



SOLANA Holistic & Spiritual Health & Wellbeing

## *Inspirations Reading*

For (name) - date

Hello (name),

Thank you for requesting *Inspirations* guidance from your Angels.

Angel Oracle Cards are used to guide your reading – they act as a catalyst to help bring forward the information the angels would like to share with you. They also act as a reminder, a prompt if you will, as often the messages from our angels will unravel over a period of time from this reading date. The guidance associated with each card may, or may not correspond to the messages given in the booklet associated with the cards.

Angelic healing is also received during your Reading and for a period of time following it. You may be aware of this through sensations you may experience while reading and receiving your messages – subtle feelings or emotions, warmth, cool breeze, hands warming, feeling lighter and clearer as the reading progresses. This is your own personal healing experience and is yours to enjoy!



Sometimes Angels use our language in a different way to the way we are used to – please accept their messages with the Love, Light and appreciation they are being sent to you x

Love, Light and Angel Blessings,

Bev xx

\*The Oracle cards I have been guided to use for you today are:

Messages from the Angels by Doreen Virtue followed by Atlantis Cards by Diana Cooper.

*\* if requesting certain readings the card decks to be used are identified by their image when requesting your reading*

*Q: General guidance reading for (name) please – what is for her Highest Good at this time?*

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## Archangel Michael

I am with you, giving you the courage to make life changes that will help you work on your Divine Life Purpose...New changes are on the horizon and I am with you to support you in this positive move.

You are blessed to receive this card, the card of the Mighty Archangel Michael and should be reassured that you are being gifted strength, personal power and divine protection which will assist you in your life at this time and with the guidance that follows.

'I have come to you at this time because you asked God for safety and protection and because you asked about your life purpose. Since you are a Lightworker, I am overseeing the fruition of your Divine Life Purpose.'

'When you feel pushed to make a change at work or at home, that may be my influence, encouraging you to make your life purpose a high priority. I can rearrange your schedule and support you in other ways to make your path smooth and harmonious. Simply ask me and it is done. I will also help you feel safe and comfortable. *S, to bring Archangel Michaels energies and protection closer to you each day, simply imagine/intend a beautiful indigo blue colour surrounding your aura – this is an aura light shield and can be put in place morning and night time. Or you may prefer to imagine/intend a beautiful indigo blue cloak around you, fastened around you.*

**Shanti** – I am the angel of Peace. I bring you new tranquility and a smooth road ahead.

Your life has seen turmoil and your soul is tired. Your mind craves peace and quiet from the turbulence of the past and I am here to help you with that desire. I will give you new opportunities to spend time alone, where you can relax your mind and your heart. I will bring tranquility to your soul so that you can mirror the peace of mind that is your true Divine Nature.

Like the angels you are able to hover within the eye of any hurricanes that may swirl around you right now. Through breath and intention, you can stay centered no matter what's happening in your life. This inner foundation of peace has a powerful healing effect. Your outer life soon reflects your inner peacefulness. Smooth roads are ahead for you and the worst is behind you now.'



Go outside and listen to the birds singing in the trees, breathe deeply into any areas of your body that feel tense or out of balance... breathe our energies into you and your stresses and strains away – let go of all burdens, willingly and openly, that no longer serve you well – simply and easily on your breath.

*S, I have written a delightful angel breath technique that I will include with your email that I do every day...and Shanti is guiding you to this too.*

**Mystique** – No turning back – don't take no for an answer, stick with your new journey and way of life as it will bring wealth, happiness and prosperity. *Mystique is a charging white horse – akin to the Unicorns that present themselves further on in your reading...*

You are on the right path! Although it might seem to take a lot of time and effort, keep up the good work! You are definitely making progress towards your intended outcome. Sometimes flexibility is called for when you're working toward an aim. But in this instance, you need to stay firm in your conviction. Compromise will only water down the Divine plan that you are manifesting. 'Resist the urge to bend, or to please others. In the end, these individuals will be pleased by the outcome. You are following a Divine course and others may not be privy to the same vision that you're following. Do your best to explain this vision to the others involved, but don't feel the need to defend your actions. In my card I am coming out of the darkness and into the light. So are you. You know what you are doing and we in Heaven are here to back you up fully.

**Astara** – You deserve the best! Reach for the stars with your dreams and desires and don't compromise! You deserve this, savour it, enjoy it and don't look back!

In the past, you have settled for less than you wanted. But no more; I am here to raise your standards. I am also here to show you that you need not suffer in any way. It isn't selfish to desire a better life. The more that you receive, the more you are able to give to others. When you allow us to give to you, you're also supplied with all the necessary tools for your life's purpose. You also inspire others when you show that the spiritual path gives you all of the support that you could ever need. 'God and the angels want you to enjoy your life. Happiness is a holy part of your Divine mission. Whatever we can do to bring joy and peace into your life, please ask. We have noticed reluctance on your part to ask for help. Perhaps you have felt that you didn't deserve good, or that you would be taking away from someone else if you received our help.

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Yet God only knows abundance and humans are the only ones who believe in scarcity. This card is a reminder that God and the angels can only intervene if you request our help.'

