



Live YOUR Truth *Heal Your Life*



Hi there

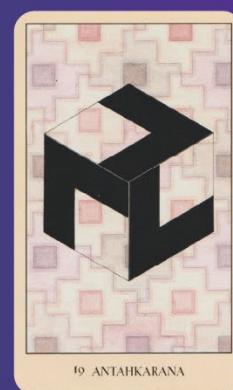
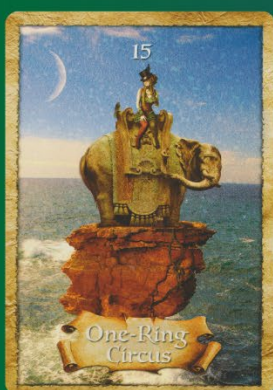
Hope you are enjoying your Heritage Day – another crazy week – anyone else felt like we were taking one step forward and five steps back, pushing through molasses? All part of the process I guess and fighting it isn't going to solve it. and holy hell, time is zooming past right now!!! Anyway, let's see if the cards have some advice for us shall we?

The bulk of the “wisdom” is in the individual descriptions, even if you just read the summary for now, make time to read the individual interpretations, it will definitely help understanding the full message.

The below is based on my knowledge, experience, and interpretation; feel free to disagree and question me, we both grow that way. Instead of letting anger and resentment poison our interaction, let's grow together, even if that means travelling different paths.



Wednesday Wisdom 24 September 2025



Central energy focus

The StJinx Arcana: The World

The World is back again, reminding us of the cycles that end but that the end also provides the basis for a new beginning. To also take a moment to celebrate what we have achieved, acknowledge where we could have acted differently, and make some choices about moving forward into our next cycle.

The cycles in our lives also do not always run nicely in sync, starting and ending at the same time. They have different lengths, some could be as short as a heartbeat or a breath in and a breath out, others can take eons to fully complete.

As we go on our journeys of self-discovery we see, experience and know many things, as the cycles shift and change we gain things and lose things, it is all about flow. To flow we need to be prepared to let go or we cannot receive.

It is important to release our attachment to ideas, beliefs and concepts, even if they currently shape our view of the world.

Stay “close to home” in your thinking. The internet and social media expose us to a vast array of knowledge and experience. If we are grounded and centred this can help give us a different perspective, help us to expand our thinking, but it can also lead us down rabbit holes of half-truths, and blatant lies that we accept without discernment because they come from the “right” sources.

The world is frenetic and there is so much “out there” that we all, I think, suffer from a certain level of FOMO (fear of missing out). We attach to “sides” of “right” and “wrong” and refuse to hear anything that contradicts these ideals.



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We become “activists” and “zealots” defending people that are discriminated against, stand up for the downtrodden, rescue the weak, help the poor, cry over suffering in countries miles and miles away, spend resources and money we don’t have to help people that appear to be worse off than us.

Funny story: When I worked in the bank many, many years ago, there was a beggar who had a savings account, everyday he would come in to the bank and deposit his “takings”, curious, I looked up his account – besides depositing between R500 and R1,000 every day, his balance was over R300,000!! Things may not always be what they seem, look a little deeper.

Pay attention to your intuition, not your fear of acceptance, if it feels wrong but you are doing it because it is “the right thing to do”, or makes you feel good despite the impact it has on you, and by extension maybe the world, then maybe it is time to re-evaluate your priorities.

All of these thoughts and ideas are distractions from the truth. If you spend your time crying over situations you have no control over, you are not looking at your life and how you can improve it; if you are using your resources to help others who are less fortunate than you, rather than rewarding yourself for your hard work, you are punishing yourself, denying yourself and enabling them, not empowering them, you are also draining your own abundance and restricting your own enjoyment of life.

I am not saying you need to be heartless and uncaring, just a little judicious and discerning on where you spend your attention and focus.

I have said it before, if your attention is externally focussed for validation, you are not empowered, you are controlled by others’ opinions of you. We all like acceptance and respect, but that acceptance starts within you. Once you learn to respect and value yourself, even if other’s do not, you gain an incredible sense of “unfuckwithableness” and the world no longer controls you.

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

The Faerie’s Oracle – Faeries of the Future: *Be here now!!, guidance, moving forward*



The Faeries of the Future are part of the Faery Guides and Guardians grouping. They directly guide us to develop and expand our special talents and gifts and access our natural magic.

