only condition however is to let these archetypes play in harmony without causing harm. It is to not identify completely with

them but to remind yourself that they are just ROLES in the Biggest Theater we are playing at this moment of time.

Remember:

- Do not identify completely with ONE archetype.
- Remember that an archetype is a description or projection of an energy and an intention, it has a goal and needs.
- Stay distant emotionally and mentally - It is all a stage.
- Always stay connected with the WHOLENESS you are. Keep in mind the big picture, meditate often, and connect to the multiplicity of your being.
- Take time to purify yourself and disconnect from the relationships you made, forgive, release, and center. This is a JOB, so take it seriously!
- Don't make decisions on a whim and take your time often to assess what YOUR needs are.
- Accept to release a connection when the work is done, and notice when the "human" you takes over with its own needs and desires. Keep things simple and ask yourself these questions:
 - Is this a real connection with a partner or is it work?
 - How do I see myself with this person in 2, 5 years?
 - At which levels are we connected most? Spiritual? Physical? Mental? etc. Can I live with "what is missing"?
 - What other roles/archetypes am I playing: Savior, Creator?

The Archetype(s) we bring forward to this lifetime are creators, they don't want to save or to judge, they are just allowing a pure channel of healing to move through them, and they gain insight and wisdom with it. It is not something they think about, it just happens.

However, be aware of the mix that can happen between the "human" needs and the Channel. We have to differentiate between the multiple energies that cross us, to learn how the multiplicity of

our being manifests in this "small receptacle" which is our body and mind.

Draw an image of what you *think* you are intuitively, then draw again intuitively *what you are*... What colors have you chosen? What comes through these drawings? What are their limits?

It is so limited to express who we are in this existence through our words, jobs, and relations. We are immense!

The Archetype of the Priestess

Priestesses are the ones who keep the Temple alive. The Temple is the physical embodiment of a Universal principle; the priestesses are the ones who convey and transmit it.

The path of the priesthood is not simple or easy. It is a path of initiation, or should I say polishing the diamond we are, that is done through training, studying ourselves, and removing our conditioning, for several years.

Embodying the Archetype of the priestess means:

- To connect to one's divine part, to what is greater than the identity conveyed in our daily lives,
- To recognize and enter into communion with the sacred,
- To be devoted and have a daily practice to honor the sacred,
- To be of service to high principles and holding to them no matter what,
- To bless all that exists,
- To embody the divine principles on Earth,
- To forge links by following the mission of the Temple,
- Taking the least traveled paths, following divine inspiration.

In practical life, when we carry the memory of the priestess, we want to be of service, to heal the masculine and feminine from these wounds :

- Sexuality as a sin, guilt, and shame.
- The pursuit of pleasure that is disconnected from the spiritual orgasmic *Organs that experience the cosmos) presence.
- Survival fears and anxiety that are trapped in the sacral and base chakras.

- Repression by power or logic of impulses, desires, needs, and creative flow which creates energy and physical blockages.
- Avoidance of intimacy and commitment, disconnection from others.
- Wounds related to motherhood and all that is linked to childbirth.
- Rejection, grief.

This archetype wants to heal by bringing some principles alive again, those of:

- Love
- Connection
- Devotion to Life
- Sacredness
- Innocence and purity
- Commitment
- Sexuality as the dance of the Divine Great Mother,
- Magic, bliss, rejuvenation
- Accessing greater creative power.

This archetype might be awakening within you because in these specific times, your creative sexual energy expands as well as your consciousness, you attract men or women who need healing, feel incomplete, and want to connect to their Divine Essence as you established also the connection.

The error you might make is thinking that this connection you have to this man or woman is THE ONE you are seeking, *mainly because you don't know what your role as a healing priestess is.* We have not been trained to work in this way with men and women. If this is your case, you have to learn to let the Energy of the Divine Great Mother inhabit you first, coming to the surface and touching those you meet, while disconnecting from what you think you are, or want, or need: a

woman or a man needing a partner for example, you have to heal your wounds of unworthiness and the women related dis-eases that have been carried through the memories of Humans, such as abuse, etc. This work will have an impact on how you live on the physical plane too and it is much more expansive. You will learn to open yourself to many avenues of Self-Exploration which can lead to meeting yourself as a divine Goddess which is the Priestess at work on earth and to connect with a true partner that will join you in this work of healing the “connections” of the world via the Self-Healing you do.

The Archetype of the Knight

The Knight archetype is another archetype that I came across frequently these last years, he reminds us of the Grail knight who is the true companion, protector and guardian of the grail, he has great values and his heart follows the Great Truth and Greater Vision. He is trustworthy, faithful to his mission, peaceful, and a warrior when he needs to be.

He has a longing for what he considers home and sings it and writes poems about it, trying to remember it while in his heart there is the suffering of loss and loneliness that is the result of long journeys out in the world, of the cruelties of the world that he has witnessed and of all the experiences through the road... he is disconnected from Home.

Embodying the Knight Archetype means to:

- Have an appetite for adventure and the desire to find a less boring quest.
- Search for a meaningful life, a higher purpose.
- Face the wounds of loss and reconnect to the Old Lands and Parts of the soul.
- Find determination to follow the heart's aspirations.
- Have the strength to fight for what is Just, Right and True.
- Gain Wisdom from the wars and cruelties of the world, such as why they happen.
- End the cycle of Karma.
- Be responsible for his actions and emotions.
- Question the reason behind things that happens in the world and understand them, then find the right path and take the right decisions.
- Be ready to right the wrongs that he has witnessed so they don't possess him.

In practical life, when we carry the memory of the Knight, we also want to be of Service, to heal the masculine and the feminine from these wounds and dysfunctions:

- Dependency and addictions resulting from old wounds needed to be expressed.
- The disconnection between the heart and matter, which needs to be re-established
- Impatience, difficulty to master his energy: excess or lack of energy that results in hyperactivity or boredom, its symptoms can also be skin problems, extreme heat or numbness of the body, etc.
- Emotional immaturity and apathy.
- Vengeance and anger.
- Violence and abuse of power.

This archetype wants to be healed by bringing some principles alive again:

- Vision
- Determination
- Idealism
- Empathy
- Compassion
- Forgiveness
- Being fearless and adventurous
- Skill and mastership
- Following the Great well and protecting the Grail
- Being vulnerable yet holding great strength within

The difference

When the Priestess Awakens, she starts her mission right away, one of her biggest challenges is to recognize the sacred flow that gracefully cascade in her and make a difference between the Cosmic mission she carries and her own human desires and needs, they may go on opposite directions and this causes confusion and loss.

When the Knight awakens, one of his biggest challenges resides in the choice he has to make: to play the role of the knight and reeducate himself out of the dogma and societal understanding, or leave it behind with the consequences that come with it. In reality, the knight will never disappear but will be manifested in a negative aspect as the person will not live in respect with his high principles. He will feel lost, broken within, incapable, and will see everything with despaired eyes, or he might at the opposite act with violence or manipulation.

The difference resides also in the nature of the energy that the Priestess and the Knight channel: The energy in the priestess is creative, subtle, sexual, erotic, alive, channeled through the heart, the womb, and the waters that flow through her. She is intuitive and encourages beauty and grace¹⁰. The energy for the Knight touches the heart but is mainly that of the Will, it is intellectual and physical, based on strategy, like a Game of Chess which is often called The Game of Life in Esoteric terms and symbolized by the black and white chessboard or the black and white horses or sphynxes in the Chariot Tarot card. Some days you win, some days you lose. It's a constant revolution between Light and Dark, happiness and sadness, stillness and action; this makes it easy for him to not form any attachment and to not suffer, but instead, he can understand the victim archetype as he loses some days, and he can thus let go, rather than repress it or fight it. If the victim wound is not dealt with, he can always rise up from the subconscious mind in reaction to Triggers in

¹⁰ Read more about the role of the Priestess in : Wisdom of the Rose: A vibrational and spiritual encounter with Roses at the Temple of Roses

his life, which weakens his Inner Power¹¹. Through strategic planning along his Path he can understand and thus heal the wounds of his experiencing and witnessing. The strategy allows him to be crystal clear about his path.

The Knights are the modern heroes, awakening to save the actual world. They have strength and courage to transform the world and restore it to re-establish harmony, peace and free-will. Yet they do not act alone, they have to work with the priestesses to protect the sacredness of all. They must remember that whatever principle they embody, they are of service to the Great Flow of Life that the priestesses channel. Thus they must protect them, work FOR them, not against them.

The Knights energy has been repressed for many years, by the social responsibilities and the distortion of modern rules. They forgot why they incarnate and what their mission is. The Priestesses role is central as they awaken the Knights and remind them of the importance of the Grail, to find it again and guard it. They shall remember what it means to be responsible for the weak, to defend Righteousness and Truth, to uproot the devilish actions and wrong doings and thus restore balance.

The priestesses can help the Knights to go through their actual challenges in order to:

- Reestablish the connection between the heart and mind
- Restore the Virtues and respect Life in all its forms
- Accept to grow spiritually and to experience of enlightenment

¹¹ We will explore more this shadow aspect in the next part.

The Shadow of the Knight

The Shadow of the Knight is the Violent, brutal warrior and the trickster, the player trying to win the best "trophy".

Here are some of his mechanisms: Seduction, selfishness, abuse, opportunism, dreaming with no connection to the material world, wickedness, sweeping problems under the rug, addictive behaviors (sex, drugs, alcohol, social media, etc.)

They desire to break through known roads, but they don't like to take responsibility for it or think they don't have the courage for it, as a result, they use humor or sarcasm to hide the mix of truth with falsehood, and they get stuck in their own trap of illusion and trickery, as such a lifestyle cannot be easily sustained; they lose the thread that will bring them back home to honesty, clarity, courage and wisdom, and stay in the bitter darkness and lack, seeing the virtues of Love, commitment, responsibility, and loyalty as weaknesses.

