# PARANORMAL ORACLE

# CARD DESCRIPTIONS



# TABLE OF CONTENTS:

AFTER DEATH COMMUNICATION

ALIEN CONTACT

ANGELIC MESSAGE

**ANGRY GHOST** 

**AUTOMATIC WRITING** 

**BLACK-EYED KIDS** 

**CASTLE GHOST** 

**CHANNELING** 

**CRYPTIDS** 

CRYSTAL BALL

CRYSTALS
DEMON
DISAPPEARING GHOST
DOGMAN
DOPPELGANGER
DOWSING RODS
ECTOPLASM
ELVES
EMPATH
ELECTRONIC VOICE PHENOMENON
FAIRIES
GHOST ANIMAL
GHOST CHILD
GHOST
GNOMES
INTELLIGENT HAUNTING
JERSEY DEVIL
LAKE MONSTER
LOVING SPIRIT
NEAR DEATH EXPERIENCE
NORDICS
ORBS
OUT OF BODY EXPERIENCE
PAST LIVES
PENDULUM
DOI TED CEIGT

**POLTERGEIST** 

PORTAL
POSSESSION
PSYCHIC
REPTILIANS
RESIDUAL HAUNTING
SASQUATCH
SHADOW PEOPLE
SHAPESHIFTER
SPIRIT BOARD
SPIRIT GUIDE
TAROT CARDS
THE CREEPER
THE GRAYS
THIN PLACES
THUNDERBIRD
TIME SLIP
TROLL
UNIDENTIFIED FLYING OBJECTS
WATER SPRITE
WEEPING GHOST
WHITE LADY
WINGED HUMANOID
WOOD NYMPH
YETI

# AFTER DEATH COMMUNICATION

Someone on the other side is seeking contact

DEFINITION: Communication from the other side. This is communication that is initiated by the other side, usually from a loved one. It can be visual or audible (telepathic or out loud.) It can come as a smell or a taste. It can come as the sensing of a particular presence. The overwhelming consensus is that our loved ones most often contact us in the dream state.

# KEY IDEAS: WELCOME THE DEAD - AFTERLIFE CONNECTION - LOVE FROM THE OTHER SIDE - SOLACE FROM THE NEXT WORLD

READING: A loved one is trying to reach you. This is a good time to open your heart and mind to the other side.

Begin a practice of holding space for those who are beyond the veil.

Simple breathing techniques and practicing mindfulness while focused on the third eye can help strengthen your connection.

While you may not see or hear them right away, you will sense their essence. This allows the door to open.

# ALIEN CONTACT

A coming change will require adopting a new paradigm

DEFINITION: Creatures from another world. Most commonly the spindly limbed, big-eyed entities known as "The Grays" are reported, though other species are well-known. Popular culture assumes these beings are extraterrestrial though some schools of thought do not rule out other dimensions of this reality or other realities as their place(s) of origin.

KEY IDEAS: UNFAMILIAR TERRITORY - PERSONAL ADJUSTMENTS - SHAKE UP - A NEW STANDARD – OUTSIDE INTERVENTION

READING: Someone or something arrives that is entirely out of your comfort zone. Personal adjustments will be required on your part. Your outlook on things – especially those things you've taken for granted will have to change. This has the potential to shake up your world in a very big way.

Don't resist this change as the end result will benefit you. How quickly you see the benefits is related to how quickly you embrace the new standard.

# ANGELIC MESSAGE

You are receiving an answer to a prayer.

DEFINITION: Angel is derived from the Greek: "Angelos" which means "messenger of God." Angels are thought to be messengers, attendants, and protectors to the human race. Angels are described in both ecclesiastical and mundane texts over the ages. They are often described as "beings of light," although apparently, they can also take the form of ordinary humans.

KEY IDEAS: COMFORT – HEALING GIFTS - UNCONDITIONAL LOVE - PRAYERS ANSWERED – OBTAINING A HIGH VIBRATION – SACRED TOUCH

READING: We call these beings of light angels, but they are not concerned with names. Your angel has worked as a catalyst between you and the greater vibrational reality since you were born.

