



# *Mysteries of Love*

— **GUIDEBOOK** —

*by Jane & Alena Hennessy*

# Mysteries of Love Oracle Guidebook

BY JANE & ALENA HENNESSY

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*“Let yourself be silently drawn by the strange pull of what you really love. It will not lead you astray.”*

JALALUDDIN MEVLANA RUMI

*“The possession of knowledge does not kill the sense of wonder and mystery. There is always more mystery.”*

ANAÏS NIN

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## **ABOUT THE DECK**

*My love for tarot cards goes way back to when my mother gave me my first deck at 16 years old. The tarot and its history has always fascinated me. It has a direct way of communicating, clarifying, and healing our stories through a divine channel. It was an easy transition to move on to using oracle decks. I began to use them in my painting workshops, retreats, and women's circles. The students seemed to rejoice and get just as excited as I always have. The cards seem to have a way to uncover, reassure, ground, and direct our lives. They are like gifts or messages from higher realms represented here on the Earth plane. How can anyone resist that?*

*The Mysteries of Love deck came about as a natural collaboration between my mother, Jane Hennessy, and I. My mom has a classical timeless style, which complements my bright and wild aesthetic in perfectly imperfect contrast. Having spent hours outside as a child with her encouragement, we both share a deep admiration for the natural world and all the mysteries within it. She painted the main illustrations of each subject and I designed the rest of the card. It speaks of the Creator's love and masterful artistic side—each animal and flower spirit represents some aspect of the mystery.*

*It is our hope that each card you pull reassures and clarifies issues in your life. Let these totems move into your body, mind, and heart. Allow them to sink into your bones. They are here for you. They mirror unseen aspects of yourself. Within you is the sunflower, hummingbird, rose, and elephant - all wishing and courting you to get closer to your sovereign power and truth. As a collective, we can heal and transform our world. Let these totems show you where to focus within and how to effortlessly move on your path of life.*

## **DRAWING THE CARDS**

*Pulling cards is fully based on trusting your intuition and sensory input. I draw cards in a number of ways. Sometimes I like to ask a question before or, sometimes, I simply ask for guidance or clarity on an issue. You can ask for a message or for a reminder you need at this time. You may lay the cards out in a circle with flowers or candles in the center if you wish (to create your own altar). You may lay them out in a long row and wave your hands on them. You may also shuffle them to draw. Be creative! I draw them based on the energy I feel in my hands (there is a knowing that says, 'pick me'; the card feels warm or there is more energy there), or by closing my eyes, opening up to the deck laid out before me, and trusting the first one that*

visually pops out. You will naturally find your own way when you draw cards. Trust your inner knowing.

## **SOME SPREAD IDEAS**

Again, I encourage you to come up with your own ideas of how to draw and work with the cards. Drawing them is an art in itself. You will find that you begin to form a relationship with them. It is important not to force answers or push the cards too much. Let them be revealed gently. If you are in a triggered or emotional state, you may wish to come back to them when you are more centered.

In the end, it is imperative to trust your own guidance and artistry when pulling cards and giving readings.

### **ONE CARD DRAW**

Ask the deck a question about an issue at hand. What do you need to understand right now? What are your next steps? What does spirit want you to know? How should you face this issue? You may ask a question then draw a card for guidance. Asking a unique question each time before I draw a card is my favorite way to read.

### **RELATIONSHIP DRAW**

You may wish to draw two cards about a relationship you



are inquiring about. One card can reflect your current state. The second can be about the other person's state. You further this by also drawing two more cards on how each of you view the relationship, as well as one more outcome or resolution card.

### **THREE CARD DRAW**

You can draw a past, present, and future card about the question at hand, or simply as guidance. Begin with the past, or where you have been. Then draw a card for your present state. Finally, draw a card for the future or what's to come. As an option, a fourth card may be drawn to learn what is needed for the desired outcome.

You can also draw three cards that represent your mind, body, and heart. Or draw a card for your current challenges, blessings, and what is needed for resolution. Or perhaps three cards for your current energy, the issue, and then guidance.

### **FIVE CARD DRAW**

Drawing five cards is a nice way to receive holistic guidance on issues or questions at hand. The first card can be about the energy of the present moment. The second card represents the energy of the issue at hand. The third card is about your main challenge. The fourth

card can be about what assistance or resolution is needed. The fifth card is the outcome or resolution itself.

## **ASKING FOR MORE CLARITY**

Another favorite way for me to give a reading is to ask for guidance about a situation, pull a card, and sit with that message. Then, I ask for further clarity and pull another card. This can be done at anytime during the reading if you are unsure what a card is fully saying. I find this method extremely helpful for gaining further insight.

## **CARING FOR YOUR DECK**

It's nice to keep your deck in an area that feels special to you. Perhaps near an altar space, wrapped in silk, or in a wooden box. You can also leave your deck in the box it came in. Remember to shuffle and recharge the deck with your energy before you give a reading. Sometimes I like to smudge my deck with sage or palo santo. If you use it with a group of people, shuffling it before and after readings is nice to clear the energy. The deck becomes a living breathing mirror to offer you reflection. Treat it with care, reference it often, and it will reflect clear back to you.

## THOUGHTS ON RITUAL

Ritual has become something dear to my life. It's something I believe we need more of in the western world. It provides us a way to connect with mystery, source, energy, or whatever name you wish to give it. Through ritual we begin to feel that magic is alive in our hands, our soul, and in the unseen realms around us. Allow drawing cards to be a ritual unique to you. Light candles, lay down a tapestry or piece of fabric, smudge the cards, and set intentions. Quiet your mind within and ask to receive guidance for the best possible fulfillment of your soul's journey. I often express gratitude to spirit for allowing me the opportunity to gain deeper understanding. Through creating your own ritual, you will become more intimate with your own intuition each time you draw cards. Spirit will speak to you gently and you will understand that the cards offer a story or fuller picture when drawn as a group. Wishing you deep blessings and joy on your path.

**TO LOVE, STARS, AND GUIDANCE,**

*alena hennessy*



## **BEAR : QUIET TIME**

- ◆ *Grounding into rest or silence.*
- ◆ *Finding strength to fully heal.*
- ◆ *Displaying courage in the face of challenges.*

*Bear asks you to go within to find the confidence, will, and ability to heal areas in yourself. This way, you may show up courageously in life. This animal spirit represents an ancient form of wisdom and integration available to you now. The healing energy of Bear grounds us to the earth, providing transformation and nourishment for physical, emotional, and spiritual well-being. When Bear shows up in your life it's time to protect what's most essential within you. Bear is a shamanic healer. It is a powerful teacher and totem creature that wishes for you to heal what's necessary by listening quietly to your spirit. What is spirit saying to you now? Take a quiet walk in nature and let Bear guide you to the power and wisdom that lies within.*



## **BLACK EYED SUSAN : SHADOW WORK**

- ◆ *Diving into the subconscious.*
- ◆ *Allowing for deeper healing & integration.*
- ◆ *Making space for realization & transformation.*

*Black Eyed Susan asks you to dive into the subconscious or repressed aspects of the persona and mind. Her brightly colored petals, a glorious golden yellow, radiate from the dark center. She tells you that when you go into the shadows of yourself, your gifts can be revealed. Deeper healing can begin. Core patterns or belief systems that may block you from stepping into your full potential can change. Dream-work, writing, expressive arts, somatic therapy, and the like are all tools to understand the darker or hidden aspects of self. Through this integration process true transformation can take place. Allow the radiance of Black Eyed Susan to guide you with gentleness and grace.*





## **Bleeding Heart : Heart Healing**

- ◆ *Receiving support for a broken heart or loss.*
- ◆ *Sovereignty & strength building for the heart chakra.*
- ◆ *Letting go of painful emotions.*

*Bleeding Heart is the beloved flower essence for healing a broken heart. It can help ease painful emotions. Oh Dearest One, let the delicate tear drops of this exquisite creation help nourish and support your heartache. Whether this is grief from a recent break up, past relationship, or loss of a loved one that has not quite healed, allow these flowers to ease your hurt and let go fully. Bleeding Heart wants nothing more than your heart to be more open, soft, and able to receive love. Allow your heart chakra to strengthen and fortify with universal unconditional love. This card shares a blessing for moving into greater peace over your loss.*



## **BUTTERCUP : HONORING ONESELF**

- ◆ *Building self-esteem.*
- ◆ *Feeling the sweetness of life.*
- ◆ *Sharing your inner light in a centered way.*

*Buttercup rises delicately from the earth to share with you, Dear One, that you are so worthy. This sweet flower has a calm and healing presence that naturally allows self-confidence and self-worth to rise so that others may witness your gorgeous inner light. When you are confident, without the need for external reassurance, you can easily be yourself and relax into your unique nature. Buttercup wishes for you to trust who you are and share it freely with others. Let what brings you joy build self-esteem. Then, let it be seen by your community and the world. Let the sweetness of what calms you penetrate your heart, mind, and body. You are worthy of being loved just as you are for who you are.*