*Additional cards in support and illumination to the above guidance is given through the Atlantis cards by Diana Cooper.*

### **Co-operation** – Togetherness

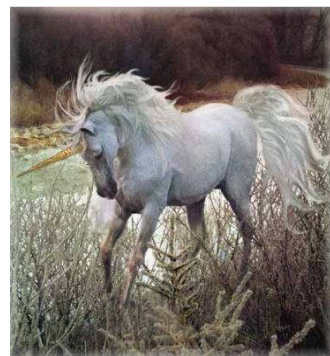
*In the Golden times of Atlantis, everyone co-operated selflessly for the highest good, with the benefit they all felt nurtured and safe. The people also pooled everything – their produce, gifts, skills and work. All was offered with love to the community. There was no such thing as money. Because each family took only what it needed, there was always plenty for everyone and a sense of abundance prevailed.*

Here, we lovingly guide you to give away anything you no longer need so that you may receive new, not just 'things', possessions and property, but also thoughts and beliefs. Ideas, inspiration and momentum are all given space by letting go of the old. This includes old ideas or images of yourself and your abilities! When you open your heart and mind to the fact that you are more than you currently believe, the new will be let in! And it needs to flow, as it is yours to share for the greater good. So, be generous-hearted dear one and your rewards from the universe will be great.

### **Unicorns** – Purity

*In Golden Atlantis, unicorns helped maintain purity and Divine innocence. These seventh-dimensional, pure white, ascended horses radiated light that looked like a spiraling horn from their third eyes. They could direct a beam of pure energy into people. They are returning now to help our planet to ascend as they touch us with dignity, love, beauty, grace and healing and reconnect us with our soul-essence.*

You are a powerful and intuitive healer dear one and the unicorns wish to connect with you. Your guidance is to find time to be quiet, preferably out in nature and then simply think about the unicorns and they will be with you. Allow them to touch you with the qualities of dignity, love, beauty and grace. They may offer you healing or re-connect you to your soul-essence. Remain open to their messages and their influence in your life from this day forward – and be inspired!



## **Fifth Dimension** – Do unto others

*In the Golden Years of Atlantis, the people maintained a fifth-dimensional frequency by living in accordance with the highest spiritual values. One of their tenets was, 'do unto others as you would have them act towards you'. As a result, they were at all times loving, welcoming, fair, co-operative and generous. They aspired to live in love.*

Again this is a wonderful, high frequency card through which you are being encouraged to embrace the higher spiritual laws and reflect them into your everyday life – shining as an example to all those you come into contact with, leading by example. Eg. Ask yourself how you would like to be treated and act towards others accordingly. This enables you to maintain a higher perspective on life, which will help you to lift your energies into the fifth dimension.

## **High Priestess** – Intuition

*The High Priestesses of Atlantis were highly evolved women who were honoured and revered for their compassion, understanding and selfless service to their people. They embodied feminine wisdom and channeled guidance from the Intergalactic Council for the development of Atlantis. In order to develop their powers and incredible psychic and spiritual skills, they undertook extraordinary initiations to test themselves and to maintain their sixth-dimensional frequency.*



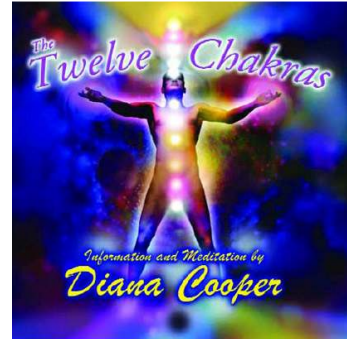
This is the card of feminine power and wisdom and your guidance is not to rely on or be strongly influenced by logic or rational thought, but to make decisions and life choices using your intuition and your psychic gifts. Respond to challenges and situations you meet from your deepest knowing, working with total integrity and compassion.

## **Twelve Chakras** – Potential

*In Golden Atlantis every person had twelve chakras and twelve strands of active DNA. When the frequency of Atlantis declined, five chakras closed down. Following this, ten of the strands of DNA, which contained people's evolved psychic and spiritual powers, became dormant and are currently known as junk DNA. We are now called on to re-activate the chakras and our full DNA potential.*

You are reminded, dear one, that you have enormous spiritual and psychic powers and by accepting our loving guidance in relaxing deeply you can begin to remember who you are - and to activate your cellular knowledge, bringing back the wisdom you held in Atlantis.

Find time to quieten your mind dear one, and begin work on opening, cleansing and balancing your dormant chakras. Pour cosmic Light and Love into them at the same time as you cleanse and balance your open chakras and they will respond. You will begin to remember who you truly are; to connect to your true divine self. *(I have included a meditation exercise written by Diana Cooper to help facilitate this).*



*And if all that has you reeling a bit – your angels are reminding you not to take things too seriously or onerously...*

#### **Fun – Leisure**

*In Golden Atlantis the people enjoyed simple fun and laughter. They loved to play games and sports, dance and socialize, for this is how they exchanged energy. Leisure time was considered most important in making life a pleasure and delight. It was this capacity for joy and lightness that enabled them to maintain their high frequency and allowed them to experience continuous happiness and contentment.*

This card reminds you to play, to have fun, to laugh and express joy as you take their guidance and advice in raising your energy vibration and opening to your true spiritual potential! Joy is the highest vibration we can express and the angels love to help us express it! Laughter, playfulness and joy will raise your energies without any 'hard work' – so live your life and love your path, for it is the path of joy!



### **In summary:**

You are a daughter of Light, a powerful High Priestess with enormous talent and potential – one who has the power and might of the unicorns to assist in healing and development! Any self limiting beliefs or opinions with origins in your past are to be released through breath and intention, with guidance, strength and courage from Archangel Michael to support you in this. You are guided to raise your own energy vibration by working regularly with the breath and the dormant as well as active chakras to create balance and open you up spiritually. You have a mission to share your Light for the Highest Good of many, free from limitations and the restrictions placed on you by others. Remember and realise - you ARE a daughter of Light.



Blessings to you, dear one...