Angels carry the universal frequency of love. Their messages are always gentle, positive, and comforting. The heart must be open to receive this vibration.

Take some time to get quiet and listen.

Light a candle and set an intention for communication with your angel. Don't forget to say "thank you."

# ANGRY GHOST

Now is the time to acknowledge anger that has been repressed

DEFINITION: The presence of an angry ghost can cause enormous fear and an uproar. They may stomp around and throw things or otherwise make their presence known in negative ways. Angry ghosts are said to be the spirits of those who have died with vengeance in their hearts and are seeking retribution from the living. They may be the spirits of those who have not been able to come to terms with their passing.

KEY IDEAS: RESENTMENT - REPRESSED ANGER - NEGATIVE ENERGY - UNHEALTHY EMOTIONS - BITTERNESS

READING: You are being guided to recognize resentments and repressed anger. Hidden anger can stalk you, poisoning relationships and your health. This can alter your energy and make you a magnet for anger from the physical and beyond.

Anger must be recognized and accepted. It will not be denied. Anger is a secondary emotion to the primary emotion of fear. Examine this situation for what makes you fearful and angry. Once you've accepted it as normal emotion, needing no justification, you can begin to heal.

This is not about confrontation but the gentle and loving acceptance of your own feelings. Of course, while angry feelings are acceptable, antisocial behavior is not.

# **AUTOMATIC WRITING**

Remember who you are

DEFINITION: A type of channeling, Automatic Writing is a good way to communicate with your higher-self and/or your spirit guides. In a semi-meditative state, ask a question and allow yourself to simply write whatever comes up. Many compare this to simply taking dictation. Your higher self and your guides will only ever convey positive messages of love and warmth. If the messages you receive seem negative or fearful, you can be sure it's not from a higher vibration.

KEY IDEAS: SPONTANEITY – TRUTH – A CRY FROM THE HEART – INTIMACY – WRITTEN MESSAGES

READING: Time to get back to what's really real. Honor that which arises spontaneously. This implies a slowing down and drawing towards you only that which you cherish. This is a cry from the heart to remember who you are. Communication with your higher self is indicated at this time to help re-discover your simplest truths. There is nothing to be added, only stripped away. Genuine intimacy both with self and others is well-positioned at this time.

# **BLACK-EYED KIDS**

**Ulterior Motives** 

DEFINITION: Perhaps there's nothing more terrifying or unsettling than to run into a pack of these creatures. They are reported to approach people seeking entry to their homes or cars. The requests they make are strange and overly familiar. They are generally dressed in old-fashioned or very odd clothing and almost always with a hoodie partially obscuring their faces. It's only when the victim engages closely with them, that they are shocked to see that these "children" have completely black eyes. The question is: what happens if they get in?

KEY IDEAS: FALSE APPEARANCES - GUILE AND DECEIT – FRAUDULENCE - NECESSARY VIGILANCE – DISARMING TACTICS

READING: There is a strong probability that what is being presented right now in terms of an offer or deal is not what it seems. Someone may appear to be offering a version of themselves that they are not capable of maintaining. This could be something that is done without guile or it could represent nefarious intentions. This is a warning to take things slowly when entering a new situation or relationship. Double-check everything possible and proceed with caution.

# CASTLE GHOST

START ANEW: A FRESH BREEZE OVERTAKES THE OLD AND OBSOLETE.

DEFINITION: This is the image of a lonely, wandering spirit haunting the ancient ruins of mankind's past. Time has passed leaving the Castle Ghost behind, to roam the halls of a bygone world.

KEY IDEAS: EMBRACE THE NEW - OLD WAYS CRUMBLE - NEW NORMAL - END OF A HIERARCHY – FOCUS ON PAST

READING: Now is the time to embrace change. The old hierarchy has had its day and a new normal is about to begin. Old ways of thinking and beliefs will crumble. This is not a time for grasping or trying to control the uncontrollable. The overall changes will be positive or negative to the degree that you try to hang onto old ways. Do not try to force your will on a changing situation.