## **BUTTERFLY : DANCING SPIRIT**

- ◆ *Embodying your joyful spirit.*
- ◆ *Celebrating newfound blessings in life.*
- ◆ *Transforming your soul with true happiness.*

*Butterfly jubilantly shares with you that now is the time for your spirit to soar with the pure light essence of life. Celebration is in order as your spirit reaches new heights, dancing from petal to petal, moving with blessed and transformative existence. Renewing colors and sensations enter your life. This is certainly a gift. Allow this joyful feeling to enter every cell of your being. It is a magnificent occurrence to receive the cosmic animal totem butterfly! Happiness is yours for the taking. Drink in the nectar of life and allow the gorgeous metamorphosis to envelope you with pure light and beauty. This is an auspiciously blessed time in your existence.*



## **CAMELLIA :** **DISENTANGLEMENT**

- ◆ *Returning to a sovereign state within.*
- ◆ *Expressing from a place of visionary openness.*
- ◆ *Releasing feelings of guilt or shame.*

*Camellia blooms in your psyche and longs to unknot the ties that bind so that you can feel your sovereignty once again; whole and at rest. Experiencing states of guilt or shame can freeze your life force. You feel afraid to move forward and unsure what to do next. Now is the time to relax into being. This flower longs for you to feel fully clear and open again about whatever issue you are facing. Rebirth yourself in fresh aliveness and oneness with all that is. Camellia inspires you to blossom. Express yourself from a place of expansiveness and release the tangled knots of past pain or trauma. Allow universal life force energy to flow again in all your energy channels. Breathe into your being and envision the knots of this issue falling away. Receive the gifts of imagination, true vision, and self-expression from this new state within.*





## **CHERRY BLOSSOM : INSPIRATION**

- ◆ *Releasing negative thinking patterns.*
- ◆ *Allowing positivity to infuse your being.*
- ◆ *Finding renewed inspiration to create.*

*Cherry Blossom beckons you to seek the brighter aspects of existence and find true inspiration within. Allow your spirit to feel cheerful, your mind to think positive thoughts, and your body to seek the sunny side of the street. Now is a time for childlike wonder, where your being can release negative patterns and feel motivated to enjoy life's simple pleasures. Infuse your being with optimism. Rediscover that sense of innocence and beauty in small things. Moodiness, lethargy, and negativity are keeping you from receiving the love you deserve. Allow Cherry Blossom's inspiration to take root in your artistry— expressing your lighter self once again. Take the higher road of a sage or seer.*



## **CLEMATIS : EMBODIMENT**

- ◆ *Awakening out of fantasy into reality.*
- ◆ *Grounding into the gifts of the here and now.*
- ◆ *Living in third dimensional reality as a path to liberation.*

*Clematis reveals that now is the time to ground and become fully present to life on this earth plane. It is time to wake up to the present reality and move out of fantasy-like existence. 3D reality is tangible. It is a conscious dream and our way of existing at this time. It is where we can feel liberation and manifest our heart's desires into reality. Embodying what is instead of 'what could be' or 'what used to be' is your medicine now. Allow Clematis to show you that being in the here and now is the only way to achieve the dreams of your heart. This moment is the real dream. Awaken to this reality so that balance and contentment can be restored.*



## **COSMOS : COHERENCE**

- ◆ *Focusing with a crystal clear mind.*
- ◆ *Finding harmony with thoughts & feelings.*
- ◆ *Communicating honestly with ease when feeling shy or internal.*

*Cosmos supports centering your being so that you may communicate clearly and honestly. Finding coherence in your thoughts and feelings can be confusing and at times contradictory. In the age we live in, it is not uncommon to feel chaotic and scattered, unsure of what we really think or feel. Cosmos brings unity and clarity so that you feel at ease writing, speaking, and sharing with others. It also helps those who are introverted to access their truth when talking with others. This light and whimsical flower allows you to feel inspired and whole when speaking, which allows you to focus on the truth of a situation.*



## **DAFFODIL : HOPE**

- ◆ *Feeling a hopeful radiance inside.*
- ◆ *Restoring a positive outlook on life.*
- ◆ *Grounding & support for those who continually inspire others.*

*Daffodil lifts the spirits after periods of mourning by infusing hope into situations and possibilities in your life. Oh Dear One, this road is not always easy. There is much reason to feel down and dissuaded. The good news is that Daffodil has arrived to restore happiness and delight, for there are reasons to soon celebrate! Your existence is being blessed by the gifts of this sunny and cheerful flower. Daffodil first blooms in early spring, revealing the radiant color yellow, and breathing a positive outlook in your mind. For those of you who are sources of inspiration and hope to others, Daffodil reminds you to ground your energy into your whole being, so that you may feel supported. For those of you in transition, who have been experiencing fear or depression, Daffodil is here to uplift. She provides sunshine and prismatic colors in your consciousness.*

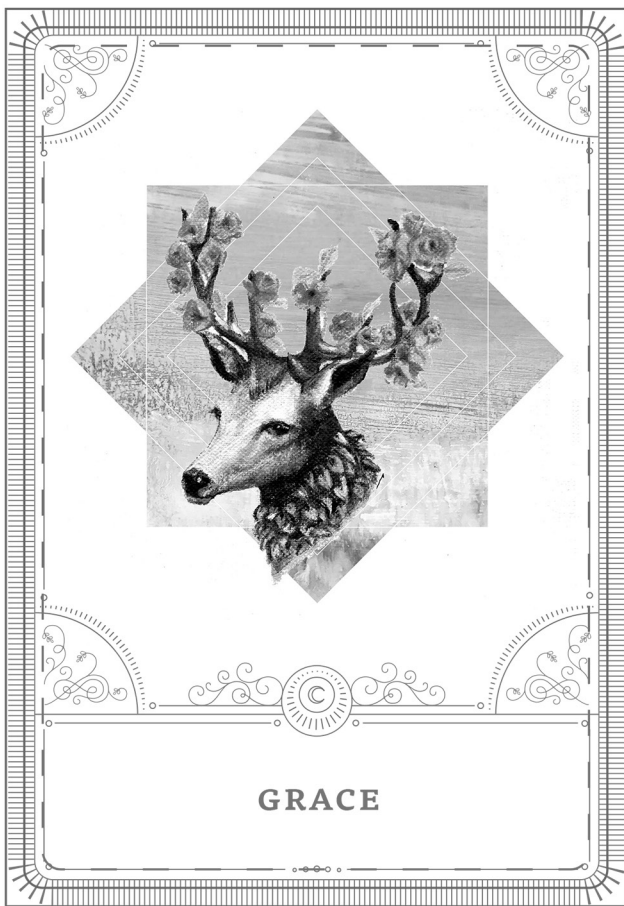




## DAHLIA : EMOTIONAL BALANCE

- ◆ *Balancing emotional states.*
- ◆ *Smoothing personal interactions with ease.*
- ◆ *Expressing self-worth & feelings with grace.*

*Dahlia is guiding you to find equanimity with your water element, or emotional state. It desires for you to find balance with work and play by clearing out anything you have picked up that is not yours. This could be negative emotions from others, the media, society, or the workplace. Dahlia frees you from that. Dahlia blesses you by smoothing out your emotions so that personal interactions have an ease that was not taking place before. This beloved flower also ignites you to express and feel your inherent self-worth from a place of harmony. It is time to reveal yourself to others with natural pride and elegance, while expressing emotions in a graceful way.*



## DEER : GRACE

- ◆ *Moving effortlessly & swiftly through life.*
- ◆ *Being gentle to yourself & others.*
- ◆ *Becoming soft & receptive to messages from the Divine.*

Deer is now crossing your path and has a sweet reminder for you: *be gentle to yourself and others.* Deer wants you to move with grace through the situation. Be effortless and have compassion as in a mother's love. This is a time for elegance, ease, and letting your words and actions move effortlessly through you. Create and walk your path with innocence and with an attitude of new beginnings. Trust that the path of least resistance, one that is cool, calm, and collected will bear the juiciest fruit. Find ways to accept others as they are, love them from there, and see what blossoms. Now is a time to perceive with clarity while staying alert and to move swiftly with grace. Your intuition is now acute. Being soft and receptive to life's mysteries will grant you many gifts. Stay gentle, Dear Traveler.