Above was mentioned the Victim Archetype in connection with the Knight Archetype but this Victim Archetype can be present in all of us, in fact, most of us, since we have all suffered in many ways and been "taught" we are "sinful and thus unworthy" just in this lifetime alone. So I will lightly proceed to explain a little about it. It's in no way a deep explanation but we hope that if you fall into this Victim Archetype of the Knight you will do further reading on it.

Heal the victim in You

This Archetype is very present in our subconscious as Humans because of the history we carry and the damages caused by wars and violence. It can be experienced on personal and family level (abuse, etc.) but also on societal levels. We know that more than a dozen tribes, such as the Pequot, Mohegan, and Massachusetts, were completely extinct¹². Many tribes and nations have been living extreme violence and were “subjected”, “slaved” trapped by other nations, countries, and we still live till our modern day. While writing this book, there are 32 conflicts and wars still going on in the world, old wars and new ones in countries such as Armenia and Azerbaijan, Iran, Yemen, Ethiopia, The Democratic Republic of the Congo and the Great Lakes, The Sahel, Haiti, Pakistan and Taiwan.

The Archetype of the Victim is present in all of us, it is part of our ancestral baggage but is also the expression of the “Vibration” that is generation in many places of the world, we channel it, we express it and we have to heal it. It appears strongly when we are so hurt and disillusioned by one failure, loss, or bullying after the other. The main characteristic of this Archetype is a depressed "woe is me" focus.

The grieving of loss of any sort be it from battle, relationship, death etc., and the trauma of bullying, is a normal reaction, so we shouldn't try to ever ignore it, bury it, repress or disregard it because we need to feel it in order to be able to understand it, not brush it under the carpet and create a trip up Trigger every time we pass it.

But when we take on this Victim Archetype as a permanent way of life, then it becomes a creator of disasters that produces lots of repeating patterns in our life, creating havoc and overwhelming chaos, and thus dragging us deeper into The Victim habit of thinking more and more. Therefore, whenever there is a painful happening

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https://www.fmprc.gov.cn/eng/wjdt_665385/2649_665393/202203/t20220302_10647120.html#:~:text=Among%20them%2C%20more%20than%20a,from%2010.15%25%20to%200.31%25.

we really should notice our pain and allow our tears to flow as well as question it...and find answers to those questions that are positive, uplifting, and this results in healing. This is how we can start to address the archetype by first feeling it and asking it questions such as:

- I know this situation happened but where is my deep pain coming from?
- What is the best way for me to heal my sorrow?
- How can I find my strength in this situation?
- What is the next step for me?

Don't avoid your pain, don't use "things" to mask it such as alcohol which is actually a depressant anyway, so that "much desired" gin or wine will actually drag you into a deeper negative pattern of The Victim.

Examine your pain, and try to understand how and why you are feeling it. And most of all, Love Yourself Enough to keep observing and addressing your pain. This may also include getting Professional help where needed which is a very loving act to yourself.

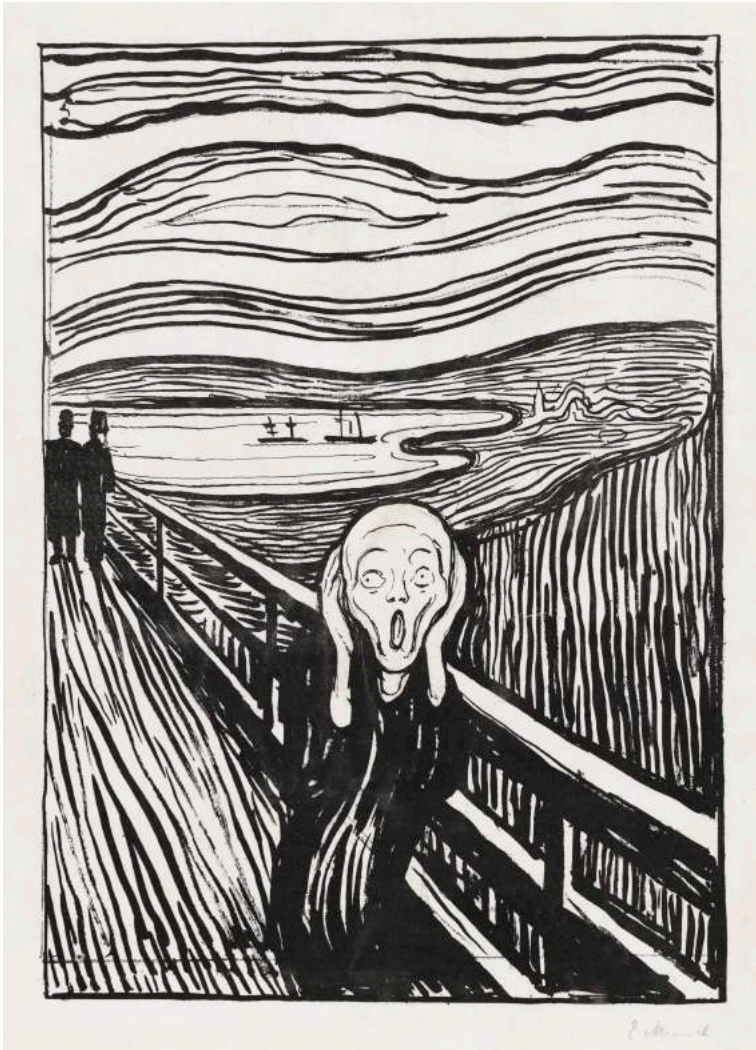


Seated Boy with Straw Hat, study for Bathers at Asnières (ca. 1883–1884) by Georges Seurat.



Chapter 7: Shadow Work. The Alchemy of Healing





The Scream (1895) by Edvard Munch.

Fear has no business in your being other than to stop you from jumping off that cliff. When it tags on and bites at your heels for the most fundamental pleasures, it "screws" up everything... unless... the screw-ups can be spotted for what they are: opportunities to heal that particular fear and gain more courage.

None of us are perfect. The job is by no means quick and easy and it's a massive rollercoaster ride as the carriage takes you on your journey. But, it's so much better to buckle up and face the ride than to constantly fight the coaster car's momentum in an attempt to keep it in one place.

Some parts are harder than other parts, some you will succeed at and others you may not. But at least you try to allow the journey. It's either a lose-lose, or a win-win....but if you don't try, then you always lose.

No one is perfect, especially more so these days when we are changing the Paradigm of the past rules, regulations, expectations, and even archetypes, all of which are used to keep us "in-line" by "knowing" what our place and role was meant to be, even if happiness was not actually the outcome of any male/female arrangement or pairing in times of the past to one of happy piece and fair Justice for all.

Most of the marriages of the past were for Business Purposes, arranged between families for monetary gain, or it was just the expected thing to do as a woman was supposed to be a wife and mother. Thankfully business marriage practices are now (almost) gone and women are now free to choose how to live their own lives.

Marriage is no longer the expected outcome for anyone, especially in the West. The sad thing is that mostly we are still entrained in those ideas where many, if not most women dream of the Big Day when they will be Princess for the day. Little girls are still given Bridal Princess outfits to dress up in, baby dolls and dolly baby cribs. Boys on the other hand are given footballs, toy "flashy" cars, and guns to play with, with no mention at all of the role of husband and father. So without the "duty" of what marriage used to be for boys, the scales are not balanced and no one is aligned to any level of "Duty" anymore and are looking for something "Special" but don't yet know what that actually is because Romance, Love Commitment, and Duty are all muddled up.

Little girls learn The Feminine delight of Marriage play and motherhood as well as a full-time career ..essentially the "Supermum" role.

Boys are not expected to commit to fatherhood and husbandry. So sex has become for most men just something they no longer have to marry for or pay for because women now "don't care" who they sleep with so that makes them easy pickings.

Or do they? Men think "No, they don't" but best not to be too honest about only wanting a fling, just in case she doesn't agree with him. Many women DO care, but all get tarred by the same brush as "being up for a Hook-Up" anyway.

Many women think "We should be just like the men because they get away with it so we should too," and "We should give them a dose of their own medicine." BUT, does that REALLY work for them? Other women tie in sex with Love and end up thinking it's the sexual act that makes men fall in love, well... we were brought up on romantic love movies so that we learned to "swoon" into the arms of the domineering, "I'm in control" man and not least because sexuality is a man's biggest passion. But all this just reinforces men's belief that "all women are easy if you offer them what you think they want, whilst women are subjected to heartache and too often abuse, not least because men are not yet healed from that old antiquarian system of masculine dominance.

It's not always that way around though, there are men abused by women too and this is becoming more noticeable as more men admit to it. Due to this distortion in both genders, plus other gender types such as Homosexual, Lesbian, and even Non-Binary gender relationships, that is why this book and deck are for anyone, although you will see us almost always refer to Male and Female or He and She simply because that is easier and quicker than the full listings.

Relationships cannot be healthy under the dishonesty of foundation as outlined above. It creates deep wounds of rejection and abandonment and is a cesspit of undervalue, disrespect, misogyny, hate, Judgement, and blame.

All of this is caused by the still, very alive and crippling old teachings that both masculine and feminine are STILL controlled by on some level hidden within the Subconscious Mind, or what we call The Shadow, as first described by Dr. Carl Gustav Jung.

These hidden memories are the Generational Curses of old systems that are in desperate need of being healed in our present "Now", so as not to hand them down to our children who are our future adults. Nothing can be achieved without taking on the journey of Inner Self Healing.

A Fool Trapped in Love.

*Something I should have spotted a long time ago before my heart
became "iced over."*

*At the time,
I just didn't want to see it,
I didn't want to believe it.*

So there I remained

"A fool trapped in love"

*When I should have seen it.
When I should have understood it.
When I should have escaped.*

When I shouldn't have kept trying my best to heal it.