They help us to expand our awareness and transcend our self-imposed limitations. They help us out of the holes we have dug for ourselves by misusing or misunderstanding our gifts and talents. They particularly love it when we get full of ourselves so they can burst our bubbles. They will trip you as you walk across the stage to accept an award to remind you that you are human and “not all that” so to speak.

The Faeries of the Future is a very busy card, but everyone is looking to the future and moving forward. These fairies come along to remind us that we have a bright future, regardless of what is happening now, it is all in what we chose to think, be and do.

There are many opportunities, possibilities and futures ahead of us. We need to do something first though, chose what we want and commit to it. Has the path you have walked brought your unbridled joy? If not you need to re-evaluate things, and make different decisions.

I feel I need to discuss guilt here. Much of our choices and plans revolve around guilt and the guilt is always because something happened externally, or you went against religious teachings, or said no when everyone expected you to say yes.

Guilt is the most useless emotion to experience, it has no benefit to either party, or just destroys you while the object of your guilt carries on regardless, finding other “victims”, other sources of narcissistic supply, etc.

This is normally used as something to consider regarding forgiveness and anger, but it works here too. Guilt is sitting on the patio sipping arsenic tea, while the object of your guilt or anger walks past oblivious to your existence. Who is getting poisoned here? You are!

We are here for our own experience and expressing our experience into the universe. Any idea thought or “rule” that blocks that needs to be removed.

The Quantum Oracle – Deception: *Betrayal and Manipulation.*

This is a difficult one, you cannot be betrayed by people you don't care about, it is only people you hold dear that can betray you. Someone you placed your confidence in or love. A brutal thought, but true.

This right here is why one of the adages I strongly subscribe to is “look a little deeper”. What you see is not always true and may be a manipulation to score political points, ego desires or instil fear.

This is one of the reasons I despise religious institutions, all of them. They use false piety to divide and separate, destroy those they consider “unclean”, or “evil”. They define what is good or evil and punish anyone who doesn't submit.

This card could also be pointing out self-deception and not really looking deeply enough into your actions and motivations.

When we are faced with a life-changing decision, or even general discussions, we often get very heated “defending” our argument, always look at both sides of the argument. No-one says or does something that they do not believe is the right thing for them to do at the time.

Listen to hear, not to argue against, but to truly understand why other people think they do, what are they motivated by, maybe they are seeing or experiencing things differently to you. Maybe you are basing your stand on false reports, and other's people's manipulation of the truth for their own ends?

A neat trick to use here is called “follow the money” or “skin in the game”. Putting aside your belief in the rightness or wrongness of the situation and look at what the “seller” of the idea has to gain by saying what they are saying. Another way of looking at it is to ask yourself if the person presenting has defended that position a lot and passionately.

Often people keep on making the same “mistakes” or spouting the same “truths”, not because they really believe them any more, they may have even seen empirical evidence, but because they have spent so much time and energy defending the concept, or their entire job, or image would collapse if they allowed themselves to question anything, even if absolute truth is presented to them, they will make excuses, destroy the bearer, shoot the messenger so to speak to protect their “castle”.

You can test this by challenging the idea, if the “defender” gets heated, shouts over you, or gets particularly “vague” quoting studies that they cannot produce, an influencer they were listening too etc. without empirical data or facts.

The louder someone screams to defend a position, the more incensed they get, the less actual factual information they are 100% confident about they have. They are screaming louder at you so that no-one looks to them and the crowd attacks you while they slip away, clean hands, no blood on them.

If you find yourself getting overly passionate about something, pay attention, do you have facts or personal experience to back it up or are you relying on what other people have said, people you may trust, but you haven't checked their knowledge? You are going on hearsay. Have you seen the so-called studies?

A quick note on scientific studies and non-scientific studies. Neither is 100% effective as human nature does step in, but the scientific method is generally more accurate.

A scientific study is performed by an unbiased and objective person or team with no “skin in the game”, i.e. not to prove that something exists so they can benefit, but to observe to see if the hypothesis plays out naturally. The funding is also important, does the “funder” have “skin in the game”, if so, the results could get skewed to maintain the funding.