## **DOLPHIN : PLAYFULNESS**

- ◆ *Finding the ancient wisdom in play.*
- ◆ *Feeling protected & powerful.*
- ◆ *Cooperating & finding deeper connection with others.*

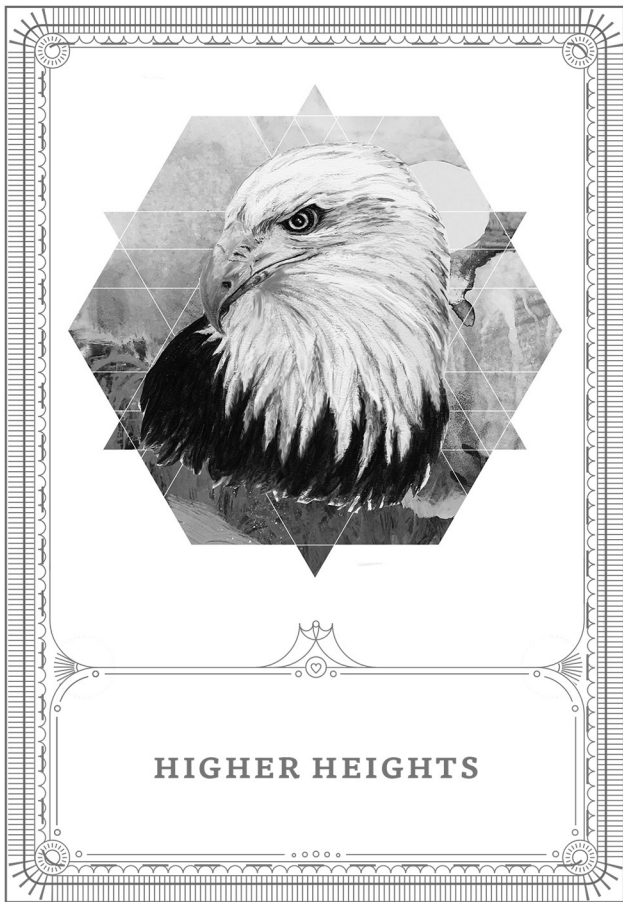
*Dolphin is a magical and wise animal totem that reminds you to play. Dolphin holds a sense of ancient peace and harmony with all things. He is endlessly curious and brilliant. It is time to live peacefully within yourself and with others. It is time to find the wisdom in utter playfulness of spirit. Dolphin also symbolizes protection, cooperation, and inner power or strength. Let joy be your true north at this time. It will lovingly guide you to safer waters with brilliant light that dances on the surface. You are ready to be born anew into this type of consciousness, in a spirit of cooperation and deep connection with others.*



## **DRAGONFLY : CHANGE**

- ◆ *Allowing transformation to take place.*
- ◆ *Tuning into deeper dreams within the subconscious.*
- ◆ *Living life to the fullest.*

*Dragonfly is lightly flying into your life.* It beckons you to the winds of change, for it is time to look deeper into the dreams that you carry within your heart. They say change is the only constant in life. It is the perpetual force of nature itself. Dragonfly symbolizes that more change is in the air for you. This magical spirit totem is also a sign of good luck. Opportunities to manifest desires within your conscious or subconscious mind are on the way. Feel within the passion that stirs you and pay attention to your dreams at night. What are they saying to you? What changes need to be made to allow those dreams to come to realization? Allow Dragonfly to show you the way so that you meet change with good fortune and a pure mind and heart.



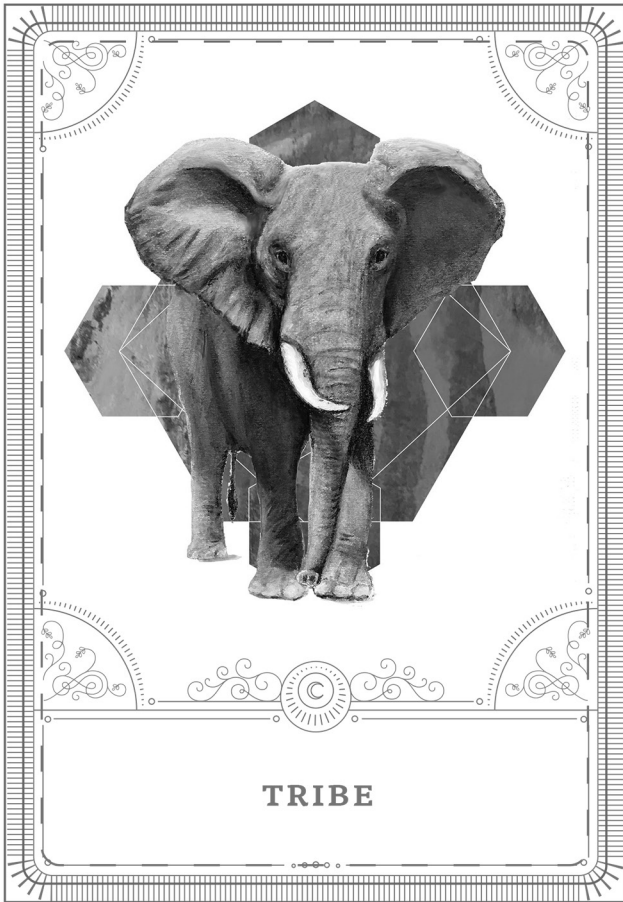
**HIGHER HEIGHTS**



## **EAGLE : HIGHER HEIGHTS**

- ◆ *Soaring into new realms of divinity.*
- ◆ *Stepping into leadership roles.*
- ◆ *Staying grounded while achieving great freedom & success.*

*Eagle flies higher than any other creature; with great presence and mastery. He is guiding you to new levels of existence that are closer to source. Oh Dear One, what an auspicious and powerful card to draw. Know that now is the time to renew and rebirth your spirit into heightened states of living. Eagle is providing you with the ability to level up your life in terms of leadership roles, ways of experiencing divinity, and accessing true success within. All the while staying grounded and focused. Allow this forceful flying creature to guide you into seeing new dimensions of existence. Eagle is further revealing that you can effortlessly soar into expansion of the mystery while accessing greater power from within. You are being gifted a time of great blessings and gifts, so fly free courageous soul!*



## **ELEPHANT : TRIBE**

- ◆ *Seeking harmony with familial relations.*
- ◆ *Reaching out to community.*
- ◆ *Developing more empathy, magic & deep wisdom.*

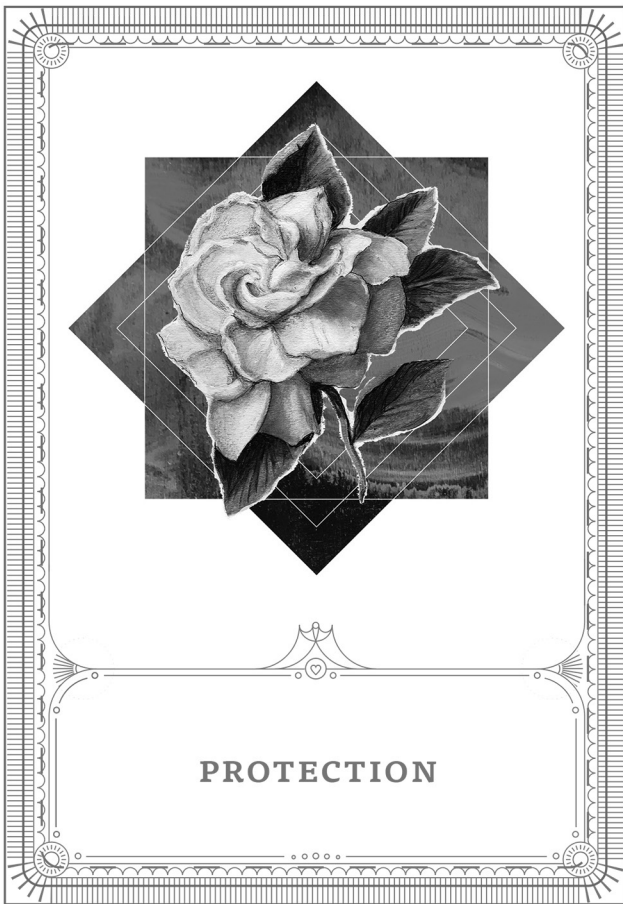
*Elephant reveals that now is the time to connect more deeply and reach out in a spirit of harmony to tribal or familial relations. Having elephant show up as your animal totem is a powerful message to tune into empathy and intuition as ways to connect to your community. Whether it be friends, family, or acquaintances. For many centuries and in many cultures the elephant has been a magical symbol of spiritual wisdom and the mysterious inner-connectedness of all things. Elephant is deeply loyal, psychic, and generous of spirit and familial love. How can you reach out to loved ones to show your wisdom? Elephant is asking you to trust in the magic you are and take the higher road of a sage or seer.*



## **FOX : ADAPTABILITY**

- ◆ *Embodying a flexible nature when facing challenges.*
- ◆ *Developing discernment when making decisions.*
- ◆ *Utilizing clear thinking to see the truth.*

*Fox guides you to clever thinking and discernment while adapting to your surroundings. Swift action, quick decision-making, and being able to see through illusion or dishonesty are becoming your strengths now. Fox is incredibly adaptable to her environment and lives in a state of heightened awareness of the immediate environment. It is a time to take action from a place of higher intelligence. Clearly observe the path in front of you and make decisions based on what you know to be true rather than what is actually an illusion or false. Making these decisions will bring you clarity of thought and peace of mind. Allow the spirit of Fox to guide you around challenges quickly instead of facing them head on in strife.*



## **GARDENIA : PROTECTION**

- ◆ *Feeling protected by the immense love of divinity.*
- ◆ *Understanding that bliss is your inherent nature.*
- ◆ *Embodying the intoxication of love & mystery.*