This is a time of transition. The universe is shaking up your world in order to rid you of the things that will not serve you in the future.

# **CHANNELING**

# Connect to a higher vibration

DEFINITION: To channel is to allow the ego-mind to step aside so that the higher self can use the physical body to convey messages. These messages can be spoken or written. Guides and other spiritual entities can come through a channel. There have been many famous channels over the ages. Jane Roberts was famous for channeling an entity called Seth who dictated a series of books. In contemporary times, Esther Hicks channels a group of entities called Abraham.

KEY IDEAS: QUESTIONS ANSWERED – HUMILITY - HIGHER SELF – ALLOWING – OPENING TO SPIRIT

READING: Sometimes the answers to our questions are obscured by the physical world. The ego must step aside temporarily to allow your higher self to enlighten you about a concern or question that you have.

Meditation, mindfulness, and prayer will help you gain what is needed right now. The higher part of you knows the right course of action. A spiritual connection with that part of your being will be useful.

You may want to journal your concerns and wait patiently for the download of a compassionate and loving response.

# **CRYPTIDS**

Call of the wild! Get in touch with your instincts

DEFINITION: They're not supposed to exist, but there are many reports of undocumented creatures roaming, flying, and swimming the earth. They inhabit many categories of fauna, including the legendary and the supernatural. A cryptid can be as prosaic as different species of insects and birds to the much stranger variety like Sasquatch.

KEY IDEAS: BACK TO BASICS - SHED RESTRICTIONS - BLOSSOMING FREEDOM – BREAKTHROUGH - PURITY

READING: Now is the time to get back to basics. Shed the constraints of group mentality and revisit the wilder and uncultivated being inside. There are parts of yourself that will blossom when given some freedom. Spend some quality time in a natural setting. Turn up the music and dance with abandon. Releasing your self-imposed constraints will lead to a breakthrough.

# CRYSTAL BALL

Revelation: Something unclear becomes visible

DEFINITION: Crystal balls are a method of scrying. Scrying can be done with any reflective surface, but black reflective surfaces are preferred by some. Scrying is the act of bypassing the physical eyes to see visions. Scrying is used to see images from beyond the veil and foretell the future. The ancient Romans give us our earliest accounts of scrying.

KEY IDEAS: GAINING UNDERSTANDING - EMOTIONAL CLARITY – MOTIVE REVEALED - UNEXPECTED NEWS

READING: The time has come for clarity. You will gain understanding in connection with an issue or person that has been frustrating or puzzling you.

# **CRYSTALS**

Positive change comes with a major energy shift

DEFINITION: Both science and industry use crystals extensively. Produced by the earth, they are used in computers, optics, and microelectronic devices. There is evidence that crystals were used by our ancestors in ritual and for healing. It is thought that the tight, uniform composition of crystals amplifies energy frequencies, increasing good energy and eliminating toxic energy.

KEY IDEAS: STAGNATION ENDS - GAIN IN MOMENTUM – RECLAMATION - SWIFT PROGRESS – HIGHER VIBRATION

READING: A major change in energy has an effect on what has been a stagnant situation. An issue that has not had any forward motion will now gain some momentum in a favorable direction. Something you thought was lost will be found again. A change in health for the better. It is time to reinvest in those things you've given up on.

# **DEMON**

Negative vibration. Eliminate all detrimental thoughts and intentions

DEFINITION: The ancient Greeks referred to "Daimons" as guardian spirits, similar to guardian angels or guides. It appears that these pagan notions were deliberately associated with evil upon the rise of Christianity. Demons are now thought to be minions of Satan, the evil one. A lot of people believe that "Demons" are simply the "face" that negative energy displays because it plays on our deepest fears.