The hypothesis should also be repeatable by any other group too. This is where the peer review process comes in. The testing is also done in different situations with different participants in many different scenarios which is why they take so long. All subjective practices are actively avoided.

A non-scientific study is performed by a group or person biased in a certain direction. The funding normally comes from a group that has a vested interest in the outcome. Not only will the study be set-up with a subconscious bias and manipulated to prove the hypothesis, but the participants will also be primed either through their own bias, or those of the group running the study. Coercion, obvious and subtle could be part of the process.





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What can also happen is that the researcher's "desperation" to prove something will lead them to make erroneous conclusions because it fits the narrative they are promoting. A simple example of how agreements can influence conclusions from my own experience illustrates how this works.

So, growing up in a strict catholic home, I was taught that men only fall in love with women and vice versa, sex was only possible between men and women – period. So my first sexual and emotional experience with a man, while I was completely sure I was doing the right thing for me, threw me into a tailspin, love and sexual attraction between two men was impossible in my perception of the world so god messed up and put a woman's soul in a male body to punish me for something, it was the only thing that made sense to me at the time, my behaviour and perception was also more feminine in nature, so is this what had to have happened – oh shit – no what!

With much exploring and self-examination – remember we didn't have the internet then, yea I am old – I accepted that my perception was off and trained into me, but if I accepted that I was attracted to men, and it was perfectly natural, in fact maybe essential to curb population growth, or to free me up to be a priest without the hindrance of family responsibility etc.

Thinking back now it is almost inconceivable that I thought along those lines, but when I discovered the theory of agreements in the Toltec path, it all made sense. I was making decisions and drawing conclusions, based on the previous agreements I had. When I changed those agreements, suddenly it made sense.

An interesting example of non-scientific studies that were completed in the seventies. The pasta makers were trying to increase their market share, so they funded studies to prove that pasta was healthier than rice. The studies were published and marketed widely that this was the case. The rice growers realised that their market share was decreasing, so they funded a study to prove that rice was better than pasta, they proved it, and marketed it widely, shifting the market share back towards them. The same thing happened with red wine, initially considered unhealthy, the industry funded studies proving red wine effective in assisting with heart disease etc. Look around there are thousands of stories like this.

You would think that spiritual people who preach love, light and acceptance would NEVER use these tactics – wrong – they are the experts, why because they have an unprovable, illogical but terrifying threat, that of the after-life, heaven, hell, nirvana, underworld etc. etc. – the thing is that the more afraid people are, the more they believe bullshit to make themselves feel better.

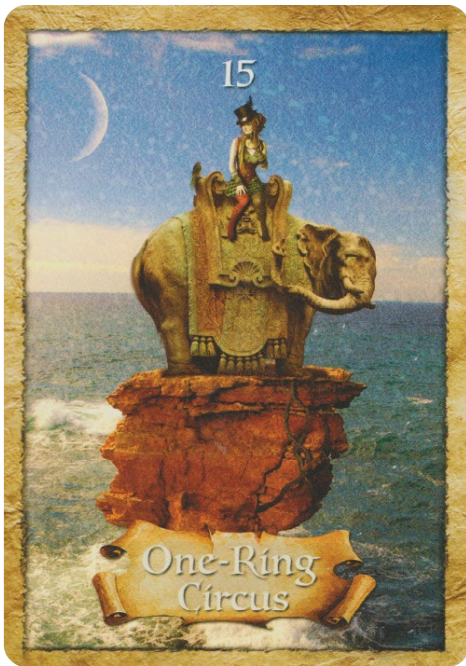
They programme us from birth so that there are certain things we never question, like the belief in good and evil, right and wrong, the concept of god. Sacrificing our experience of the truth of others etc. and when you do question something, you are shouted down, considered "possessed", or evil and you are ostracised – cancel culture is a good example of this concept expanded onto a wider scale.

It is this concept that is behind social media platforms "banning" certain content, and blocking or destroying pages etc. The main stream media parroting fake news and controlling narratives etc.

Whew a bit of a walk on the wild side there, back to the focus of the card. Look around you and within you. Are you being manipulated by yourself or others to behave in ways contrary to your truth, and is your truth actually true, or a truth that you have been programmed into?

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

The Enchanted Map: One-ring Circus



A card of independence and self-reliance. There may be many things going on, many-rings in the circus, but you are the only ring that you can focus on.