*Gardenia is calling you to blissful sensations and experiences. She is here to be a trusted friend and protector for you. Dear Traveler, Gardenia wishes for you to experience the Divine more fully on a daily basis. Open to the mystery that holds all things together. She is alluring with her powerful scent that will open you to profound healing. You can call on Gardenia whenever you are feeling out of touch with Source or in need of more more blessings and protection. Gardenia releases you from that which is not based in love. Whether these are unhealthy relationship patterns or work relations. This blessed flower is a reflection of the inner beauty and reminds you what your true essence is. Gardenia mirrors the profound beauty of the stars and brings the truest love of the star nations home to you.*



**NEW INSIGHT**



## **HAWK : NEW INSIGHT**

- ◆ *Accessing new ways of seeing.*
- ◆ *Tapping into your intuition.*
- ◆ *Paying attention to messages from your guides.*

*Hawk soars to guide you to messages from the Divine and to utilize your intuition now more than ever. Dear One, it is time for new insight, clear vision, and paying attention to what your guides are revealing to you. Hawk flies high and is able to take in the landscape below. He uses the power of focus and gifted vision to see what lies ahead. Do not be bogged down by petty details at this time. Access your intuition and pay attention to all synchronistic messages that are coming to you. Perhaps it is time to look at challenges with new eyes and deeper meaning. Source is beckoning you to see more truthfully. Utilize Hawk's power to gain access to that guidance and fly to new vistas that your soul desires.*



## **HORSE : WILDLY FREE**

- ◆ *Feeling vital and powerful in our spirit.*
- ◆ *Going on an adventure that nourishes the whole being.*
- ◆ *Becoming more independent in relationships.*

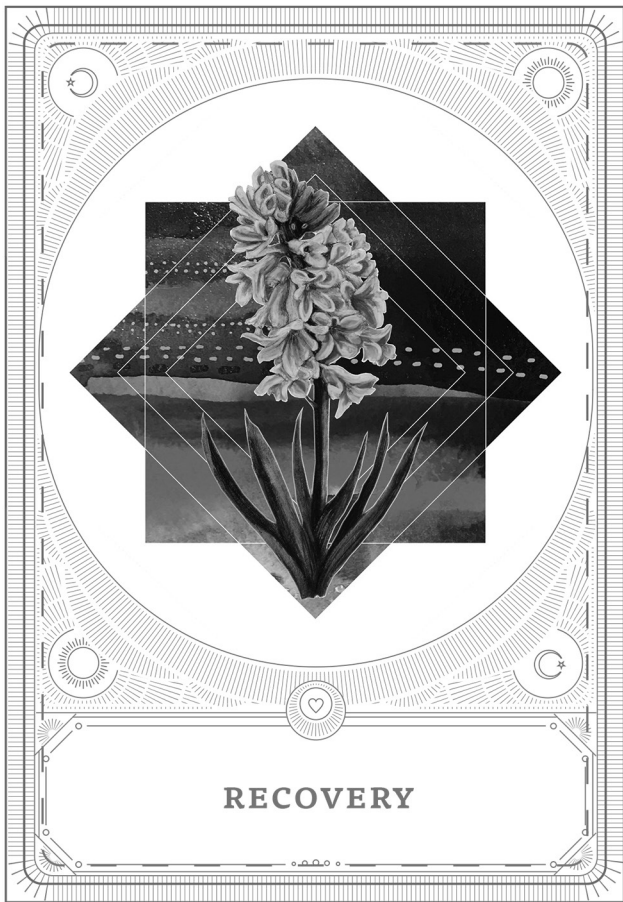
*Horse is racing with you and pushing you to feel vital and free. Your soul longs to experience its own inherent power. What is holding you back at this time, Beloved Soul? What is keeping you from experiencing your gifts and independence? Now is a time to feel wild, free, and transcendent. Awaken to the thirst within your heart that longs for freedom in personal expression and physical action. Perhaps it is a time to travel with no agenda, or to take on a new passion project that feels liberating. It could also be a time to leave relationships or patterns of being that are no longer serving you. Your spirit desires to feel its wildness without limitations. This card could even symbolize going on an adventure to nourish yourself. Whatever it is, let Horse guide you to this sweet satisfaction.*



## **HUMMINGBIRD : INFINITE JOY**

- ◆ *Feeling true joy within.*
- ◆ *Receiving blessings from the eternal.*
- ◆ *Experiencing sweetness from simple things.*

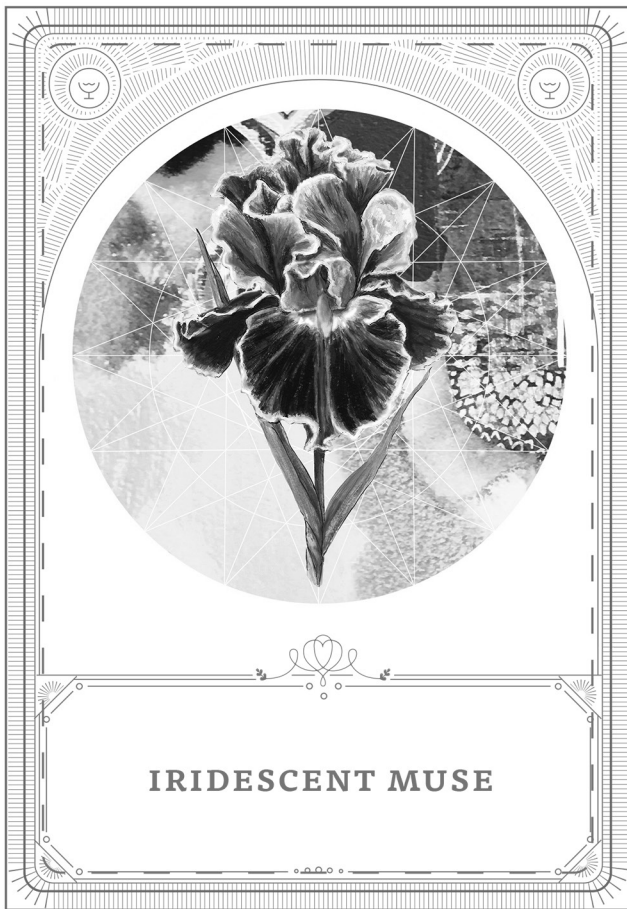
*Hummingbird invites you to experience the sweet nectar of life and the utter joyfulness of spirit. It is now time to bring your awareness to the beauty of the present moment. Let go of any negative thinking or patterns and feel the exuberance of love within your heart. Much satisfaction can be received from partaking in the simple things in life, and Hummingbird reminds us to do that with a sparkling spirit. Resiliency and flexibility are also important themes at this time. When you become easier in your attitude towards life, life begins to flow. Let the gift of Hummingbird bestow upon your spirit a sweet and eternal joy within. Fully partake and receive in the gifts that life is giving you now.*



## **HYACINTH : RECOVERY**

- ◆ *Rising up from despair or sadness.*
- ◆ *Reclaiming the understanding of the spiritual or eternal self.*
- ◆ *Feeling more connected to others.*

*Hyacinth is holding you in sweet recovery so that you may heal areas where your body still holds grief. Now is a period of restoration and unification for the fragmented parts of your being. Now is also a time for you to experience reclamation, to more intimately know the nature of your eternal soul. Dear Traveler, ask for what you wish to receive. Allow cosmic starlight to enter from the top of your head to balance and harmonize with the darkness. This will allow healing to happen and bring energetic states of thriving. Hyacinth expands your ability to connect with others after a period of isolation. It allows a natural connection to take place. Recover in this sweet balance and understand that everything is perpetually changing on this river of eternal life.*



**IRIDESCENT MUSE**



## **IRIS : IRIDESCENT MUSE**

- ◆ *Revitalizing and trusting your creativity.*
- ◆ *Letting dullness lift to feel inspired once again.*
- ◆ *Trusting your gifts and artistry.*