KEY IDEAS: NEGATIVE INFLUENCE - LOWERED FREQUENCIES - NEGATIVE THOUGHTS/INTENTIONS - VICIOUS CYCLE

READING: This is a "heads up" that you are being impacted by negative energies. These energies are a direct result of a lowered frequency due to negative thoughts, emotions, intentions, and beliefs. Negative beliefs about ourselves, others, and our situation will result in negative thoughts and feelings. This will become an endless loop attracting even more negativity as it goes.

Raise your vibration to repel this negativity. Examine your beliefs honestly through introspection and journaling and release any that are negative. Develop positive affirmations and habits to replace them.

# DISAPPEARING GHOST

Something is about to slip through your hands

# DEFINITION:

For millennia, ghosts have been interpreted as strictly the spirits of the dead. It is thought that they revisit this plane for various reasons or that they're trapped here somehow.

Technically, all ghosts are disappearing ghosts. One of the hallmarks of paranormal occurrences is that they are here one minute, and then they're gone. For some, this is an indication that these phenomena represent a momentary collision of our dimension with another's. Could ghosts represent phenomena coming from various dimensions, even those involving time itself?

KEY IDEAS: LOSING TRACK- SOMETHING GETS AWAY - LOSING SIGHT OF SOMETHING - OVERLOOKING DETAILS

READING: You are losing track of something. This could be a romantic interest, as in "the one that got away," or concerning another life situation. Take a moment to do an inventory of the things that are important to you. Have you lost sight of some future goals? Are you neglecting or overlooking some detail? Are there some self-care routines that have been slipping? Now is the time to prevent a future loss.

# **DOGMAN**

Not a time to stand your ground. This is a time for graceful retreat.

DEFINITION: These upright canine cryptids are sometimes likened to Werewolves. There have been numerous reports of encounters with these creatures in the forests of North America. Probably the most well-known are the Michigan Dogman and the Beast of Bray Road. The Dogman has been described as "pure evil."

KEY IDEAS: SNEAK ATTACK - TRAUMA - CONTINUED PATIENCE REQUIRED - DISRUPTIVE ENERGY

READING: A sneak attack from an unexpected quarter. This could come in the form of a vicious quarrel that comes out of the blue. A traumatic event results from forces that are beyond your ability to contend with. An unforeseen negative issue arises seemingly from nowhere.

This is a time to muster your patience and to develop a coping strategy that doesn't include confrontation.

# DOPPELGANGER

Integrate all parts of yourself

DEFINITION: Meaning "Double-goer" in German, The Doppelganger is a phenomenon with a lot of baggage. In past times, seeing someone's exact double was thought to be a harbinger of bad luck. These exact doubles of people have also been termed "evil twins."

Doppelgangers seem to be reported mostly as one aspect to an ongoing haunting, particularly if there are negative elements involved.

KEY IDEAS: HIDDEN ASSETS - A MERGING OF ASPECTS - RADICAL SELF-ACCEPTANCE - MAKING A WHOLE FROM MULTIPLE PARTS

READING: Will the real you please stand up? This card is giving you permission to embrace the whole you. Embrace the parts of yourself that up until now have remained hidden due to childhood conditioning. Examining the qualities that you reject about yourself and others, may reveal that they are someone else's fears that have been projected on you.

Claiming all of yourself will strengthen your will and empower you.

# **DOWSING RODS**

Revelation: What has been long sought will be revealed

# **DEFINITION:**

Dowsing, also known as Divining or "Water Witching," is a method of discovery. This usually involves the location of something in the physical world, usually underground, like water, oil, or graves. Traditionally, this is accomplished by holding either a single "Y" shaped branch or two "L" shaped rods and reading their movements. The actual source of the rod's movement is a matter of some debate.

The history of dowsing itself is also controversial, but it appears to go back to ancient times.

KEY IDEAS: STRUGGLE ENDS - EFFORT PAYS OFF - CHANGED OUTCOME - RECOVERY - RELIEF - STRUGGLE ENDS

READING: A long-time struggle comes to an end. Sudden insights. A Eureka moment. This is a favorable outcome provided that the intention has been for the good of all. Ulterior motives are stripped away, and the innermost heart of a long-standing situation will become clear. This can be a moment of great relief born by a new perspective on a matter that has been a long and difficult labor.

