



Live YOUR Truth

Heal Your Life



Hi there

Time for some Wednesday Wisdom.

Just a reminder that the summary is posted at the beginning, if you are short on time, but can't wait to read it! The full wisdom and knowledge are in the detailed breakdown, though.

When I do the reading, I do the individual cards first, then bring them together, so that would be the ideal way to read it too, unless you really can't wait! As always, do what works best for you.

This week our faerie friend has taken the place of the Abraham Hicks Abundance card as a support card, and we have the Sword of Truth back, let's see where this goes ...

Overall Summary



Rightio, let's make sense of all of this then!

Our central focus this week is celebration, community, revelry, friendship etc. A reminder to celebrate the joys of life as well as we experience the pains of life. Remember that it is a cycle, we have "good" and "bad" times, and it is just as important to celebrate as it is to experience sadness and pain.

The trick it is to not "get stuck" in either scenario. When you are experiencing joy, embrace it fully without worry. Know it will end, but so will the sadness and pain that follows. Feel the pain, grow from it and then definitely celebrate the new you that emerges.

Another strong theme in the supporting and grounding cards is truth. Not the truth of what you project to the world, not the truth of the person you fantasise yourself as being, not the truth you have embraced from others' opinions of you, but the truth of who you truly are. Your reputation has nothing to do with you, it is the perception people have of you based on their own filters and judgments.

The cards supporting this seem a bit weird at first glance but make sense when you think about it.

Fragmented energy reminds us to take a breath and stop "doing" for a minute. Choose the priorities in your life to match your truth. Are you running around being "busy" so people don't think you are lazy, instead of accepting that it is ok to be lazy sometimes and regroup your energy. You cannot focus if you're all over the place, centre and ground, and make some choices that benefit you.

Our Faerie Friend moves into a supporting role this week as Sylvanius reminds us of the value of masks, both wearing them and removing them. To be able to fully embrace the joy and celebration, we need to celebrate with our whole being, or the celebration is empty and worthless.



Live Your Truth - Heal Your Life

072 212 2376 | kevin@fyreliteessence.co.za | www.fyreliteessence.co.za

Our grounding cards this week remind us that we already have the tools we need, we just have to take a chance on ourselves, and again, the Sword of Truth reminds us that we are both protected and strengthened by our truth. You can not be blackmailed if you are not hiding anything, can you? If you have already faced the possibilities of your truth being rejected, then no-one can reject you. Simple really.

Have a blessed week!!

Wednesday Wisdom is also available on my website (<https://fyreliteessence.co.za/wednesday-wisdom>), if you missed one, would like to read it again, want to download the PDF versions, it's all there.

Card-by-card explanation

Central energy focus

The StJinx Arcana: Three of Cups: *Celebration, community, revelry, friendship, social events, teamwork. Entanglement, over-indulgence, over-stimulation, deceit, complicated relationships, competition.*

Our central focus this week is a reminder that it is okay, and in fact, essential, to face and experience pleasure too.

In our physical experience, hardship and pain often dominate our thoughts and get our attention more. Maybe even feel more natural and expected.

While it is true that stress, pain and hardship help us grow and expand ourselves, it is also true that joy, happiness and pleasure are our reward. It is important to take time to experience the rewards, as much as it is important to handle the work to get there.

We often allow guilt, shame and worry to stifle our joy and exuberance of life. This card is about unfettered joy, celebration, letting go of judgment and restraint, and celebrating life.

True, the "realities" of life are there, the pain is there, but unless you accept, embrace and release it. Surrender yourself to the pain, experience it, then let it go.

Do what you need to do; forgive, embrace what makes you happy and go for it! Allow yourself to be happy, get out of your head and express your heart for a bit. Get out and experience the world, while there are monsters out there, there is also sunshine, roses, love and laughter too!



What is supporting this process? What processes can we use to help us here?



The Quantum Oracle – Fragmented Energy: *Too many pieces:*

In the physical reality, we always seem to be striving and never arriving, trying to do the best we can in many different aspects of life, to be who we need to be for all the different aspects and people in our lives. This leads to our energy and attention being fragmented and everything eventually falling down around our ears.

If you look at the woman in the card, she is trying desperately to move forward, but her puzzle is incomplete, and the piece is there somewhere around her, but she can't see it, so she is fumbling forward blindly and not getting anywhere.

This card reminds us to focus, take a breath, and make some decisions about what we are doing and how we are doing it. Are we making choices that support ourselves and our truth, or are we focussing all our energy on outside responsibilities, and other people's view of us?

Are we trying too hard to please a world, and people, that will never stop until we do not exist anymore? Until they have drained every last ounce of energy from us?