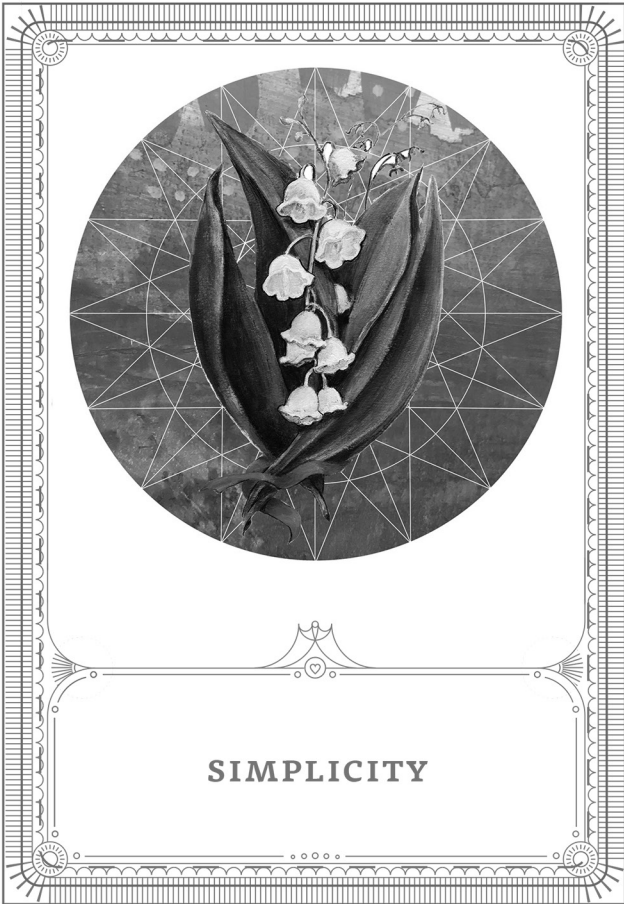
*Iris is a true muse from the mystic realms and calls you to feel more inspired to create. When this gorgeous and unique flower comes into your life, it is beckoning you to express your artistic side. Whether that is in the arts, garden, kitchen, or in your work—utilize Iris to trust in and nourish your creativity. Iris relieves boredom or feelings of inadequacy that relate to your creative expression. Let Iris show you the way, as she is revealing to you to give energy and attention to your artistry. This is an auspicious time to create things that inspire your being and others as well. Let inspiration fill your heart, mind, and energy-body.*



## **LILAC : SOUL VITALITY**

- ◆ *Uplifting the heart & soul to a more vibrant state.*
- ◆ *Relaxing into a calm inner life through nature.*
- ◆ *Rejuvenating the physical body through laughter.*

*Lilac uplifts and rejuvenates your being and allows you to settle into an equanimous state. When this beauty shows up in your life, it is blessing you with more vitality in your soul and urging you to step out into nature. Taking a stroll in the woods, at the park, or by the sea will help you settle into calm and clarity now. Feel the restoration that Lilac brings. From that center more joy will come through your heart, providing you with opportunities to connect and share laughter. Laughter is such sweet medicine—it lightens the third dimensional reality of this world. Let Lilac ease you into the beauty of your soul and natural surroundings.*



## LILY OF THE VALLEY : SIMPLICITY

- ◆ *Shifting away from constant yearning.*
- ◆ *Recognizing & accepting the simplicity of life as it is now.*
- ◆ *Living in present moment awareness.*

*Lily of the Valley calls from a simple and pure way of being, thinking, feeling and living. Dear Traveler, this exquisite flower reveals that it's time to embody the present moment and get out of the longing dream-space. It is time to accept life as it is now. When you yearn for the past, a future yet unknown, a relationship that is not occurring, or for something to change that is beyond your control, you can become anxious and unsettled. Allow the beauty of this moment to bless you with the simplicity of existence as it is now. Let your attention settle onto your actual reality and see the gifts of your life as they are. Let the fullness of the everyday moments enrich your being. See how the simplicity of grounding into reality is both liberating and fulfilling. This is the wisdom offered by Lily of the Valley.*



## LION : CONFIDENCE

- ◆ *Stepping into a place of power and leadership.*
- ◆ *Expressing fierce loyalty.*
- ◆ *Wearing your crown with utter brilliance.*

Lion reveals to you that now is the time to trust your power, step into a leadership role, and lead from a place of great honor and confidence. When this animal totem shows up in your life you know that it is time to rule from your heart and inherent magnetism. Lions are loyal, fierce, and utterly true to themselves. They have great pride in who they are and everything they do. They are noble and come from the royal court of beings. Wear your crown, Beloved. It's ok to let it shine, trust in yourself, and heal your self-esteem. Walk, run, play, and roll around in sweet loving confidence. Exciting new leadership roles are becoming available to you. Your tribe and family will support you in your new endeavors. You've got this!





## **LOTUS : ENLIGHTENMENT**

- ◆ *Experiencing deep contentment.*
- ◆ *Being showered with blessings.*
- ◆ *Attaining pure insight & finding the divine light within.*

*Lotus showers on you immense blessings of true insight and divine inspiration. Now is an auspicious time in your soul's development. Oh beloved soul, the crown chakra upon your head is opening more to receive gifts from the cosmos and Source inspiration. This is a time when you can experience deep peace and contentment within. What a sincere blessing! Drawing this card is a powerful sign that your soul is ready for more truth, light, and deep knowing. Lotus reveals that you already have the answers within you for all the questions you may have. You are already whole, already perfect, already divine as you are. Allow a state of pure joy, bliss, peace, and tranquility to fill your being. Meditate on the truth within your heart and mind. Feel the exquisite light and infinite love within yourself. You are truly blessed.*



## MARIGOLD : PERCEPTION

- ◆ *Perceiving communication with others clearly.*
- ◆ *Accepting responsibility for your actions.*
- ◆ *Remedying misunderstandings in relationships.*

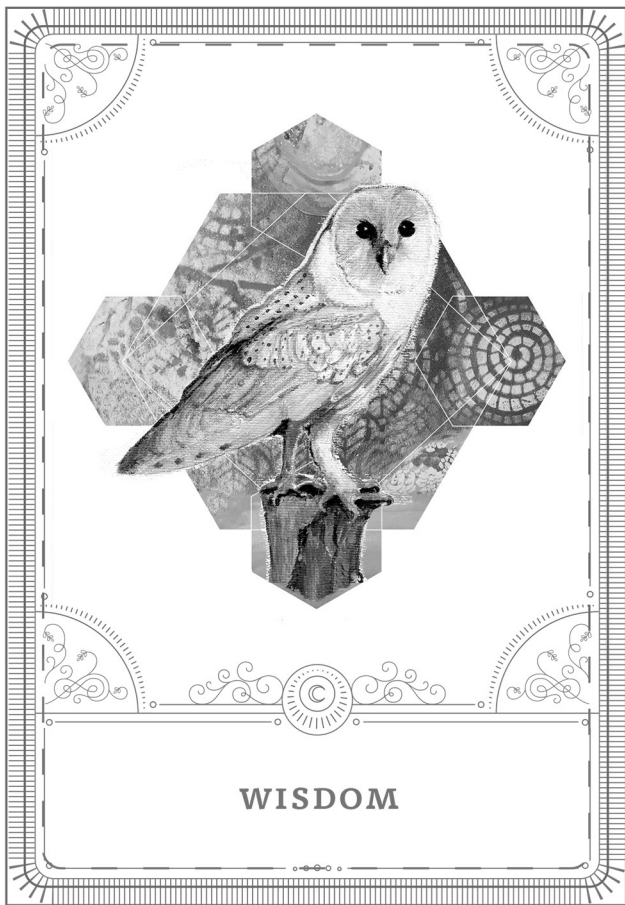
Marigold is blossoming into your life to reveal that it is time to listen to others and perceive in a way that is free from victimhood or blame. When you clearly understand what's being said and take responsibility for your own actions, you save yourself a lot of drama and heartache. Through slowing down to hear what others are truly communicating, you can begin to see the patterns in your life. Learn to trust your intuition and your ability to hear things in a refined and empathetic manner. What is spirit whispering to you now? Can you step out of a cycle of blame or defensiveness into hearing what truths are being shared? The truth of a situation wishes to speak to you on higher plane. Heal the misunderstandings in any relationship by taking the time to listen.



## **ORCHID : SENSUALITY**

- ◆ *Fanning the flames of desire.*
- ◆ *Realizing your divine sexual self.*
- ◆ *Attracting passionate encounters.*

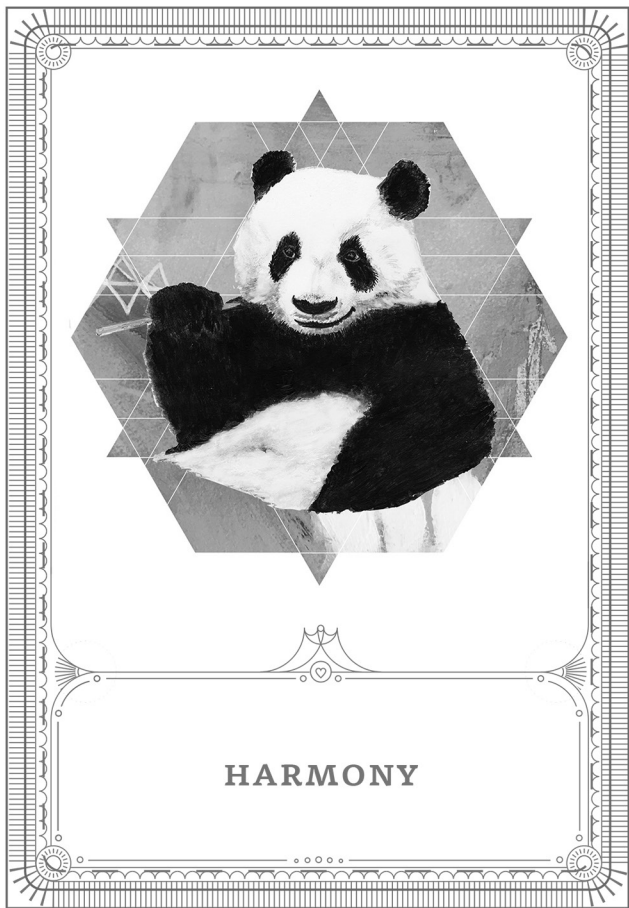
*Orchid delicately opens to stir your sensual desires and allow you to give and receive in divine states of being. Perhaps parts of your sexuality have laid dormant, or you have not felt as sensual in your body as you would like. This brilliantly beautiful creation is here to fan those flames and bring you in touch with your sacral chakra—your place of relationships and desires. Allow Orchid to stir within you and open all your senses so that pleasure becomes an inherent state. Orchid is not just about having more passionate sex, although that is one gift it brings. It's about connecting to your sensual self through all encounters and experiences. It's about owning and attracting experiences that fulfill you in mind, body, and spirit. Dear One, embrace the fact that you are a vibrant living creature who knows that receiving pleasure is a birthright.*