When I shouldn't have continued to make excuses.

When I shouldn't have given my all.

I shouldn't have.

I shouldn't have.

I just, shouldn't have

But I did.

I should have

walked away at the first red flag.

I should have

put my own needs first.

I should have Trusted my Screaming Intelligence.

Instead of keeping her quiet, silenced, and trapped.

*I should have KNOWN that somewhere there maybe could be someone who
COULD love all of me, not just my "spare" parts.*

In his own spare time.

I should have, but I didn't.

I didn't have eyes for another.

I knew where I wanted to belong.

But I was wrong, so very, very wrong.

But now

It's too late.

My Heart needs to be melted.

To be thawed.

To be Loved back to Life.

I should have known.

I really should have known.

*I just should have known that I could never make someone happy if they
didn't want to be happy.*

I should have known, but I chose not to.

And now, my Heart is Iced Over.

Will it thaw?

Can I face up to try again?

Can I trust ever again?

*Ohhh the ache of being *THAT* fool*

It changed... everything.

Which step is next, I wonder?

Slippery on Frozen Ice?

Or the nurturing, warmth of a Golden Sunshine thaw?

Maybe I shouldn't wonder?

Maybe, I just shouldn't?

Maybe, I should just Hope instead. Luci

"To my Oum, Mama"

I have been neglected,

Silenced

and Beaten

I have been treated as

a child

an eternal teenager

a servant

a lover

a whore

a mother

*But never as a **man*

I have been lied to

exploited

eaten alive

But never cared for

I have been drawn

photographed

published

But never listened to,

*as a **man*

I have been an object

a book

a photo

a house

or a kitchen

a cave

or a womb

But never a sacred being...

*I am a **man.*

I am a WOmAn

Mark well these words

W.O

W, as I Will never be Silenced again

I Will never be beaten again

I Will never be exploited again

O, I am the Oven and the Oxygen by which you live

O, hOnour me as I am the one giving you Life

O, hOnour me as I am the one giving you Love

Ooooo, from the Ocean I came and to her... and only her I belong...

Oum Mama

Oum Mama

The words that have been hidden for long,

have been spoken...

Issrae

Who decides about our fate?

Is it Fate or Destiny?

We often ask "Is it Fate? Or, is it Destiny?" With words such as "I am fated to always suffer like this" and "This must be my lot in life" after repeated hurts of the same type. Or we might say "It must be my fate to keep meeting people like this!" or, even, "Surely THIS can't be my Destiny, the reason I'm here?"

There is one reason why we suffer the confusion of these two words, and it's a massive reason: as card readers, we are able to see as we read a row of cards or especially from a spread that includes an *Outcome* position. When we read cards, we can be shown an outcome based on our *continued behavior* as we follow a situation. Some spreads may show an *alternative Outcome* that is based on the change of thoughts and behaviors according to the advice given in the cards. This way, we can CHOOSE our *own outcome* especially if a spread shows us BOTH possible results. Here is a spread to try:

- Card 1: Actual situation
- Card 2: Outcome based on our continued behavior
- Card 3: What thoughts and behaviors need change to have a different outcome
- Card 3: The outcome if we make the change

In our daily lives, we often get stuck in our daily patterns. These are habits that become our Hamster Wheel and so we think these same *rotating thoughts* every day. This leads us to repeat the same *rotating actions* every day.

This Hamster Wheel is what creates our fate. We create our fate by *not being aware* that we are choosing to repeat the same patterns every day, to think the same way every day. To "follow the rules" of "Should" every day becomes its own self-fulfilling prophesy. In this type of pattern, nothing usually changes so we keep on thinking and doing the same things without question.

The way we choose our own fate is that we just go along with what we think is the flow, and in a way, it IS a flow, a flow of nothing new, no change of direction, and even of other people affecting and creating your life for you. It's the flow of trying to paddle up a torrential river full of rocks we could easily smash into.

Should you one day awaken to *where you see your life is heading*, and realize *why it's been this way* and you spot *all of those old patterns and their results*, you realize that those past patterns are speaking to you and can be read like some form of Hieroglyph. This is the point when you start to step off that Hamster wheel of fate, take the reins of your life, and begin to put it on track, to follow your actual *Soul Guided Destiny* by making *CONSCIOUS DECISIONS* about what happens in your life.

Your Soul wants to grow in happiness. In the Joy of your heart.

This is usually what happens when you finally decide a relationship is no more good for you to continue to be in, and you decide to end it so you can move consciously forward with your life, making Consciously Aware choices to follow where your Joy takes you.

You start to Follow The Flow of your Destiny instead of Fate. You are then able to flow downriver and use your "paddles" to guide you around the rocks, instead of fatedly smashing into them.

The Narcissistic Wound

One thing that can really play on your mind and hold you back from taking charge of your own destiny within a toxic relationship, is if your partner is suffering from a Narcissistic Wound. So, what is this?

What is it?

These days, with all its many myriads of distractions, people often get tangled up in things they've seen on TV, in the cinema, heard in music, or seen from parents who may or may not have lived their own toxic marriages. But all these things can create confusion in a child that follows into adulthood as the subconscious mind and tries to tell us: "How best to live your lives, how a man should behave towards a woman, how a woman should behave in the company with a man etc."

So much confusion, coupled with hurt and loss, can lead to a situation where someone develops a whole Narcissistic behavior, with them being at the center of life as a way of covering their own hurt. Everyone these days has heard of "Narcissism" and sure there are many suffering from it, but also many who are labeled as such probably by the narcissist partner themselves.

Narcissism has varying degrees from mild, to anxious attachment to Grandiose, plus more I've not heard of. I bring this up as I've (Luci) experienced their harm firsthand in 3 relationships in my past. We can never be 100% sure that someone is a Narcissist and it's best if THEY go get professional counseling but unfortunately, a real narcissist would NEVER agree to that.

How it looks like?

If we are in a relationship with a narcissist, we will be so heavily *gaslighted, bullied, insulted, laughed* at in a way that's made to look playful, and of course, Breadcrumbed with words of love, which quickly fade into anger and manipulation that we totally forget who we actually were before the entanglement.

If you honestly feel you are with a narcissist, then your first objective is to see if they will go get counseling. If they won't, then your loyalty is to YOU and your own safety.

When it is time to get help

Leaving an abusive partner can be terribly heartbreaking for the abused because the feeling of "love" for them that can develop means that it feels impossible to leave. This is when YOU need counseling to help you understand yourself, because a traumatic relationship can, and does, create a "trauma Bond" which can feel just like "love" as we are unable to examine clearly on our own just what is going on. Always seek your own health first when in doubt, and do your own research and seek professional help.



Chapter 8: Heal the Masculine & Feminine



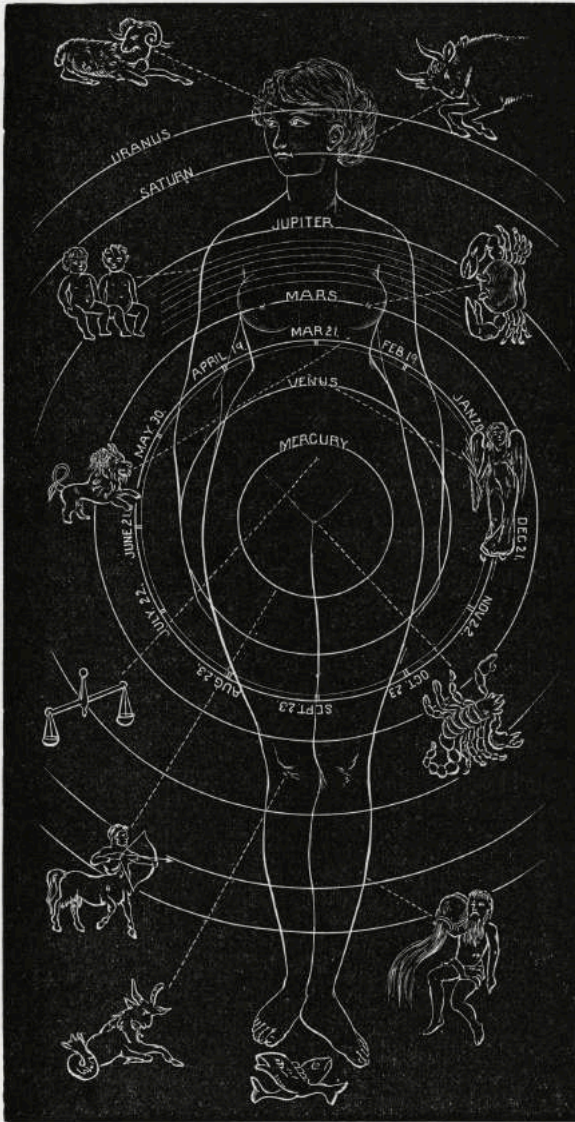


DIAGRAM No. 6.

