Hello, Love . . .

May I assume you're an idealist? You don't have to be, of course. Everyone is welcome. But it's helpful these days to keep visions of Loving Kindness alive and well.

A suggestion for using this deck: Before you choose a card, say to yourself, "I'm open to my wisdom being shown." Because it's YOUR wisdom that's most magnetic and useful. You're the oracle.

These messages can be beautiful writing prompts. Stream your consciousness. And for the Love of Love, please consider using these as conversation starters with people you work with or are working stuff *through* with. We need to talk about Love all day long . . . everywhere.

Your heart is already open.

Your true Loving nature is always present. No amount of any kind of thinking can alter your divinity. Just as there's no weather pattern that can swallow the sky, there's no emotional pattern that can affect your Soul. There are just thought formations, like clouds, passing through limitless, luminous space—your heart.

think. with love

spirituality is the practice of thinking with love

let your thoughts slip down from your thinking mind and settle into your heart

See the beauty.

Love sees the perfection in the person and the moment and proceeds from that expanded awareness. It's like zooming out to notice both the sun's rays and the contrails and choosing to comment on how amazing the sky is. When you open up to see it *all*, the beautiful parts become more evident.

Slow down.

In order to see the whole picture, we have to slowww down. We have to be still to actually *reflect* on what might be true about what's happening. Reflection is a heart practice.

Reflect before you react.

When we live more reflectively, we operate less reactively. With every meditation or earnest question . . . with each honest prayer, given blessing, or intimate conversation that we have—with ourselves or each other—the heart gives us confirmation about how massively beautiful life really is.

envision your heart as vast as the sky

take three deep breaths

Turn on your heart, un-condition your mind.

If the message tells you that you're not worthy, turn it off. If it's predicting heartbreak, inciting violence on your spirit, or conflict oriented, turn it off. If it tells you that your heart will never mend, *Goodbye*. Doesn't matter if it has a great backbeat, or it comes from someone with credentials or someone claiming to know Saint Someone.

If it doesn't speak, shine, or vibe about the greater good of all, turn it off.

Integrate it.

Trying to dump your "old" self just makes that self grip harder. What we're trying to get rid of is usually the exact part of ourselves that needs more Love. You can bring it along to your new future. No fragmented self left behind.

We transform our relationship with the challenge, and the challenge itself will transform. We bring all the parts forward with us. The old is not left behind, it's integrated into our heart and fuels the rise of our energy frequency. That's how real change happens.

You are healing.

We're both static and moving in every moment, living and dying. We are pure light, and we cast shadows. Parts of us are ramping up their resistance before they come into balance. There are places in us where we are bound and blind. And there are places where indestructible light beams shine. We are multidimensional and interconnected beings, and so our healing will never be a linear process. Go at your own pace.

You are never stuck.

Even when you think you're stuck, you're actually connected to a highly dynamic world. Everything in the universe is continually shifting in response to everything else in the universe. You are always changing. Everything around you is always changing. Our constant changes are interacting.