## OWL : WISDOM

- ◆ *Receiving messages from the unseen realms.*
- ◆ *Finding truth in stillness and observation.*
- ◆ *Understanding that there is magic in truth-telling.*

Owl stirs you to awaken to deep ancestral wisdom, connection to the spirit world, and ways of insightful seeing. Your psychic or clairvoyant powers are now at optimum. Let Owl guide you through this opening with fierce grace. You may wish to spend more time in silent observation, allowing the downloads from your psyche and quiet intuition to come naturally through the unseen realms. You are most definitely entering a phase of life where your innate knowledge and wisdom are more available to you. Use it with care and discernment. It's very important to be honest to yourself at this time. As this awareness grows, you may see people or situations in a completely different light. Allow this powerful totem animal to transform you with strength. Owl brings truth, magic, protection, and the gift of discretion to your door.

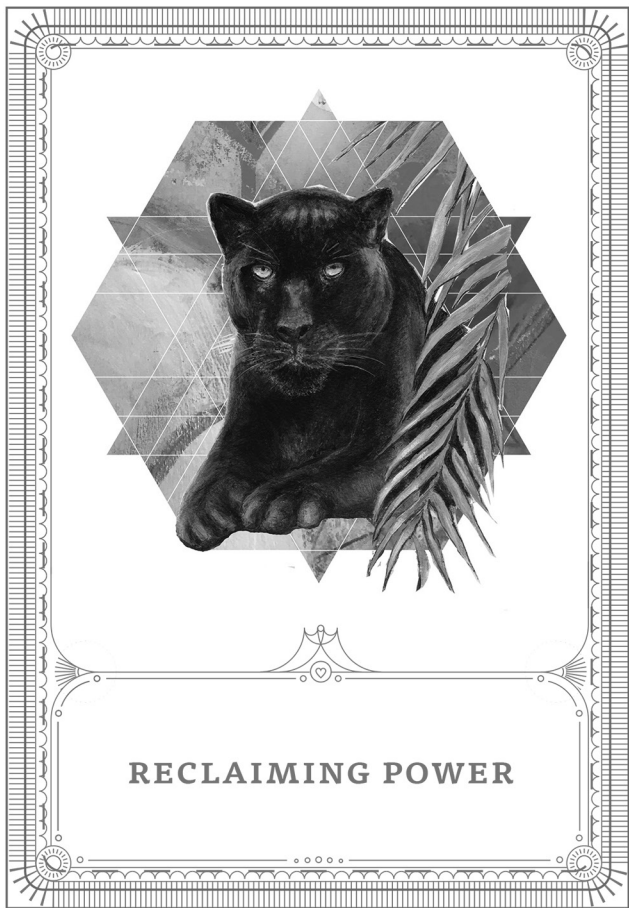




## **PANDA : HARMONY**

- ◆ *Seeking safe havens & comforting spaces.*
- ◆ *Cultivating peace in your alone time.*
- ◆ *Entering a period of good fortune.*

Panda gently reveals to you that now is a time of harmony, peace, and good fortune. This magical creature of the bamboo wishes for you to cultivate healthy boundaries and kindred company. In other words, people that are harmonious with your spirit. Is someone disturbing your peace right now? Does a situation need to change so that it can feel more comforting? These are the questions Panda asks you. It is also an auspicious time to connect with the harmony in nature and to feel gratitude for the gifts in your life. More are coming! Sweet Panda Bear offers you a period of good luck and abundance. Take that into your spirit and sit alone with yourself. Ask for the blessings which you would love to come your way. You can thank the spirit of Panda for them.



## **PANTHER : RECLAIMING POWER**

- ◆ *Stepping into more personal power & passion.*
- ◆ *Working with your shadow to understand action & behavior.*
- ◆ *Allowing mystery & intuition to guide you.*

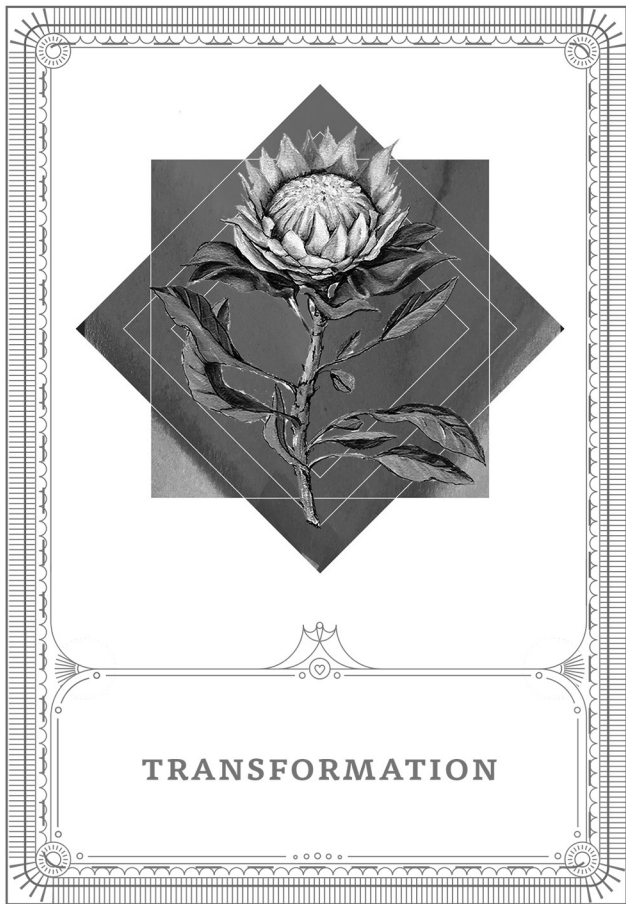
*Panther roams in your aura to reveal personal power, passions, and the shadow self. Understand that, especially when black panther shows up, the forces of the night and magic of the moon are all with you. When you draw this card, it is a good time to reflect upon how you can reclaim your power. What passions are being suppressed? What desires wish to be expressed? Panther asks you to walk in grace, mystery, and in between worlds. Use your intuition and strength to navigate where to move next. By receiving the blessing of the black panther, you are being initiated into the next level of your life. First, you must recognize anything that is being hidden in yourself and acted out subconsciously. Reflect and ask yourself if such behaviors are serving you. By understanding your shadow, you can fortify your spirit and be of greater influence.*



## **POPPY : STABILITY**

- ◆ *Calming fiery emotions like anger or frustration.*
- ◆ *Balancing energy so that it stabilizes.*
- ◆ *Experiencing life with ease & grace.*

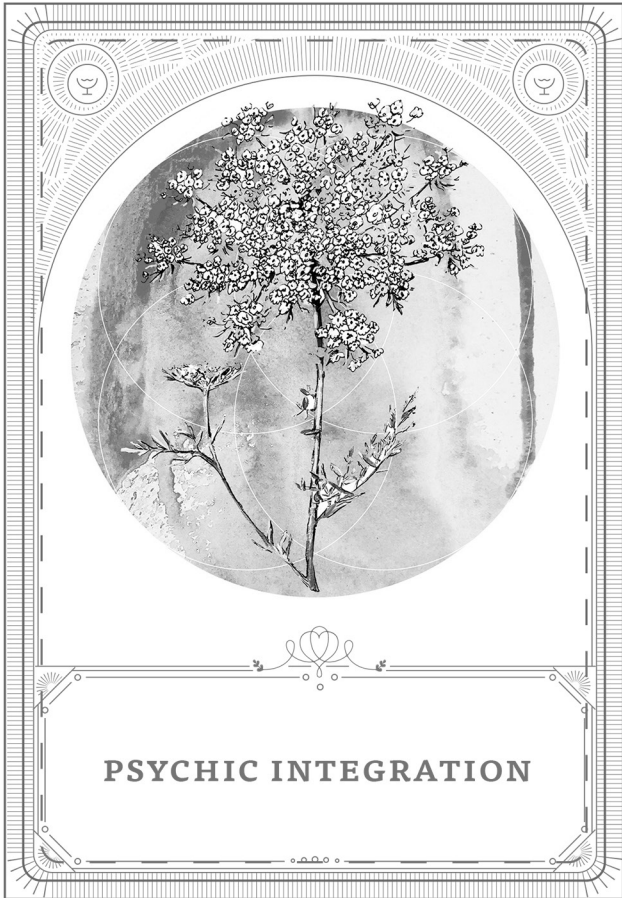
Poppy shows up to share with you that it's time to ease off the fire and find balance. Frustration and anger are natural and healthy emotions at times. At other times they cause too much destruction to yourself and those around you. Cool those internal flames by channeling the inner fire into productive ways of being. Stabilize your energy through practices that nourish your spirit and allow you to release the fire within. Scream into a pillow, chop wood, or practice marital arts. Whatever it is, allow the fire to transform you so that you are grounded. When the fire within stabilizes, you can clearly see situations around you. You know how to act with ease. Let Poppy balance the elemental energies within so that life feels graceful and simple.