# **ECTOPLASM**

Something is at a very fragile stage and needs nurturing to be brought to fruition

DEFINITION: Ectoplasm is a luminous and vaporous substance sometimes connected with paranormal occurrences. It is most often associated with mediumship and is said to emanate from the bodies of mediums in the trance state. It is generally thought to have been faked in photographs during the Victorian age.

KEY IDEAS: BEGINNING STAGES - MORE TO LEARN - NURTURING – WAITING – SOMETHING IS TAKING SHAPE

READING: An issue, relationship or an idea is in the beginning stages and requires more work to manifest. The framework is there and there's been a good start but the final outcome is not at hand yet. There may be a temptation to wind things up prematurely but this would be a mistake. There is more to be learned and addressed here. Patience is required.

# **ELVES**

Establish Order: organize your surroundings and your thoughts.

DEFINITION: Elves have been recorded in European folklore for centuries and probably were known well before. They are recognized as both friend and enemy to mankind. Although most are friendly to humans, they are quick to take offense and quick to hand out punishments. Elves are known for their physical beauty and disdain unpleasant surroundings. Most cultures seem to acknowledge these creatures albeit by different names.

KEY IDEAS: ORGANIZE THOUGHTS - ATTEND TO THE MUNDANE - DOWNSIZE AND CLEAN UP - PURIFY

READING: Time to step back and see the bigger picture. This card indicates there could be something you're missing due to an overwhelm of things needing your attention. This is a particularly good time to organize your thoughts and attend to any mundane tasks that have accumulated. Pay special attention to anything that presents in multiples. Pay bills, clean out closets and reduce the accumulation of "stuff" in your life.

# **EMPATH**

# **ENERGY SENSITIVE**

DEFINITION: Empaths often go through life feeling that they are too sensitive and finding that they are significantly impacted by things that don't seem to bother others. While there are several kinds of empaths, most can relate to feeling the emotions of other people. Empaths can usually feel the truth or falseness of words, situations, and people. There are many traits attributed to empaths and every empath is an individual in terms of degree and areas of sensitivity.

KEY IDEAS: TRUTH BAROMETER - EMPATHIC ABILITIES - EMOTIONAL CONDUIT - SUBTLE ENERGIES - BOUNDARIES

READING: Align yourself with positive frequencies. You are especially sensitive to subtle energies and especially the emotions of others right now. Boundaries are very important for you right now, as negative people may be drawn to you. Grounding your energy is also very important. Spending time in nature is key to healing for you.

# ELECTRONIC VOICE PHENOMENA

Something you hear will have great importance.

DEFINITION: Electronic Voice Phenomena or EVP is a form of Instrumental Trans Communication (ITC.) It is believed that the dead can transmit information via various electronic instruments. EVP is probably the most commonly employed. In EVP voices and other sounds not heard by the human ear are found to be recorded on electronic devices. Often these voices communicate in relevant ways to questions being asked or activities occurring at the same time.

KEY IDEAS: AUDIBLE GUIDANCE – CLAIRAUDIENCE – OVERHEARD - MEANINGFUL WORDS

READING: Listen closely for meaningful words and sounds. Something you hear will be significant, or an important message will be delivered audibly. Pay attention to snippets of overheard conversations, songs, and other sounds. You possess the psychic gift of clairaudience. This would be a good time to use this gift to connect with spirit.

# **FAIRIES**

something from your subconscious is trying to breakthrough

DEFINITION: Fairies are otherworldly beings known since pre-Christian times. Fairies are known by many names and in many cultures. They can take many forms from insect to human size. Many European countries have long histories with the fairies and customs related to them continue today. Fairies are known to embody both good and bad qualities and behaviors. They can often act as tricksters.