Hiram Eratus Butler - Solar Biology

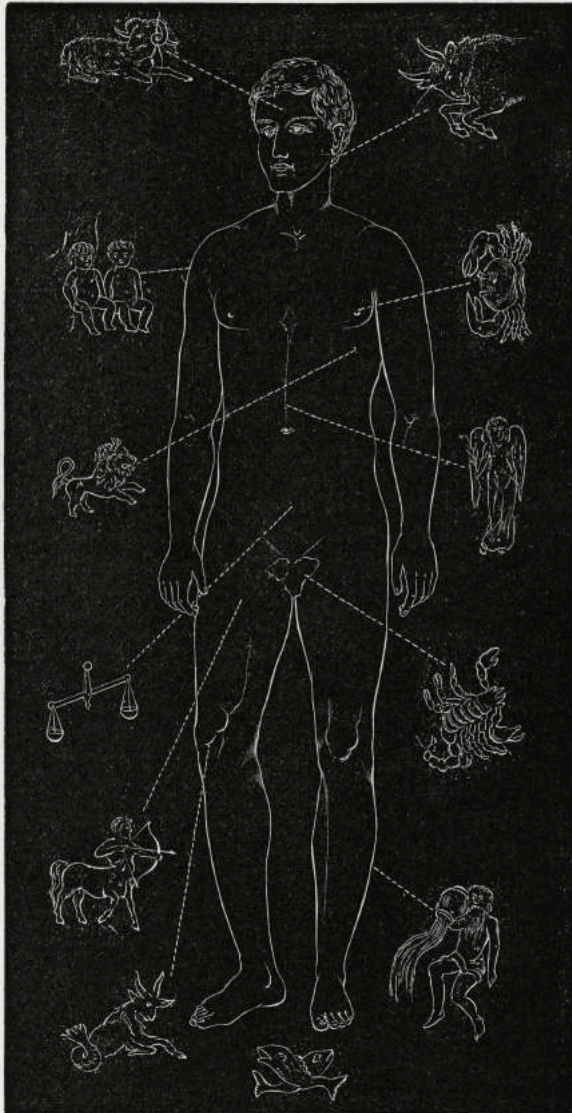


DIAGRAM No. 3.

Hiram Eratus Butler - Solar Biology

How Can I Heal the Masculine?

This question is actually referring to the masculine aspects of **yourself**. It's impossible to change another person against their own will. It is also very manipulative to try to change someone and it is definitely not our right to do so by telling ourselves "It's for his/her own good, so I am healing him/her". But, it is so very true that *you can change yourself* because that will help you and your partner in one way or another, although this does **not** include remaining in a toxic situation and changing yourself according to what your partner may want you to be. This is a two-people situation, each deserves to live as themselves and be loved and respected for who they actually are. If that's not possible and your only recourse seems to be "downsizing" yourself to make you fit "requirements", then that isn't going help either of you to grow and flourish.

Your choices are:

- To heal yourself and live in your own power while being in the relationship,
- Or, to leave and follow your own path in order to live in your own power.

You **can** make the correct choice for yourself by seeking inside yourself for answers, and this is why we created this book and Oracle set.

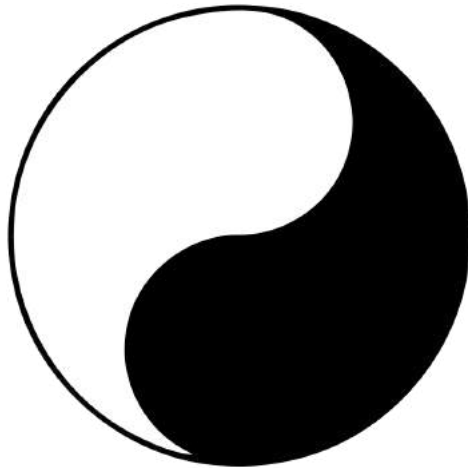
Since the beginning of June of 2021, I (Luci) started feeling this wave of light coming to the earth, and hearing the call within me to "heal the masculine." I felt The Cosmic Mother in me expanding and embracing all Men, Healing them, by *healing the Masculine within me*.

This "call" is not about "saving" the Masculine, it is about healing the Divine Masculine Energy that has become as distorted over the eons as has the Divine Feminine. Both Divine Energies are in need of being brought back into the healthy balance that was lost in ages past. This Sacred Energy Balance is needed both within ourselves regardless of gender born into, and also very much needed if we are to create

*healthy and happy relationships in our lives and throughout our
Global Family.*

These Sacred Energies are represented by the symbol of the Yin and Yang which shows that we each, regardless of how we were born, contain BOTH energies although one is usually more prominent than the other and I don't mean in gender appearances.

The Yin Yang energy, as in all things on earth is polarized into:



- Positive Yin / Negative Yin
- Positive Yang / Negative Yang

We are humans born either female or male at a genetic level which we choose to be born into to best utilize the purposes of being reborn to Earthly Life, namely to evolve at a soul level by healing Karmic Ties, either by learning our own Value and walking away or by learning together and creating an easier time together, which, still means understanding and utilizing Self Love.

Today's society makes us into beings who are in combat with ourselves, and thus with each other. The inner Energy of our feminine part and our masculine part are constantly at odds with each other because we have been "trained" for generations that girls should be and behave one way, whilst boys should be another way. This training has meant that men are cut off from their feminine emotional side and afraid to feel too much and women are cut off from their more rational masculine side so during relationships when disagreements arise it's like two goats head-butting each other and the "weakest" falls. This ends up with the woman blaming the man for certain attitudes, behaviors, and feelings, such as: being emotionally unavailable, playing mind games, and just not valuing the woman for who she is. The man blames the woman for the same thing from his point of view because he's been taught that real men dominate and fight whilst women cook and clean and is available for him when he needs her! It's a bland comparison and many gender roles are being swapped in the modern world to facilitate the income and comfortable living style of the modern age, but arguments still abound, even to the point of family break ups which is life-shattering to all involved. The pattern passes down to the children, who then have to deal with it too thus contributing to the disruptions of the whole state of the World.

This same battle rages on within ourselves too and when we enter into combat with our own being, we then start to rage with ourselves, abusing and criticizing all we do, feeling like a failure, being stuck and unable to move forward, disliking what we see in the mirror: our size, shape, complexion, etc. Even our partners hold these old wounds of *"I'm not enough"* which gives them inner rage too. So both partners end up trying to either be in control where one may succumb to any form of put-downs, and other abuses just to keep the peace, or they will become codependent on the other to "build them up" in their own eyes, because they don't know how to do it for themselves.

Using the oracle: "A healing journey with the feminine and masculine to divine union" explore with your spread:

- Card 1: Positive Yin
- Card 2: Negative Yin
- Card 3: Positive Yang
- Card 4: Negative Yang
- Card 5: How can you balance them?
- Card 6: What would be the outcome?

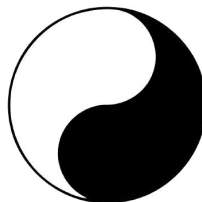
Do you feel "not enough"? Explore with your deck:

- What has this syndrome brought me to be and do?
- How would be my life if I consider myself "enough"?

Stop the distortion

It's time to stop this distortion of the Masculine and Feminine and understand that at our very Energetic core, at a Soul level, we are all *One* with each other and so, all *equal* to the other. It is the belief in the distortion that creates the blame, hate, fear, battles, and subsequent loss of so much goodness in our short human lifespan.

At our Highest Core Level, we are One with each other. But modern life with all its mind-conditioning processes - such as TV, radio, and other media, schooling, and social expectations/standards - literally "trains" us to become stuck in someone else's preferred world, and to feel "*less than*" if we desire to choose a different way to live. This causes our Masculine and Feminine energies to become focused on "correcting" ourselves by *compliance* with another which is the expression of the distortion and emotionally unstable, instead of being in *Co-Creation* with another, which is the expression of being balanced and emotionally stable.



The energies of Masculine and Feminine are controlled by our "conditioned/trained" thoughts and beliefs, which are then expressed through us and out into the world around us. This causes the relationship difficulties that we encounter each day.

We naturally swing like a pendulum between the -M and -F and the +M and +F according to the rhythm of our life, our encounters, and our thoughts. The subsequent emotions aroused by these swings throughout our day are what cause us to "lose" ourselves, to lose our balance.

We need – and it is perfectly natural for us all – to have these Masculine/Feminine swaps of energy throughout our day although we need to learn that these energy swaps need to be within the Positive aspect of Yin and Yang.

The Divine Masculine Energy is when we take action and do something in a logical, rational way and the Divine Feminine Energy is when we use our intuition and feelings to guide us. We cannot have one without the other, but which are we most prone to choose, the Positive aspect or the Negative aspect?

During the course of a day, we can be drawn to use all the versions of the two energies depending on the circumstances.

The goal of learning how to use these energies in their positive aspect is to be aware of how we are reacting to situations in our life, and then, choosing to put ourselves INTO the *positive* by stopping and spotting when we are REACTING via the *negative* aspect.

The Path of Reconciliation of the Divine Feminine and the Divine Masculine.

The path of reconciliation of the Feminine and the Masculine is on the way, we have gone through the Matriarchal era and the Patriarchal era and it is now time to enter the *era of Unity in balance* of Masculine and Feminine. To accept and participate in this union, each human being has the power to find this balance within so that the movement of healing takes place, and that the separations stop.

One + One = One

It is time to live *transformed* in our Sacred Feminine and our Sacred Masculine.

"Have we not come to Earth in order to fulfill ourselves in perfect complementarity and to achieve great purposes together?" Lise Cote

Recognize the Negative and Positive attributes.

We have created the oracle "A healing journey with the Feminine and Masculine to Divine Union" to help understand the different attributes of the Masculine and feminine, but of course, we are very limited in our understanding of the feminine and masculine attributes; however, they help our mind to conceptualize and integrate a visual understanding of these concepts. The more you work with these attributes, the more you learn from them and you realize that they don't belong to the feminine or masculine. Actually, the more you go up in the spiral of understanding, the more the "Feminine" and "Masculine" become One.

In the following table, we share the feminine and masculine attributes that are present in the oracle I mentioned above, they exist indeed in each of us.

