

**Blog Posts**

# **SUBLIME SHADOWS**

**Creating magic in a beautiful world.**

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# Guidance from the universe



I Ching involves using special coins to seek guidance from an ever mystical ancient oracle. A big old worn book. You throw the coins, with your worry in mind, the way they landed gives you a set of “lines”. The lines are a kind of secret code, used to consult the old book.

The I Ching or “Book of Changes” is filled with ancient wisdom passed down since 1000 BCE. It is written in a kind of poetic melody of proverbs. The advice given to the coin thrower is always eerily pertinent to the life concern at hand. I am always in awe at how insightful this inanimate book actually is. What kind of hocus pocus is this??

### How Does it know?

All things in the universe are made of atoms, we are all simply atoms. Everything is atoms.

The atoms vibrate at different fre-

quencies. This creates our different experiences of matter. It creates you, it creates me, it creates trees, water and air. It is life and it is death. If you could see the world as if you were looking through a strange giant, high-powered microscope, you would see matter in vibrational form. Like neo seeing code in the matrix, you would see that everything is actually the same.

This is what we call “energy” or the “universe” or “god”. When we slow down and consult our higher selves, our intuition, that’s how we tap into this reality. We connect into the Oneness. Nothing and everything exists the same. When we do this mindfully we become like a drop of dye in a bucket of water, we simply become one with it. Using any form of oracle isn’t so mystical. It’s just an inanimate tool that we can use to hear our own inner voice. It’s like a flash card of what your soul or the oneness already knows.

### Tarot and Oracle cards.

I draw Tarot and Oracle cards. – the same principle applies. I really love the art that can be found on these cards. Truly beautiful images and so accessible for someone new to the idea of a higher self. This means I can share and teach it with friends and clients by simply showing them. It is learnable pretty instantly.

### Making a ritual

I have been exploring the idea of pulling a card for the beginning of each week. A way to kind of set a reminder for my spirit as I go through the week ahead.

I allow my mind to calm, and I watch my thoughts drift through like I am watching clouds drift. I remind myself of my connection to the universe, and its infinite abundance. I draw a card and place it in front of me so I can contemplate its message for the upcoming week. It’s a simple reminder to choose Joy over fear.

# Attuning to joy

One of my life goals is to have a hearty and joyful infectious laugh.. I am a work in progress. It doesn’t come naturally to me, I have a tendency to be in my head and a tendency to hold space for others in my heart. These are not bad things, but I have identified them as factors in my search towards a hearty laugh.

It is important for us to actively cultivate Joy in our souls. Joy is valuable and has benefits like promoting a stronger immune system, reducing stress, and increasing our connection to others and beauty. If you have ever been around children, you will know just how easy they tune to joy. If we think about it, meditate into it, most of us can look back to our childhood and remember the kind of joy that we too once tuned into without effort.

Tuning into the vibration of Joy can be a mindful practice. Make joy a regular topic of conversation by asking people about their own joy, or music that they like right now, or favorite foods. Use joy questions to learn about others in the best way. Sharpen your joy by asking to be surrounded by it.

Feeling joy and happiness can actually rewire your brain. The more you feel joy, the more you want joy. And the more you want joy, the more you push aside low-vibrations like disappointment, anger, ha-

tred, or resentment. You simply don’t have as much room for them. Joy is a big experience

Feeling joy more frequently can help you embrace a more objective point of view when something unpreferred happens. This is not about toxic positivity, this is about training yourself to find the available joy in any situation. We can’t control the world, but our inner voice can guide our reactions.

Training my inner voice and, helping it learn Joy as a default mode is ongoing. I’m training it to be an inner cheerleader. Cheerleaders do their best work when they are championing. I find that the mind is a funny place. I begin to worry, and the inner voice, the mind, likes to catastrophize and we forget that all things are temporary.

The ‘work’ is catching the mind in its tracks and deciding to re-frame and choose a healthy thought over a destructive one. This is where using affirmations or mantras can help. Eventually these phrases are entrenched into our being. Its wires our brain to choose joy over fear.

### Using Affirmations to Inspire Joy

When you’re using affirmations, it’s important that you remember a few key points:

Affirmations need to be repeated, affirmations can be things that you hope to cultivate or things that are true now. For example I can say “I am powerful source of Joy” this is sometimes true, and sometimes I am so far away from it. Making the words a mental habit reminds me that I am capable of this.

Choose one or several that you can repeat on the regular. Its best to start with just one that resonates with you. They need to be repeated over and over in order to wire your brain. Its brain magic for sure, you will know the spell is working when you no longer have to do it on purpose. Its strange how it happens, it just becomes part of your character. You need to be deliberate. Say it out loud. Say it in your mind. Say it to yourself especially when your mind is saying things that counteract the mantra. Create an art piece out of it so you can see it, write it on your rear view mirror. The point is to train your brain to bring this into your psyche.