KEY IDEAS: SOUL KNOWLEDGE - DREAMS AND SIGNS - TIME IN NATURE - NUDGES FROM WITHIN

READING: Check for blocks to your connection with your higher self. Something deep in your unconscious mind is attempting to break into conscious awareness. Soul-level knowledge that will assist you with current issues. Pay careful attention to dreams, signs and synchronicities. Spend as much time in nature as possible right now. There is something of value to be uncovered.

# **GHOST ANIMAL**

# Radical Self-Acceptance

DEFINITION: Not only has it been long believed that animals can perceive spirit, but there are many accounts of humans perceiving animal spirits. We're mostly talking companion animals here, as they are probably the only ones interested in making contact. It seems that in these accounts, our animal friends are fine and happy in their spiritual forms and just want to let us know that they're okay.

KEY IDEAS: SELF-ACCEPTANCE - BELOVED PET – SIMPLICITY - SELF-CARE – OVERCOME CONDITIONING

READING: Nothing less than extreme self-acceptance will do right now. Whatever flaws or failings you've been holding against yourself, are ready to be accepted. This is not the time to deny, cover-up or apologize for what you see as negatives in yourself. These negatives are simply a matter of conditioning from someone else's playbook anyway. Accept yourself as a complete being just as you are. Remember: "We are all broken. That's how the light gets in."

# **GHOST CHILD**

Embrace child-like joy and candor

DEFINITION: Is there anything creepier or more disquieting than a ghost child? They trigger a profound sense of injustice in us. Why would a child's spirit be left in such a lonely and precarious position? Not only is the concept hair-raising, but it also shakes up our sense of trust in the benevolence of the universe.

Add to this many accounts in which the appearance of a ghost child portends the arrival of darker energies. It seems that negative entities may present as children to trigger our compassion thus lowering our guard.

KEY IDEAS: INNER CHILD - JOY OF LIVING - CREATIVE PURSUITS - SIMPLIFY

READING: The children we were exist within us still. At this time, your inner child is pleading for expression. Embrace all things that are child-like and experience the simple joys of living! Take a minute to recollect the things you loved to do as a child. Allow yourself to experience them once again. Sing and dance like no one's watching. Grab a coloring book and some crayons – allow yourself to color outside the lines. This is a great time for creative pursuits. Allow the wisdom of your inner child to guide you.

# **GHOST**

Something elusive from your past reappears

DEFINITION: What is a ghost? There are many schools of thought on this question. Most people have decided that they are the spirits of the dead who are seeking to interact with the living. Some ghosts do seem to interact with the living, and they're called "intelligent." Others seem to be more like a video playing over and over, not seeming to notice our reality at all. These are known as "residual."

KEY IDEAS: RETURNING ISSUE — LET GO – TRANSCEND – RECURRING ISSUE - REAPPEARANCE

READING: Something elusive from your past, not quite reconciled, is coming up for healing. A remnant of your past is reappearing in a different form. This is a belief or attitude that has no bearing on your life today. To dismiss it, you must first acknowledge it. This represents an old trauma that can now be brought to a close. Write down whatever comes to mind, offer gratitude for the experience and then destroy the paper. Have the intention that it is now completely gone.

# **GNOME**

Good tidings on the home front

DEFINITION: You can spot them in gardens all over the world - stout little men sporting conical hats and long white beards. We like to include their likeness amongst our flowers and shrubs. Our ancestors believed they were benevolent creatures who lived underground. They relied on them for crop protection and general good luck. The folklore around Gnomes is ancient, and they have traditionally been associated with both mining and farming.

KEY IDEAS: HEARTH AND HOME – REPAIR - DOMESTIC ISSUES - MATERIAL COMFORT - SHELTER FROM THE STORM - FERTILITY

READING: A good omen for anything to do with your home, both physically and spiritually. This is a positive time for the reconstruction and repair of all things. This includes relationships, especially those that exist under your roof. A good time also for real estate transactions and apartment hunts. Consider adopting a pet or surrounding yourself with houseplants. Fertility abounds – a good time for pregnancy or birth of any kind.