Contemplate their positive and negative sides and add your notes below:

FEMININE attributes	POSITIVE	NEGATIVE
Nurture Sensitivity Gentle Supportive Co-operative Expressive Empathy Helpful Understanding Listener Calm Compassion Life container Creativity Devotion Easiness Expansion and Opening Fluidity and adaptation Forgiveness Fusion and Union Generosity and sharing Addiction Depreciation and self-doubt Distraction and Inattention Grace Connection Humility Illusion Imagination Inclusion and bring together Indecision Instability Interior Intuition Irrational Kindness Laziness Love Morality and consciousness		

Passivity Patience Receptivity Reliance Sensitivity Submission Temperance Tenderness and Thoughtfulness Tolerance		
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MASCULINE attributes	POSITIVE	NEGATIVE
Action Aggression Agitation Ambition Ardor - Passion Arrogance Authority Boldness - Daring Bullying - Persecution Burnout - overload Combat Concentration Courage Decision Determination Discipline Disorder Energy and Dynamism Enterprising Enthusiasm Impulsion Independence Initiative Insensitivity Instinct Intellect intransigence - firmness Irresponsibility Just Maniac Manipulation Mastery Miser - Frugal Mistrust Order-Organization Power Precipitation Pretention Pride Rationality Reliability Reluctancy		

Resistance Responsibility Strength Toughness		
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Journaling prompts

- What can you do today to honor ONE aspect of your Sacred Feminine nature?
- What can you do today to honor ONE aspect of your Sacred Masculine nature?

- What are the Masculine and Feminine energies that predominate in you?
- How can you balance these energies?

- What situations lead you to use Masculine or Feminine energy in its positive or negative aspect?
- Is it appropriate to the situation?

- Are you led by emotion in connection with the archetype, a pattern inscribed in you?
- How do you find in yourself the ability to change these Feminine and Masculine mechanisms so that it is right for you?

- What situations push you to act with your positive or negative masculine?
- What situations push you to act with your positive or negative feminine?

- In your female and male line, are there aspects to heal and cleanse, in connection with these energies?

- What, in you, comes from collective beliefs that you can change?

Harmonizing Your Life, Harmonizing Feminine and Masculine Energies.

To go further, ask yourself these questions:

- Is my relationship with others influenced by these energies?
- In my work, how can I best use these energies?
- In my relationship as a couple, how can I best use these energies?
- In my relationship with my children, How can I best use my energies?

- In my relationship with myself, how can I best use these energies?

Affirmation

"I choose to be in tune with my inner self. I am ONE"

Further Exploration of the Feminine and Masculine with the Cards.

Note: For this section, we suggest that you have your tarot or oracle in hand and explore the subject using the cards.

Who among us had not dreamed of or still dreams of meeting his/her "better half," of finding the ultimate love that will change his/her life, heal his/her wounds, and reveal it to him/herself? This search is eternal and has been known among all men. Greek mythology tells us about the separation between the masculine and the feminine and the Men from the Divine thousands of years ago, it is this event that caused the pain of love, the lack that everyone feels in their heart, ... the search for love that every Human needs to feel ...again... began.

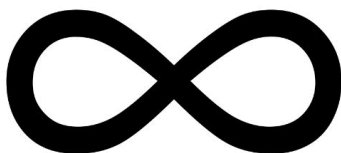
This separation really happened but at different levels:

The first separation that the ancient Greeks talked about really happened, in my opinion. The human was pure energy and light, not physical, but by choosing this earthly experience, he must forget what he really is, he must shrink his consciousness to integrate the physical plane. But the meaning of "physical" implies attachment and separation. The baby, for example, must separate from its mother to be able to continue its cycle. The older it gets the more it must separate from its parents to "build his life alone", and the cycle continues. This is not lived by the baby but also by the parents. Each has to take the journey "*alone*" in order to continue to grow as they experience different situations in their life's journey.

This separation is also internal because a war within that begins from a young age, between our different parts and fragments, especially at the time of Puberty when the Androgyny of the child starts to split off into the Female and Male forms of man and woman.

These parts try to express themselves by adopting the language, attitudes, and behaviors from parents or acquired in the living environment.

People learn by example and children are like sponges without any filter, they just absorb everything they are told or that they witness.



The Law of Polarities and the Law of One remind us that one of our mandates is to experience separation but also to find *the inner union*. The infinity is the symbol of this journey led outside to return to the Source, we meet it under different aspects including the feminine and the masculine, two sides of the same coin...

We meet the feminine and the masculine in the womb of the mother, by choosing the gender, the baby knows what his life mission will be. By separating from the mother, he discovers the two polarities in his parents who will symbolize the male God and female Goddess and help to design these two principles for the whole life of the baby.



It is important in adulthood to revisit these two principles in your ancestral family and lineage to see their effects on you in the present moment.

Before choosing your cards, go back to your childhood and remember the principles that your parents taught you in relation to the two principles of Feminine and Masculine, Positive and Negative.

Explore with your cards:

- What did your father teach you about the Male Principle/Archetype:

- On the positive side, here are some examples: concentration, capacity for action, self-control, courage, confidence, authority, etc.
- In negative, here are examples: Manipulation, obsession, agitation, aggressiveness, the power of might, authoritarianism, the powerful, heroic warrior etc.
- What is the impact of this learning on your life today?
- What did your mother teach you about the Feminine Principle/Archetype:
 - On the positive side, here are some examples: intuition and creativity, sensitivity and listening, imagination, calm, etc.
 - In negative, here are examples: guilt, letting go, instability, dependence, submission, scattering, etc.
- What is the impact of this learning on your life today?

The absence of "healthy and balanced" symbols including role models of feminine and masculine in our societies causes an imbalance internally but also in all other areas: political, economic, etc. That being said, we look for these symbols unconsciously in our surroundings, in our lover and even in political candidates, actors, and actresses... The modern representations of gods and goddesses with small G!

But what aspects are we looking for? What attracts us? What are we missing within us?

Our "inner magnet" is set according to what we believe to be missing from us. So we look for a partner that we feel can "complete" us and be those "missing" parts of us, for us. These "missing" parts are handed down to us by family and teachers, etc., who are our childhood influencers in our early years. If you were taught to "stop daydreaming" by school teachers, then you will shut down your creative imagination in order to be more rational and productive and

grow up believing that daydreaming is wrong or lazy. So, if this "fault" is seen in your partner it will indeed become a trigger for you because you certainly don't want to have to do everything yourself in a partnership.

Rightly or wrongly, whatever you are taught to believe is wrong will always cause triggers for you in any relationship if your partner is consistently "indulging". This can, and most likely will make them feel the need to be defensive as for them it will seem like a direct attack. In this type of scenario, it helps to be aware that we are all different but those triggers will actually, if you can be aware enough during the most emotional difficulties of "mismatching," help you to see which beliefs you need to be aware of enough to heal within yourself. Once this is achieved the trigger will no longer happen.

Many people create beautiful things from daydreaming, the artist, the songwriter, the DIYer, etc. Daydreaming can actually put a person in alignment with something they wish to achieve such as sport, business, public speaking, or a particular type of work. In itself, it is not a bad thing. But the programmed beliefs can create triggers to it, most often for your own healing awareness of self.

Your ideal archetype may also display certain characteristics that you have been taught to honor, such as *manipulation, opportunism, etc.* The answers though are always within yourself, there to be noticed and healed.

However, when we are unaware of the paradigms we carry from long-ago teachings, including television programs and films, we really don't know what we truly desire because the "needs" are based on someone else's instruction. So it's vital that you get to know and love yourself too in order to discover your own desires.

So, how can use an Oracle to help you live your life and dive deep into your Archetypes and Shadow Aspects in order to heal them?

I(Luci) myself know that I have a very hard time when it comes to filling in workbooks because I cannot access my innermost feelings and put them into words on my own. This is where I find that using an oracle is really helpful to reach those secrets, even from me, places in the shadows of my own Inner world. They open up my intuition and thus connect me with the truths that normally, I would not be able to or even wanting to see and deal with, never mind accepting. Using the Oracle cards opens up a whole new way of getting to know who you really are deep down. It also gives the ability to see what within needs to be accepted, forgiven, loved, and healed. It allows you to know which parts of you have been shut down due to the fears and beliefs taught to you by mostly well-meaning elders from childhood upwards. All this gives you the opportunity to work with your Soul to heal all that is holding you in patterns of thinking, believing, and living that are not serving you anymore.

Throwing a temper tantrum at 3 years old may have got you toy on the toy on the supermarket shelf but it won't get you your desire in your adult relationships. On the other hand, throwing a tantrum may have got you shouted at, smacked for being naughty, or just plain ignored causing you to shut down, cry, and as you got older, ashamed, guilty, and just not worthy enough, which, as an adult, also holds you back so maybe at some point you became a "people Pleaser" or "Yes Person" in order to succeed but this is not serving you at all either as its not in integrity to who you REALLY are. All of these feelings and fears are easily triggered within any relationship, thus making relating so difficult that they mostly fail or at the very least, are not mutually fulfilling as they descend into bigger bouts of arguing.

Question: What is the ideal portrait or portraitS of each principle or archetype?

Through the cards that I created on the Cosmic Laws, I channeled the cosmic father who represented the divine masculine principle. The

Cosmic Father shows how to build the foundations. He is reassuring and helpful, by his presence, we understand the elevated meaning of "authority". It shows us the right time to persevere and the right time to let go. He is an example to follow, but what is more striking is his relationship to us, he pushes us with benevolence (attributed to the feminine archetype usually!) towards a direction, he shows us how to deal with the difficulties on Earth with a fluid and physical approach to problems.

The Cosmic Great Mother for her part, shows the divine side of the feminine principle. She nourishes us, awakens us, accompanies us with her wings of light, she reassures, supports in moments of transformation. She is the example of true Grace and Beauty, Gift and Power (attributed to the masculine side). She assists us in any rebirth and gives us the strength and the courage to cross the veils of darkness (ignorance and forgetfulness). She is also compassionate, wise, confident, responsible, and there when needed.