## **PROTEA : TRANSFORMATION**

- ◆ *Transforming from one way of being to another.*
- ◆ *Rebirthing into bliss.*
- ◆ *Living out your ancient wisdom.*

*Protea shares that you are entering a time of daring transformation. Old patterns are no longer serving your soul's evolution. Protea asks you to take on more daring roles and ways of being in your life. Your essence is unforgettable when coming from a place of true courage and centeredness. Your spirit is totally unique and ancient. Your wisdom is inherent. Any new changes that are occurring within, and are thus represented in the outer world, are beneficial now. Oh Beloved One, allow this transformation to occur with ease. Welcome it, embrace it, and let yourself be reborn into joyful and exuberant living.*





## QUEEN ANNE'S LACE : PSYCHIC INTEGRATION

- ◆ *Feeling grounded in your energy.*
- ◆ *Healing sexual imbalances.*
- ◆ *Implementing healthy boundaries.*

*Queen Anne's Lace brings a needed integration of the senses, intuitive impressions, and sexuality, so that all may be acted out in balance. Dear One, at times your sensitivity can be heightened to a state that leaves you feeling depleted and overwhelmed. Your impressions then become distorted and you may feel a lack of integration within yourself. The gift of Queen Anne's Lace is to bring you into harmony with your true clairvoyant abilities and spiritual development. Sexuality is another theme of this flower's healing. She is showing you that balance is needed in that area as well. What boundaries are needed for you to feel your whole self at this time? In what ways can you integrate your sensual desire so that it serves you and your whole self? Queen Anne's Lace wishes for you to feel unified and clear within your energetic, mental, spiritual, and emotional bodies. Allow her healing to ground you back to the earth.*



## **RABBIT : SWIFT ACTION**

- ◆ *Taking quick decisive action.*
- ◆ *Listening for guidance on where to move next.*
- ◆ *Creating clear boundaries for yourself.*

Rabbit leaps into your plane of existence to guide you to make timely decisions. The energy of this soft furry creature is telling you it's time to take swift action and listen to your higher self regarding where to move next. Have you been feeling like a victim lately? Do you feel it's time to make fast changes or remove yourself from a particular situation? Use your keen wit to solve whatever issues are present in your life at this time. It is also a time to let go of fears that have been overwhelming you and move into a state of grace. This may take a physical move or a quick change. Let Rabbit's sense of vulnerability in the animal kingdom remind you the value of finding true power inside your being. Rabbit blesses you with abundance and good luck.



## **ROSE : DIVINE LOVE**

- ◆ *Healing emotional wounds & grief.*
- ◆ *Fortifying the heart to give & receive more love.*
- ◆ *Allowing the heart to blossom in its own divine love.*

Rose holds your heart in pure divine love so that it can heal and feel whole again. Beloved One, let this potent creation heal any emotional wounds or grievances. Allow its protection and blessing of pure radiant love begin to open your heart. Your capacity to give and receive love is ready to evolve now to the next level. As many have shared throughout time, true love starts with self-love. When you love much you can give much. Allow the gift of Rose to encapsulate your heart in pure aromatic sweetness and feel the light of love blooming in your heart. Rose wants nothing more than for you to know that you are love and are deeply loved. Allow this masterful creation to fortify your heart and emotions.



## **SEA LION : LUCID DREAMING**

- ◆ *Experiencing awakened visions or insights.*
- ◆ *Diving into deeper parts of your imagination.*
- ◆ *Tuning into mystery & untapped creativity.*

*Sea Lion dives into the watery depths to touch your intuition, emotions, and creative mystery. Dear Traveler, this mythical creature asks you to get in touch with your deeply felt sense within. What are your psychic abilities sharing with you right now? What does your sensual-self need to express itself and feel unified with the rest of your being? Sea Lion wishes for you to take time to dive in to the mystery. Bring your dreamlike imagination along to express your watery self. Now is the time to pay attention to dreams, whether while asleep or awake. What messages are they sharing with you? Let this sleek lovable animal take you to hidden places inside where aspirations may be locked away. It is an auspicious time to express those longings through your creativity. The message of Sea Lion is about tuning in and dreaming wide. Flow with your intuition to find hidden places within that may unlock dreams awaiting to be fulfilled.*





## **SHEEP : VULNERABILITY**

- ◆ *Sharing your authentic self with others.*
- ◆ *Creating healthy boundaries to strengthen your spirit.*
- ◆ *Being brave enough to express opinions that break away from social norms.*

*Sheep shows up and allows you to embrace your vulnerability in order to heal. Let Sheep show you that expressing your authentic self is a gift to your soul and others around you. It also allows you to feel seen and heard. This animal totem reveals that you can sometimes allow your energy to become weak or too sensitive which causes you to feel vulnerable to other's emotions and moods. This is a good time to look at boundaries and build more if you are feeling too empathically impacted. Sheep might also ask you to stand out in a crowd and express opinions that may not be popular or in the social norm. She is asking you to be vulnerable in a way that is true to yourself. Allow this gentle creature to show you there is much courage, strength, and wisdom in that.*



**COOLING DOWN**

## **SNAP DRAGON : COOLING DOWN**

- ◆ *Balancing will & ego.*
- ◆ *Soothing inner fire & anger.*
- ◆ *Redirecting energy into healthy outlets.*

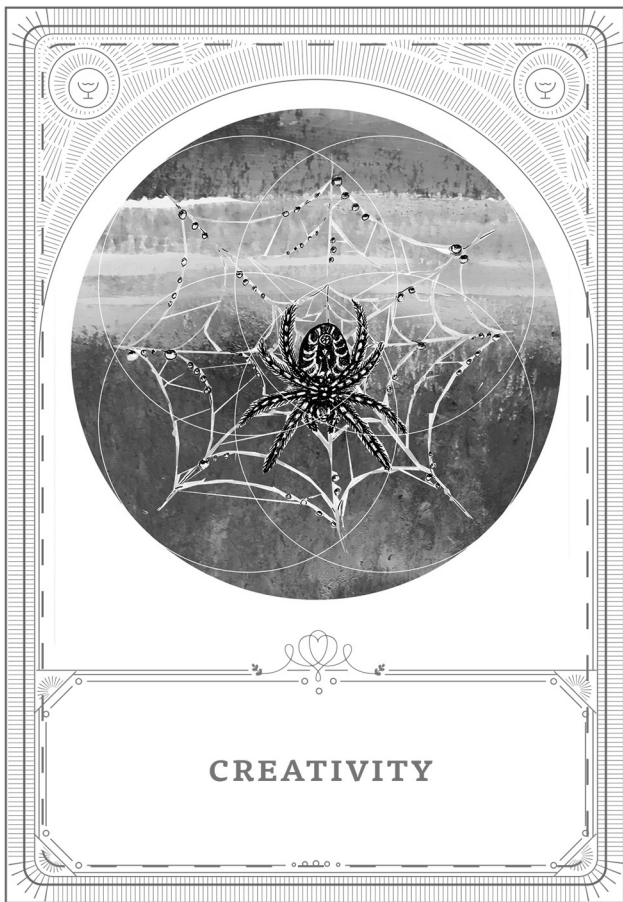
*Snapdragon's presence is growing in your life, revealing to you that now is a time to cool your energy centers and tongue. Anger has its place, but sometimes, when you lash out or build up too much ego, you can cause damage. Snapdragon asks you to redirect the heat in your body in more useful and productive ways. Releasing anger in healthy outlets can cause your chakra system to align again. Find ways to cool yourself down through exercise, diet, and meditation. Take space before you speak in anger, especially if it's to hurt another person. Allow the gift of Snapdragon to bring calm and balance into your expression and body.*



## **SPARROW : PRODUCTIVITY**

- ◆ *Being productive at this time in your life will bring reward.*
- ◆ *Working with a team brings about natural protection.*
- ◆ *Staying focused on the task at hand is paramount.*