We assume that "everything comes around", that people will support us as we support them. The sad truth about this is that they don't.

What is more likely is that the people you are sacrificing the most for, that you are enabling to be pathetic too, will turn their backs on you and just find another source when you "dry up" so to speak.

Rather fill your cup with joy, place yourself under the tap of joy and let it overflow into the world around you, rather than give away sips, and sips, and sips, until your cup is empty.

Unconditional love is often misunderstood as sacrificing yourself for others, this is a total misconception.

It is loving yourself first, and loving others enough to demonstrate your love by saying no, letting them find their own power and strength, instead of you providing the crutches and cushions all the time. Let them fall, and be there to help them stand again, but don't lift them up. All you are doing is creating a situation where they are guaranteed to fall again, rather than be strong enough to stand on their own.

The Faerie's Oracle - Sylvanius: Cutting through deception, clarity.

One of the Faerie Guides and Guardians, Sylvanius holds up the Mask of Truth, supported by the faeries of Aspiration, Kundrun and others. He reminds us that masks are useful in many ways.

We often think of masks as things that hide the truth, not expose it, but Sylvanius explains that sometimes we do wear a mask to hide the truth, but that we can also take the mask off to expose the truth. Without the mask in the first place, this couldn't happen.

He also reminds us that your face is not your truth, sometimes faces need to be hidden to find your truth, and sometimes you have to create a "crack" in your mask for you to be able to see the truth. They are very useful things, masks.

This also resembles the teachings of Abraham, who often says, "you have to know what you don't want, so you know what you do want". Sometimes what we see as pitfalls in our lives are merely this process active in our lives.

As we go through our lives, our "agreements" are tested against the physical world. Truths are shown whether we want to see them or not, and it is up to us to accept them – take off the mask, or reject them – put on the mask. It is always our choice.

The Mask of Truth exposes us to ourselves anyway, with our bumps and bruises, with the stuff we hide, with the beauty we all have, it is our choice to express these and be involved in relationships of mutual respect, trust and honesty, or continue to hide and live a lie. A lie we can never truly fulfil because it is not our truth.



How can we ground this learning into our experience and move forward?



The Psychic Tarot: Awareness:

Traditionally the Magician Card, Awareness comes after New Beginnings (The Fool), and before Intuition (The High Priestess), and reminds us that we already have the tools we need to move forward.

We have the power to create our own reality, and the tools to do it. We just need to take a breath and decide to do it really.

To remind ourselves as we go, and to embrace new experiences as just that, experiences, wholeheartedly and with joy.

Divine Nature Oracle Deck: *Speak True:*

Hello again to our friend the Sword of Truth, reminding us that integrity is knowing, speaking, and sharing the truth of ourselves at all times.

It is neither “good” or “bad”, it just is. It is a tool that we carry that not only protects us, but also reminds others of our boundaries and strength, too.

Use your truth consciously, speak your truth always, even if it hurts, yourself or others as it comes out of your mouth. And always with strength and compassion.

You do no good to yourself or others by hiding your truth, in fact you enable yourself and others live in delusion.



The Desiderata

[Spotify link](#)

By Max Ehrmann ©1927

Go placidly amid the noise and the haste, and remember what peace there may be in silence. As far as possible, without surrender, be on good terms with all persons.

Speak your truth quietly and clearly; and listen to others, even to the dull and the ignorant; they too have their story.

Avoid loud and aggressive persons; they are vexatious to the spirit. If you compare yourself with others, you may become vain or bitter, for always there will be greater and lesser persons than yourself.

Enjoy your achievements as well as your plans. Keep interested in your own career, however humble; it is a real possession in the changing fortunes of time.

Exercise caution in your business affairs, for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals, and everywhere life is full of heroism.

Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment, it is as perennial as the grass.

Take kindly the counsel of the years, gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with dark imaginings. Many fears are born of fatigue and loneliness.

Beyond a wholesome discipline, be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here.

And whether or not it is clear to you, no doubt the universe is unfolding as it should. Therefore be at peace with God, whatever you conceive Him to be. And whatever your labours and aspirations, in the noisy confusion of life, keep peace in your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be cheerful. Strive to be happy.



Live YOUR Truth

Heal Your Life



Card Decks Used:

Clicking on the deck name will take you to where the deck is available at the time of writing this

- [The Quantum Oracle: Sandra Anne Taylor](#)
- [Psychic Tarot: John Holland](#)
- [The St Jinx Arcana: StJinx](#)
- [The Teachings of Abraham Well-being Cards](#)
- [Divine Nature Oracle Deck by Angi Sullins](#)
- [The Faeries' Oracle: Brian Froud & Jessica Macbeth](#)
- [Psychic Tarot of the Heart: John Holland](#)