The cosmic Father and Mother are only 2 facets among several of the Divine Feminine and Masculine, we can find others among the Allies and Guides who accompany us in our lives, and among the Gods and Goddesses of mythologies for example.

Take your deck and explore these questions:

- What is the divine aspect of the Feminine for you?
- What is the divine aspect of the Masculine for you?
- Identify some goddesses and gods that attract you, and ask: What attributes do they have that I am embodying? Which ones are constructive and which ones are destructive?

The separation made between the feminine and masculine becomes thin and can disappear as you progress on the path of discovery, some goddesses have masculine attributes, and some gods have feminine attributes... *We are One.*

Wisdom Questions:

- what is the meaning of the Divine Feminine and the Divine Masculine?
- What is the reason for their existence?



Chapter 9: The Eros, Sexuality and relationships



The Cult of Contamination

One day, I was exchanging with a group of women about the contamination that we fear (or not) in sexual relationships. After the theory¹³ about HIV, Herpes, and many other possible contagions in sexual relations have been advertised across the globe, many "protection tools" have been created to prevent diseases and unwanted pregnancy.

Expectations and judgments take place within intimate relationships, which in my personal opinion, exposes the separation and disconnection from each other and within ourselves. We do not get to **feel** each other's Inner Truths so, we end up trying just to "act" as if we are feeling each other's deep truths, and generally getting THAT judgment call totally wrong due to its supposition and assumptions.

These days, theories are being revised in light of new scientific discoveries and updated psychological information, so some of these might just change our views of the world in the upcoming years as these new views become more established in our day-to-day understandings and beliefs.

From Duality to Union

Our intimate relationships say much more about the nature of our interactions with each other, and much about our deep phantasms, desires, and profound wounds. Indeed many women feel that polarity is expressed in the sexual intercourse :

- I want and I don't want at the same time,
- I want to connect fully but I need to protect myself

¹³ Some scientific work updated about the *Terrain* and books to go further: "*Myth of Contagion*", "*Bechamp or Pasteur?: A Lost Chapter in the History of Biology*".

- I want to enjoy and express my phantasms yet I need to control myself
- I want to feel and love the other, yet he/she is an Object for my pleasure at the same time, etc.

With sexuality, we open up a "space" where we can change our levels of awareness in a rapid way, from the mind to the heart, from the heart to the body, from the gamma to the alpha wave brain, from the ordinary reality to non-ordinary reality, etc. The other space where we can experience such fluctuations and transformations in consciousness levels is *Sacred Ceremonies* where we connect to spirits and ourselves.

Sexuality is thus a ceremony in itself where we experience also different states of energy. It is through this that we release traumas and that we reconnect to the Oneness. Sexuality is thus not about pleasure but about Connection through pleasure.

We have to honor the wounds that are put in light in our sexual acts and instead of staying under their spell, we can free them, so ... what fears/memories/desires awaken within you at those moments, what do they tell you about your deep needs?

Here are some examples:

- Fear of contamination, of violence, of being rejected, of not being enough, etc.
- Memories of past aggressions, loss, etc.
- Desire of being violated, or having multiple partners, etc.

When I started remembering what is sacred sexuality, I understood that the best act in it is *the contamination by love*. We might think that men pollinate women, but what if it is a cross-pollination? One that can be done in negative or positive. In negative polarity, the traumas and wounds are exchanged and each one takes in that suffering which is expressed in sickness diseases, allergies, and so on. But in positive polarity, it opens a sacred portal for infinite Love and

bliss, one that heals the past of all humanity and transforms the future for the next lineages.

Erotic love

Erotic comes from French *érotique* (16c.), from Greek *erotikos* "caused by passionate love, referring to love," and from *eros* (genitive *erotos*) "sexual love". Earlier form was *erotal* (1620s).

As many words have been perverted and changed through history, we have to go back to their origin to understand what is the Real Meaning of words.



When we look at the word *Eros*, we find that it is related to the Greek "god or personification of love; (carnal) love," from *eran*, *eramai*, *erasthai* "to desire," which is of uncertain origin that can be Pre-Greek.

With Freud's definition: *Eros* became a group of instincts, especially sexual, that govern acts of self-preservation and that tend towards uninhibited enjoyment of life¹⁴.

Bet let's go back to *Eros*. He is the Greek god of erotic love, known as *Cupid* to the Romans. He¹⁵ "was the Greek god of sexual attraction, a

¹⁴ <https://www.collinsdictionary.com/dictionary/english/eros>

¹⁵ https://www.greekmythology.com/Other_Gods/Eros/eros.html

constant companion of Aphrodite. Variouslly depicted as either a beautiful youth or a mischievous nude boy." Eros was commonly depicted with a bow and an unlimited number of arrows which were used to "overpower reason and incite erotic feelings in any mortal or god per Aphrodite's or his own wish." He was once touched by his own medicine as scraped himself with an arrow, he fell in love with Psyche, and they got married for eternity. They have a child called *Voluptas*, which is the goddess of sensual pleasure.

Let's explore this together as a mathematical equation:

The story of Eros and Psyche is fascinating as it tells us about jealousy, sacrifice, strength, and challenges. But from a spiritual perspective, I believe that Eros in order to mature (marriage), had to fall in love with Psyche. Psyche as a human, in order to maintain her love, had to go through many challenges and sacrifices until she dies and then is brought to life again as a goddess. She is one of the most celebrated goddesses in Greek mythology, indeed, she is the goddess of the *soul* and her name meant "*breath of life*".

From their union was born Voluptas or Hedone, goddess of *physical joy and delight*.

Stories of gods and goddesses are for me (Issrae) mathematical formulas that show us values needed to balance our lives and our link to the source that is within us:

Eros (sexual attraction, personification of love) + **Psyche** (Soul, sacrifice, challenges she gets to be reunited with her love) = **Hedone** (Physical joy and delight).

Aristotelian philosophy states that pleasure (hedone) is a *movement of the soul* and that *tranquility* arises from it. So would *the ultimate goal of sexuality* be to *get tranquility and harmony on the physical plane* ?

Soulful Sexuality in this case is the one that can bring us Real physical joy and peace. Thus sexuality has to be done *along with the soul*.



The painting: William-Adolphe Bouguereau (1825-1905) - A Young Girl Defending Herself Against Eros (1880)

"Love me as an equal (rather) than adore me as a god". Eros

We are Control freaks

We live in a "controlled world" where everything has to be calculated and mastered, this made us lose our ability to adapt and start fearing the unknown.

Control is motivated by *solely fear*, and it touched even our sexuality. We, like scientists, desiccated sexuality into steps and phases, we defined the hormones and understood their work, but does this

mean that we "mastered" sexuality? This does not mean we grasp its essence at all! Just think about plants, the fact that we understand their biochemistry does not mean we understand their effect on our bodies, many researches are still ongoing to grasp their magic through a scientific eye.

The fear of going out of familiar territories keeps us in the "lower" aspects of sexuality, and sadly, trying different "body positions" or having what is called "liberal practices" is still limited as the soul is absent from these practices. After some time, the individual will have to increase the level of excitement yet nothing will truly be fulfilling for the long term.

In the same way, if you got interested in Tantra, you have to remember that it is a *spiritual* practice and that vulgarization (interesting that it comes from the world vulgar) of some practices is merely a simplification, a reduction of their essence so we can understand them. But it doesn't mean that we "hold" their true and COMPLETE meaning.

Controlling sexuality and making it solely physical, has made it lose its soul. Eros and Psyche are again looking for each other in our times.

As we've seen in the previous lines, with sexuality we approach the sacred, and we are close to that threshold that is between the physical and magical worlds. It is through this veil that we get inspiration, we heal wounds and we embody new souls/babies or projects! We have to get back to the magical aspect of sexuality, this can be possible by accepting the mystery of life and embodying the sensuality of the sacred, we may live a different sexual experience, and we may be able to obtain not only physical orgasms but *soul* orgasms.

This would remove all the "performance" thought patterns that are hidden in our subconscious field and that we are transmitting to our kids and teenagers regarding sexuality.

The performance is the act in its fullness, it is the performance of the soul through the body. **Perform = Divine Act = Embody the sacred.**

Breaking free from the Taboos

Taboo is "a subject, word, or action that is avoided for religious or social reasons"¹⁶

Well, you might think that I will share about some erotic taboo fantasies in this section! But it is the other way around. Sacred sexuality has been a Taboo for the past ages, and the only forms shown, educated, transmitted are the ones we see in the movies, erotic that being sad, the News and newspaper. Sexuality between women, or men, or multiple relationships is brought so much forward that it is concerning. Sexual acts are acts of Union between the Masculine and Feminine Energy Polarities of the Soul and that no-one can change it, whatever the gender may be. By focusing on gender only instead of the Soul Energy aspect of it, creates "THE TABOO" in our society where the Spiritual Aspects of the Union of opposites has become sadly forgotten.

We are still dissociating the sexual-genders of humanity, and I believe all this will continue into many more different expressions until we understand that the missing part of it all: is the *SOUL* and our need is the *Union of Polarities*. This *Soul Union* is often expressed as "Twin Flames", "Soul Bond" etc. Many tales have expressed these "matches in the physical sense" such as the "Runner/Chaser" scenario. The pain is part of the "deal" which stems back to that old saying that "Love Hurts." Men have their traditional storylines about women and how they behave or "should do", and women have their traditional views on how men behave, or "should do" too.

These "expected" behaviors are not a completely "natural feature" as they stem from the passing on of beliefs and teachings handed down through generations. Even schooling had its own separate Male and Female classes that reinforced the gender rules and roles. Men were bred for war and women were bred for mothering, and anything

¹⁶ <https://dictionary.cambridge.org/fr/dictionnaire/anglais/taboo>

outside of those "rules/roles was strongly ..and legally/religiously just "wrong."