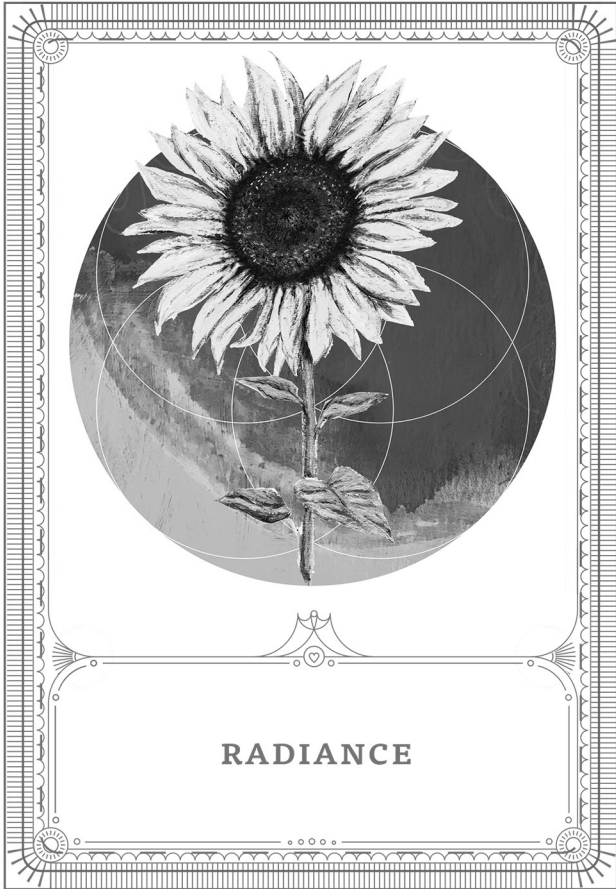
Sparrow gives the solid reminder that hard work brings what you want and teamwork is the key to success. When you are disciplined in your action, good results come. This is the simple law of the universe. Let Sparrow also show you that protection comes when you connect to your community. Team work is the dream work. Being productive keeps you safe and your needs met. Now is a time to focus on work and action. Stay on course to your dreams everyday, be patient, and form lasting bonds with your peer group. There is joy to be found when working hard towards what you love. Feel the good karma that hard work brings and let distractions slip away. What patterns are keeping you from fulfilling your life's work? Let this little powerful creature show you that hard work now means enjoyment later.



## **SPIDER : CREATIVITY**

- ◆ *Weaving magic onto your path of purpose.*
- ◆ *Implementing creative inspiration into your life.*
- ◆ *Staying patient & diligent on the path as you manifest purpose.*

*Spider calls you to weave more magic and creative spark into your life. With patience and masterful crafting, you create your world and destiny. This card communicates that it's time to move toward your higher path and purpose. You have many gifts to share. You have your own unique genius in creative expression that is longing to be seen. It is time to build a magnificent web to connect all your paths and become one brilliant whole. In expressing your creative self, you are tapping into ancient Grandmother, or the divine feminine wisdom, that Spider holds. Spider further suggests that you weave golden strands of light around your heart for protection. Believe in miracles and honor your creative path. Go forth with diligence knowing you are the magic weaver creating your destiny.*





## **SUNFLOWER : RADIANCE**

- ◆ *Becoming expansive in your energy.*
- ◆ *Letting your gifts & soul shine.*
- ◆ *Healing the inner masculine or father wound.*

*Sunflower asks you to let your inherent radiance shine out into the world from a place of balanced energy. The medicine of Sunflower is one of glowing, beautiful strength and light. Become expansive in your energy, share your inner beauty with the world, and step out from a place of power. The sun within your own being, or solar plexus, is asking to lead the way now. Share from a place that nourishes you in order to receive. Turn on that light switch inside so others can see your truth. Sunflower also shares a message of healing the father wound, or divine masculine, within us. You can balance your own power so that you are not diminishing, overcompensating, becoming domineering, or being too passive. You can show up with a strength that is as natural as the sun's rays; sustaining and giving life.*



## SWAN : TRUE LOVE

- ◆ *Allowing love & deep union.*
- ◆ *Listening to intuition & following grace.*
- ◆ *Moving through life with elegance & devotion.*

Swan truly blesses your life, Dear One, with the promise of true love and deeper union. This elegant creature glides in to share that love is around the corner for you. Or, if you are already in a partnership, now is a time to deepen commitments and bonds. Simply put, Swan brings soul mate energy. Other blessings include creative abundance, expanded intuition, and further evolution of the soul. Swan reminds us to interact with others with grace and elegance. Breathe into the flow of life. Sing songs of love and read romantic poetry. Soothe yourself in the beauty around you and create beauty in your surroundings. This card truly has a sparkle to it, so take in the gifts with the ease and grace as Swan does.



## **TIGER : FOCUS**

- ◆ *Overcoming fears with great focus & intent.*
- ◆ *Managing intense emotions with strength.*
- ◆ *Moving through challenges from a place of power.*

*Tiger awakens in your life with a roar of courage and great focus. Dear Soul, now is the time to renew yourself from a place of natural power and feel your strength. Through the fierce energy of Tiger, you can overcome any obstacles or challenges you face with patience, will, and sharp focus. Now is also a time to manage emotions with clarity and effectiveness as well as to face situations head on with bravery. This compelling and dominant creature beckons you to seek adventure, perhaps alone. Tiger wishes for you to move from a place of skilled endurance and composure. Now is not the time to rush decisions. Let this creature of the hunt gift you with balanced strength and razor sharp intent, so that you navigate life with fortitude of spirit.*



## WHALE : TRUE VOICE

- ◆ *Understanding your ancestry to transform your soul.*
- ◆ *Singing your true song from a place of compassion.*
- ◆ *Getting in touch with the mystery & unseen realms of life.*

Whale sings to you and uplifts your being. Unlock the mysteries in your ancestry and get in touch with your deep emotional self. This auspicious ancient creature, one that understands the Earth's history from all corners of the ocean, is an animal spirit of awakening. Whale asks you to sing your true song and work with patterns in your ancestral DNA so that you can transform what keeps you from speaking your truth. This is a time of blessing and transcendence for your soul. A time to become tuned into the unseen mysteries of life and a time to speak with compassion for yourself and others you love. Whale is no doubt a symbol of majesty and divine luck. She expresses the musical mystery of life from your true voice within.





## **WHITE LILY : RECEPTIVITY**

- ◆ *Receiving love freely.*
- ◆ *Healing shameful experiences with the body.*
- ◆ *Enjoying sexuality with ease & acceptance.*

*White Lily gently guides you to open and receive love and sweetness in your life for healing. This flower offers up integration of the feminine aspects of yourself. She heals and comforts issues surrounding sexuality and the body. Restoration, rejuvenation, and acceptance are all parts of this flower's medicine. White Lily calls you to enjoy pleasure and trust your body's wisdom. Healing shame and discomfort around body image are integral parts of White Lily's gifts. Receiving and giving love freely and in balance is a part of White Lily's healing. This flower restores your sense of purity and acceptance in enjoying your sexuality. Dignity and trust in yourself are the messages for your soul now. Receive the love you deserve and give that to your body unconditionally.*



## **WOLF : LOYALTY**

- ◆ *Expressing yourself with playfulness & confidence.*
- ◆ *Being loyal to your pack.*
- ◆ *Playing in nature to feel your wildness.*

*Wolf asks you to strengthen emotional connection with a loved one. Let Wolf work its sense of confidence, play, and loyalty in you. This animal spirit sits naturally in its place of power. Although it is loyal to the pack, it also has an individual sense of freedom. The messages that Wolf gives are to love freely, play confidently, and take care of beloveds with grace. Find what liberates you and express that with wild abandon. Spend time in nature or howl at the moon. Now it is time to trust your intuition and higher intelligence to guide you to new territories in love and commitment.*

## **ABOUT ALENA HENNESSY**

*Alena is the author of [Cultivating Your Creative Life](#), [The Painting Workbook](#), and [Intuitive Painting Workshop](#). She is a beloved teacher of the art-making process, both online and at select retreats. Her work has been featured in numerous magazines and publications, including [Dwell](#), [The Washington Post](#), [Spirituality & Health](#), [Redbook](#), and [Natural Health](#) magazine. Alena has also been featured on [Good Morning America](#) and pilot shows for [ABC Studios](#). Her paintings have been exhibited in major U.S. cities. Alena is also a flower essence practitioner, a Reiki master, and energy healer. Through grace and intuitive guideposts, she now calls beautiful Asheville, NC her home. As a facilitator, her intention is that each participant leave transformed, content, and open to wild possibility.*

**VISIT HER AT [ALENAHENNESSY.COM](http://ALENAHENNESSY.COM)**

## **ABOUT JANE HENNESSY**

*Jane Hennessy credits her education from traveling extensively while growing up, as much as her formal schooling. She attended Florida State University, majoring in art, printmaking, and art history. Jane's professional work includes merchandising design and digital art for television. Recently, she was co-owner of a gallery and gift shop in Asheville, NC with her daughter Alena. She credits her three children, each very successful in their own field, as being the highest and best influences in her life.*

**VISIT HER AT [WWW.JANESSY.COM](http://WWW.JANESSY.COM)**