Re-iterating some of the info in the other cards, you are the only one responsible for your experience, others may show their truths around you, it is up to you to take them on board, or only some of them. It is up to you to experience everything consciously, making choices and decisions based on your truth, or at least your truth as you understand it now, knowing that this truth can change going forward and that is ok too.

Maintain your boundaries between yourself and others, learn to say no – it is a complete sentence and needs no further explanation.

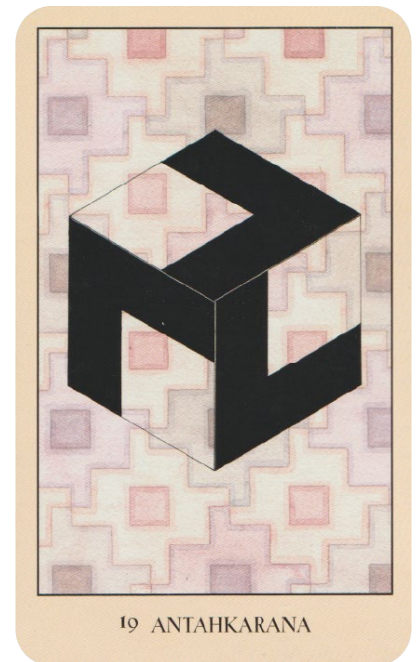
Sacred Geometry Oracle Deck: Antahkarana: Bridge

The Antahkarana is an ancient meditation and healing symbol used in Tibet and China. It connects the physical mind to the Higher Self.

It is said that it has its own consciousness and having it in a space will benefit your energy centres and auric field. I use it on my healing bed when I do healing, and it helps and enhances the process for my clients.

Print the image out – I have a version I use – let me know if you want me to send it to you, I also have a stylised version featuring three cranes that I have in my healing room.

Take sometime this week to meditate on the symbol, take a few deep breaths and focus on the symbol, clearing your mind of all thought if you can and listen/feel the symbol.





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Summary

I really battled with this one, almost like the universe was trying to stop me with interruptions and irritations – I started at 09h30 – it is now 15h00 – 6 hours – that must be a new record eish!! It was like I had 100 guides all speaking at the same time, saying similar things, but all at once. As I worked through the cards though, I realised that this is what we are talking about here – too much information, all at once, all the time and discerning the information we want to focus on, being ready to release thoughts we no longer need, and able to embrace new thoughts that support our new reality.

Once again we are faced with the ending of one cycle and the beginning of another. It is important to take a breath and consider how you have become what you are now, look towards your new cycle with hope and trust. Letting the Faeries guide you, beware of deception, your own and others, if it feels like something is off, it probably is – look a little deeper and ask “who has skin in the game”.

Remember that there are many cycles running through our lives at any one time – be aware of this.

If someone you are asking for advice could benefit from you making a certain decision be careful of just accepting their advice blindly, even if you trust your life to them. Betrayal can only come from people you love and trust, some arb dude cannot betray you.

If you don't have the time to fully explore a situation, looking at both sides before making a decision, particularly situations happening outside of your area of influence, then don't take a stand, just let the information flow to you, listen to perspectives that you disagree with, there may be an element of the argument you haven't considered.

I realise that you are perfect and always right, but listen, they may have a perspective you have not been exposed to or haven't considered.

Also be careful that you are not believing that someone else you trust is betraying you, maybe they are disagreeing with you because they want to help you see a different truth to the one you are gripping with both hands?

You are in the centre of your own one ring circus, make sure your boundaries are in place, and your focus is on your experience and welfare, take time to access your higher-self. Use the Antakharana as a meditation focus to bridge your mental and spiritual connection.

Have a fab week!!

Wednesday Wisdom is a free service, and you are welcome to share it if you wish, just please respect my work and share it in its entirety. It 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.

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.



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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.

Card Decks Used:

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

- [The St Jinx Arcana: StJinx](#)
- [The Faeries' Oracle: Brian Froud & Jessica Macbeth](#)
- [The Quantum Oracle: Sandra Anne Taylor](#)
- [The Enchanted Map Oracle Cards: Colette Baron-Reid](#)
- [Sacred Geometry Oracle Deck: Francene Hart](#)