These days, thankfully, it's all much easier and less constricted but we still have to contend with those long-standing enforced teachings at many levels, added to them the necessity of *performing* at work and everywhere.

This has all led us to the current massive mix of confusion. No one "knows" anymore what their role is, if they have a role, should a woman be an aggressive go-getter? Should a man even have emotions, never mind express them? When will it actually be ok to just be Human and in Love? What is it that is really missing from our relationships? Relationships of any kind, not just Romantically Sexual.

So, let's explore our OWN overt or hidden beliefs and judgments next.

Exploration

Contemplate these questions using your cards:

- What do you consider as :
 - Good or bad
 - Sacred or profane
 - Acceptable or forbidden
 - Dangerous or safe
- What are your deep sexual desires?
- What fantasies are you trying to hide from yourself?
- Are you trying to "domesticate" them?
- What are they saying about your deep needs?
- What if you "succumb" to your fantasies? What would be the impact on your life? What emotions did you or do you think you would feel? Humiliation, shame, rejection, guilt, or joy and bliss?
- What archetype are you embodying in a sexual relationship?

<i>Archetype of Eros</i>	<i>Archetype of Psyche</i>
<ul style="list-style-type: none"> ● Playful ● Loving ● Erotic ● Curious ● Focused on experiences: going from one relationship to another ● Seeking eternal "honeymoon" phase ● Joy and pleasure ● Seeking power out * Eros went complaining to Athena, she is the one who was defending him in front of Psyche. ● Manipulation ● Does not take responsibility afterwards 	<ul style="list-style-type: none"> ● Deep ● Sacred ● Sensual ● Focused on deepening the experience ● Sacred quest ● Union ● Sacrifice, life giving ● True engagement ● Takes responsibility for its engagements till the end.

Note that both the Greeks AND Romans had a strong male erotica, man on man ... it was a big part of their cultures. We don't know if women were allowed that same connection though as we THINK they were for breeding purposes to carry on the man's name. But maybe the men got their "erotic love" from other men and that is why it is male.

But in reality, Eros and Psyche both exist within us at different degrees and in different stages of our lives.

- Do you feel Eros and Psyche in you? How do they manifest?
What is their impact on your life and your interactions?
- How can you merge them together within you to create
your bliss and birth Hedone?



Les Liaisons Dangereuses (1929–1934) by George Barbier



Chapter 10:
Ultimate union, Love, the couple
and the Tarot



When we meet a new lover, our senses awaken and we feel life flowing through our veins as it was the first time... Suddenly things around us take on colors and we become enchanted by "usual ordinary things", as everything takes on a beautiful taste.

According to a study published in "The Journal of sexual medicine"¹⁷, when a person falls in love, 12 regions of the brain get activated, those that are involved in emotion, motivation, reward, cognition social, etc. The goal is to release euphoric chemical molecules such as dopamine, oxytocin, adrenaline, and vasopressin. Researchers agree with the statement that falling in love can cause the same effects on these zones, as cocaine. It is also interesting to note that love can make us addicted to Tarot! Most requested Tarot readings concern love, followed by readings on work, other types of relationships, etc.

From a spiritual perspective, the couple must be formed on *the inside* so that they are in harmony on *the outside*, otherwise, the outside manifestation of the couple will only be a reproduction of ancestral and family patterns in an attempt to heal each other.

Besides, it would be interesting to ask the question: why did I meet this person? Why do I feel attracted to her? Is this part of my life mission? Is it a choice of my mind, of my shadow, of my heart? Is this my One?

Relationships are certainly a great challenge in our lives, they confront us in our way of being, the stages of evolution lead us to grow from within and to change continuously because the two beings forming part of the relationship are organic, they progress in an unpredictable way, nothing is guaranteed, nothing is stable indefinitely and each part of this couple must adapt to its own upheavals and those of its partner.

The spreads related to love and relationships depend largely on our beliefs, so each spread is an opportunity to question our vision of life and to dive deep into this subject; that being said, I will only cite a

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<https://academic.oup.com/jsm>
<https://www.apa.org/topics/marriage-relationships/brain-on-love>

few examples of spreads to give you an idea of what you can do with the *Cartomancy & Love* because this subject deserves a whole book!

Here are some situations that may lead you to do a spread related to love for you or for other people:

- How to find love?
- I want to have information about the current relationship, about my partner, about my secret relationship,
- Does he or she have another person?
- How to get through some wounds such as betrayal?
- How to deal with an ex-partner?
- How to get out of a toxic relationship?
- How to improve the current relationship?
- Do I get married or not?
- How to improve my intimate and sexual relationship?
- Etc.

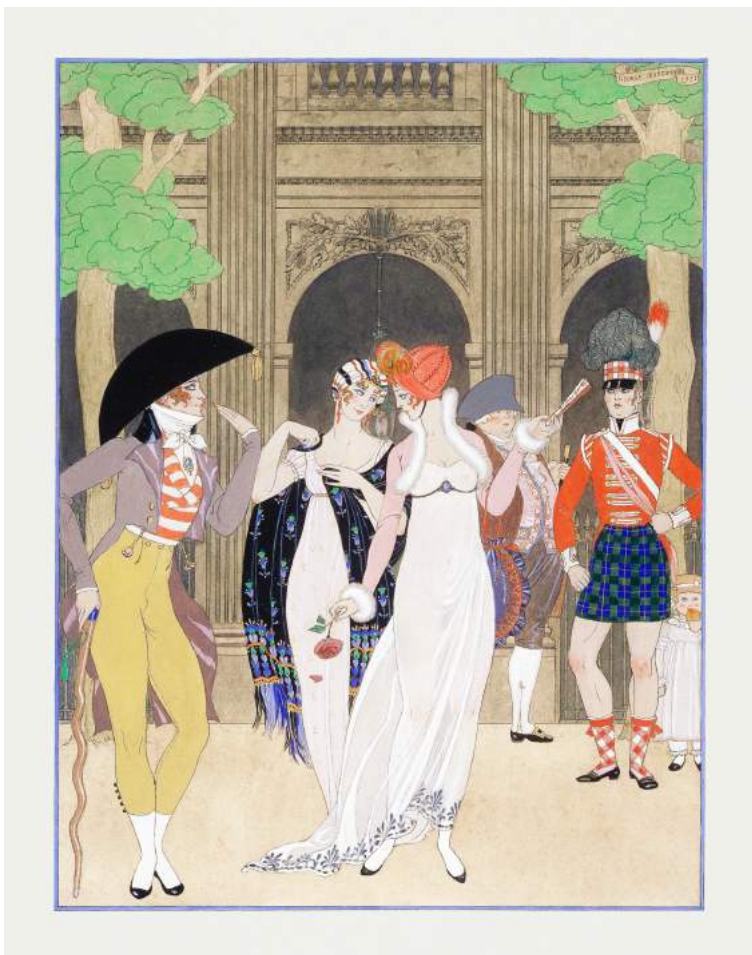
Notes:

It is possible that certain thought patterns get revealed and noticed in people who solicit love spreads, for example:

- Remote viewing and spying: "I want to know what he thinks of me, what he does, who he is with,..."
- To redo the same spread several times with the same question
- To become dependent on love spreads
- To not take responsibility for the spread or assume the role of victim
- To solicit spreads on separations and divorces when emotions are strong: anger and bitterness for example instead of processing them first.
- To make a big decision following a spread, instead of relying on the mind and the intuition also.

Stay vigilant if you notice one of these patterns in yourself or in the people who approach you for readings.

Know how to set limits and help your clients find the source of the dysfunction, or refer them to another therapist; also suggest that they do not make any hasty decisions following a spread and remind them that the decision is theirs and not yours.



La Merveilleuse au Palais Royal (1921) by George Barbier.

Spreads on Love

What is love spread

Love flows from the heart as a natural flow

You don't think or plan any of it

*You just feel you want to give, give your time, attention, you... All of
you*

To the other so he can blossom

When he says bad things about himself, you get hurt

As you become him

He is your dearest Jewel and you want him to feel and be loved

*You feel attracted and you can't stay away from your loved one for
long*

Feeling as if the air is missing, you can't breathe...

These words are simple, they are my heart's song

I don't know what is poetry

I just know what love is.

I can't show it

or explain it

I just can sing my own song

And when love sings in your heart

You shall Know one day

And you may decide to silence it

Or let it flow

Love is considered the Grail to be found once in life! Explore with your cards:

1. Where to find this Grail, this love?
2. What am I looking for in this romantic relationship?
3. If I find love, how do I make it evolve?

Relationship Impact Spread

Each relationship has a great impact on our life. With this spread, you will have the opportunity to take a step back and explore the impact of your current relationship on the different aspects of your life in a concrete way.

1. What do I bring to the relationship?
2. What does my partner bring to the relationship?
3. How does my partner help me grow?
4. How do I help my partner grow?
5. What is the impact of our relationship on:
 - a. My health?
 - b. My finances?
 - c. My career ?
 - d. My relationship with others (friends and family)?
 - e. On my future?

Attraction Spread

At the beginning of a romantic relationship, people feel attracted to each other, this can be physical, emotional, intellectual, etc., or it can result from a hidden and mystical attraction that unfolds as the two embark on the journey that is this relationship...

1. What attracts you to your partner?
2. What attracts the partner to you?

3. What are your expectations from this relationship (or a future relationship)?
4. What are your partner's expectations from this relationship?
5. Bonus: From where does this attraction come?

How Is The Energy of My Relationship Spread

1. What is its current energy?
2. What is its physical situation?
3. What has led up to this situation?
4. What can I do to help address the energy of the relationship at this stage?
5. It is imbalanced, how can I heal it?

Global Spread

Through this spread, you have a general portrait of the relationship and its current stage and how to evolve it.