In effect, its the art of talking to yourself the same as you would a friend or family, its actively and consciously loving.

“I let life flow through me”.





# Whats love got to do with it?



Photo by Fran Williams

You can visit a beautiful garden and say “Oh! I LOVE this garden”. You look around and see that the flowers are brightly colored and numerous. The grass appears extra green and the air is fresh. You hear the rustle of the leaves in the lush trees, and you say to yourself.. I really do love this garden. You pick a flower and place it in a vase at home and fondly remember the garden.

Then there is the gardener. The gardener notices that the trees need pruning and patiently awaits the season that will be best for the tree to do so. The gardener starts seeds in the spring. So that the garden will be replenished. The gardener takes time to weed, to water to observe and attune themselves to the garden’s needs. The gardener LOVES the garden. If the gardener only loved the garden as the first visitor loved the garden, it would not bloom, it would become overgrown

and neglected. The active love that the gardener provides allows it to thrive, and the garden becomes a place that is inarguably loveable to anyone who sees it. Love is action and observation. Love causes love to spread. Love allows for love.

My point is this. Love yourself.. by taking care of yourself. we cannot pour from an empty cup. If we are to love others it should begin with self. From here we can truly appreciate and understand the energies that it takes to love another, to love our world, to love. It is important to observe and attune to our own needs in order to experience our growth.

We are pulled out of the comfort of what we know, and move into how we change and grow as people. Much like the garden, with our own seasons, that is demand new attunement. Our chal-

lenge is in rising to the occasion, facing the music, and trusting our heart.

Love; It is the truest thing that exists. It is what binds us together across time and place, across generations, across all realms. We are asked to be vulnerable and trust in this love, and allow our internal sun to rise and illuminate our way.

Some ways of tending to our own inner garden are not so dissimilar to an actual garden. take out the weeds and prune away what no longer serves, and you will experience growth. Get plenty of water, sunshine and take time to sway in the breeze.

Life is a garden..  
Dig it.

# Reason season lifetime

We are wonderful little beings, always moving and changing. We need different things from the world at different times. We view the world in different lights. Let people know that you love them and surround yourself with those who make you better. You can’t save all friendships and the ones that can’t be saved are sometimes the ones that don’t need to be.

People’s direction, growth, and change are unpredictable. We can’t pen them in and lock them away. They won’t stay put and we shouldn’t have to convince them otherwise. It seems obvious that relationships, like all things, change, grow, or end. Time can turn close friends into distant acquaintances. Our lives are in constant motion. We change each day. Sometimes, we forget that the people who surround us also change every day. Some relationships are more forgiving. Some relationships grow together. They will shift and bend to fit together. Some we hang on to for the sake of the love that was once binding. A memory.

Try your best to keep the people you

really appreciate in your field of vision, cherish them, phone them. but understand that life has its own way of unfolding.

If one person rejects you, do not hold on to it. Some people choose to disregard your worth and treat you without kindness. But, not everyone will. The truth is that the way others treat us isn’t about us. It’s about them and their struggles, insecurities, and limits. You don’t have to allow their judgement to become your truth.

You may not be able to control what other people say or how they act, but you can always choose how you treat yourself. Give yourself permission to be exactly who you are. The right people will find their way to you. They will love and accept you wholeheartedly. Let go of anyone who doesn’t.

It’s such good soul work to reach out, connect and appreciate those in your life. Appreciate the roles people have played to make you - YOU! Call, text or write to those that cross your heart.

In the cosmic dance of life, individuals come into our lives for distinct pur-

poses: some for a reason, others for a season, and a select few for a lifetime. Understanding this empowers us to respond in harmony with the universe.

When a person manifests in our lives for a reason, it is often to fulfill a need like physical, emotional, or spiritual. Their presence feels like a divine blessing. Once their purpose is fulfilled, the energy shifts, prompting us to release and surrender the relationship.

Others grace our journey for a fleeting moment. These connections mirror the transient nature of the seasons themselves. These folks are important to our growth and we enrich each other’s experiences.

Those who in our lives for a lifetime contribute to the formation of our lives. We cannot always know when they will show up in our lives but these people are our safety and our alignment to wisdom and community.

All of these are important, and knowing when to let go or hold on is an art.



Photo by Fran Williams

A grayscale illustration of a vast flock of birds, possibly geese or swans, in flight. The birds are scattered across the sky and the ground, with many more on the ground in the foreground. In the background, a small building with a chimney is visible on the right side. The overall scene is a dense, active flocking of birds.

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