Draw a card for each:

1. You
2. Your partner
3. How do you relate together?
4. What does this link bring you?
6. What does it bring to your partner?
7. How is your link evolving at the moment?
8. What can you do to evolve this link even further?
9. Are there any negative cords? If yes, how can you dissolve them? What can help you?

Complementary Spread: The ancestors as a couple.

The ancestral lineage works through us and influences the bonds and relationships between men and women over several generations. With this ritual spread, you will have the opportunity to connect with your ancestors to know their influence on your love relationships, and how to release the negative influence and attract compassionate help for you and future generations.

In preparation:

If using the Tarot, place *the High Priestess* card in the center of the spread as you take a journey behind the veils.

Light a candle, and take 3 deep breaths while calling on your magical friends and allies.

Place the *10 of Pentacles* card next to the High Priestess. This card symbolizes your intention to have harmonious bonds in love, and prosperity on all levels.

Place the *6 of Cups* card on the other side of *the High Priestess*, this card symbolizes your childhood but also your link to the ancestors.

Now shuffle the rest of the cards and draw one or more cards for each element:

- Who are the ancestors (including immediate relatives) working through me in my romantic relationship?
- How do they work negatively through me? How can I free myself from this influence?
- How do they work positively through me? How to honor this positive aspect?
- Whom are the ancestors (including immediate relatives) working through my partner?
- How do they work negatively through him? How can I free myself from this influence?
- How do they work positively through him? How to honor this positive aspect?

Bonus: Consciously place the *Ace of Swords* card on the negative aspect with the intention of cutting those bonds and transmuting them. Choose consciously another card to support the healing on an energy level. Leave the cards for some days and meditate with them, then remove them when you feel the work is complete.

Rituals to help with relationships

Detachment

I(Luci) don't really use any special rituals in my own life other than Mindfulness and meditation with Visualization. But, there are things that I have learned (and so many things out there that I haven't yet discovered yet) in the past such as *Free Writing* whereby you can sit once a day and write whatever your mind says. This technique was first introduced to me in a book called "*The Artist's Way*" by Julia Cameron, I combined also: Gratitude Journaling, and telling the story of it with Tarot or oracle cards and then using those to change the energies, by moving them around and form a new story that reads me stronger within it.

The taking of self-responsibility when attempting to communicate in a peaceful and respectful way and not from an already enraged state of mind is essential.

What to do when anger is here

If the partner starts to feel triggered and becomes angry, it is best to avoid letting that create a kickback trigger in yourself in retaliation, even if it does bring up emotions and memories from old wounds and traumas, because that will create a fight. If you cannot avoid being triggered by a partner's anger then try and agree beforehand

that both should go to different rooms to calm down before resuming.

Communication can be really slow going but it needs to become a habit in order to be successful in your interactions. If Trigger meets Trigger then it's already on the downward slide into full-on anger.

To attempt to keep control of one's own emotional reaction, you will need the awareness that you are activated/Triggered and so you need to step back into your own heart space by closing your eyes and breathing "into" the heart, only focusing in the Heart center as you breathe, without allowing thoughts intrude. To make this easier, you can imagine a color right in the center of the heart and focus only on that color without thinking any thoughts about it, just feel the expanding warmth of love spreading outwards.

Some good colors to use are:

- * Pink = Self Love and soothing.
- * Green = Peace and healing,
- * Violet = Transmuting energy and bringing positivity.
- * Magenta = The highest Spiritual color of Universal Harmony and balance. Brings the Spiritual into harmony with the Earth's Survival energies.

This process will soothe the Vagus nerve and calm the Fight, Flight, or freeze reaction which is the reactive energy of the trigger.

This Mindfulness method is the one I use personally to calm myself. At first, it may be very difficult to calm yourself but with practice, you will be able to hold the focus during a communication to keep calm. But, that can take a lot of practice so the mutual agreement to "take Time Out" if it starts to overheat is a better way to reset yourself. This I call *Mindful Self Soothing*.

Honoring the Abuser or Forgiveness?

So at the end of our journey together let's have one last look at *Forgiveness*.

Stop honoring the one who hurt you so badly in the distorted idea that *that is forgiveness*. It isn't, that is only *enabling* them and *disabling* yourself.

Forgiveness entails never having to re-hash old memories so that you then need to "see" the other person as anything but the role they played in your painful development and growth.

Validate yourself by having compassion for you and your pain, and understand that you are not *that pain* even though it hurts, you are better than that pain and can let it be something you experienced in the past. As the song says so beautifully "Let it go." It cannot serve you if you hold onto it because it's digging you further into the trenches of memory and it's these that create a Karma tie. **Love yourself better simply because you deserve Love.**

The need is to not consider them all once their "service" is ended.

What is this "service?"

The service is the experience, because that's what gives you the chance to learn about yourself, how you react, how you hold on, how you blame or shame yourself, how you pity and feel victimized, how you want revenge, how you want to release, plus a whole lot more that may surface in your mind which you can choose to look at and ask questions about such as will revenge actually heal me completely? How can I release myself healthily from this memory? Am I really a victim or am I stronger than a victim? Etc.

Remove the painful memories from the pathways in your brain before they become the karmic rut that you can't be free of. The "*Thought Spotting*" can change the pattern, and free up space for you to grow.

Once the person has gone from your life, it's time then to also remove them from your head once the Grieving process is over. Every loss entails a time of grieving but once that is over (and it's not meant to be permanent in life it is meant to be only a process of healing) and when they are not in your immediate life, then it is time to "neutralize" them by *transforming* all the feelings and dreams you had and also neutralizing the hurt and pain of it falling apart.

Re-write your story, make yourself stronger by changing your "story" of the memory itself. See yourself in a new happiness without that person, see yourself glowing with happiness, which will attract more happiness into your life and the memory of that pain will lessen and become weaker and less controlling of your life. This way, you can mold your life as YOU consciously and actively choose, not according to how your memories choose.

It's like emptying buckets of tears shed which wash out and away from you into the cavernous veins of Earth HerSelf where they join the purified water of underground streams.

Believe in your own ability to heal YOU. Understand this innate ability you have to KNOW what makes you **Truly feel good about yourself.**

Forgiveness' true purpose is to **release YOU from that path of pain.**

By releasing the pain, not by hiding or repressing it but by acknowledging what happened, by accepting that it happened and by knowing that it cannot have any further hold over you.

This is **YOUR freedom** from having to keep repeating this experience with different people. As you come to really know and understand the **true Value of YOU**, you begin to change that old path of pain controlled fate and repeat runs of the same story so that you can purposely choose your own Destiny as you walk through your life.

To go further

The Feminine and Masculine, A Healing Journey to divine union



A transformative Oracle deck of 88 cards to explore the feminine and masculine aspects within you ... and to remember Oneness...

With this Oracle, we take part in the "game" of polarity and separation between the feminine and masculine. It is simply to know and accept them a little better, to connect with these aspects in ourselves and others, to assimilate and incorporate them, to collaborate with them in our daily lives... and see them as an expression of the Divine!

Find it in www.coremagik.com

Suggested reading

- Lord of Light & Shadow by D.J. Conway
- Meeting the Shadow: The Hidden Power of the Dark Side of Human Nature by Connie Zweig and Jeremiah Abrams
- Psychic self-defense Kit: 40 Protection techniques to free yourself from negative energies, psychic attacks and implants and regain better mental and physical health by Ouassima Touahria
- Romancing The Tarot: How To Use Tarot To Find True Love Spice Up Your Sex Life Or Let Go Of A Bad R by Phyllis Vega
- Tarot Coupling: Resources & Resolutions for Relationship Readings Paperback by Gina G. Thies
- The Flowering Wand: Rewilding the Sacred Masculine by Sophie Strand
- The Mystery Tradition of Miraculous Conception: Mary and the Lineage of Virgin Births by Marguerite Mary Rigoglioso
- Wisdom of the Rose: A vibrational and spiritual encounter with Roses at the Temple of Roses by Ouassima Touahria

About the authors

Luci

I (Luci) was invited by Ouassima to collaborate on the creation of this exciting project of book and card oracle pack with an aim to help to heal the relationships in our life by focusing on healing and understanding ourselves with the Inner Wisdom of your Soul, and we share with you this journey.

I have been involved with Tarot from the really young age of 16, with breaks along the way, some rather large as life intended that I learn many other things from Life Experience too. I was psychic from childhood and "always seeing people who weren't there" as my mum put it. Over my long lifetime my love for Spirit and Personal Growth has continued and is still going strong, now though I also work on healing my Shadow aspects too.

So I thank Ouassima for this opportunity to manifest part of my passion into book and oracle form. We hope, above all else, that this book and the cards that go with it can help you to discover the Innate glory of your own Strength and Inner Healing by gaining a deeper understanding of who you are and how you work which will lead you to healthy, loving relationships.



Ouassima Issrae

Ouassima Issrae is the author of *Become an Oracle, Nest of Light*, and the books *Tarot & Oracle 365 Day Challenge: For Busy Souls* and *for Mystic souls*.

Ouassima Issrae is an author and creator of CoreMagik and the Mystery School Ouassimagik, she is a Cosmic Ambassador, a naturopath, a shamanist and offers healing sessions and gives multiple in-depth trainings and initiations.

As a truth-keeper, a Cosmic Ambassador, a Keeper of the records, and Priestess of the Temple of Roses, she helps her clients, students and readers to travel within themselves in order to bring healing and knowledge that can be useful for themselves and for future generations.



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About Coremagik

By working with new or established authors, we offer a bridge to bring wisdom, magic and mystery to the world. Our creative house helps authors enter the world stage to advance the messages that need to be shared through words and art. We recognize that their work is based on sacred collaboration and reciprocity. Find us here: [www. Coremagik.com](http://www.Coremagik.com)