# INTELLIGENT HAUNTING

Manifestation results from focused intent

DEFINITION: More rarely seen than residual hauntings, intelligent hauntings feature a spirit or ghost that interacts with our reality in real-time. These spirits can be heard, seen, and felt by the living. Communication with intelligent ghosts has been achieved many times. Often, they seem to be seeking assistance or striving to finish some business left undone during their lifetimes. Many times, death has resulted from a violent or sudden occurrence and they remain in a state of confusion or despair.

KEY IDEAS: CONCENTRATION - DELIBERATE ACTION – PREMEDITATION - TARGETED GOALS

READING: This is a fertile time for manifesting your desires. Concentration and heart-centered intent will ultimately allow you to achieve that which resonates with your level of consciousness. Aim to increase your vibration and that of your surroundings to ensure a clear channel. Release any negativity by crowding it out with joy. Clear out clutter to provide a space to receive something new.

# JERSEY DEVIL

A distortion in thinking is hindering progress

DEFINITION: For three hundred years, the Jersey Devil has haunted the Pine Barrens area in New Jersey. Reported as winged and leathery-skinned, details of the creature have varied over the years. Reports however are numerous. A high-pitched scream, however, is one awful detail that seems to be consistent. Sightings and encounters persist to this day. The story of a woman's curse is attached to this phenomenon.

KEY IDEAS: OBSTACLES - IMPEDED PROGRESS - SELF-SABOTAGE - LIMITING BELIEFS

READING: A new approach is needed. Progress is impeded by thinking that has gone off track. Check your mindset about an issue to determine where beliefs and assumptions have been tripping you up. A mental inventory is necessary to see where ego may have limited your viewpoint. You may be holding onto a position that can now safely be let go.

# LAKE MONSTER

A calm surface conceals intense emotions

DEFINITION: Nessie, the famous lake creature of Loch Ness is probably the best-known example of this phenomenon but they've been seen all over the world. Accounts go back for hundreds of years. A lucky few have actually witnessed these serpent-like cryptids rearing their heads above the lake surface, but these sightings are rare. Some believe that Lake Monsters are a hidden species descended from the dinosaur.

KEY IDEAS: EYE-OPENING - UNEXPECTED EMOTIONS - SUDDEN INTENSITY - EXPLOSIVE

READING: Something currently unknown will reveal itself as unexpected emotions. Someone has been waiting for the right moment to reveal their feelings. This won't come as gentle rain, but as a powerful storm. This issue if handled well, will represent the end of a barrier and allow for healing. If not handled well, it could spell great difficulty coming in a relationship.

# LOVING SPIRIT

A loved one is reaching across the divide

DEFINITION: Visits from the loved ones who have preceded us in death have been reported for time immemorial. These are virtually always messages of love and comfort. Most often, our loved ones want us to know that they are well and have made the transition to home. Sometimes they just want to remind us of their love for us. This is perhaps the most common paranormal experience, known worldwide in all places and times.

KEY IDEAS: TRIBAL CONNECTION - LOVING SUPPORT – ANCESTRY - FAMILIAR SPIRITS

READING: Pay special attention to your feeling sense. A loved one is reaching out to you with unconditional love and a message of peace. No matter the difficulties that may have existed in your earthly relationship, the only truth between you now is love. Spend some time quietly connecting. Relive positive memories and contemplate old photos. This will help to strengthen the connection between you.

# NEAR DEATH EXPERIENCE

Embracing major transformation

DEFINITION: Afterlife experiences have been reported by people who have been close to death for hundreds of years. The earliest known account is thought to be The Vision of Er, as reported by Plato and recorded by Plutarch in ancient Greece. The International Association of Near-Death Studies (IANDS,) defines them as follows: "A near-death experience, or NDE, is a profound psychological event that may occur to a person close to death or who is not near death but in a situation of physical or emotional crisis." These experiences are profound and lifealtering for those who recount them.

KEY IDEAS: TRANSITION - MAJOR UPHEAVAL - MOVING FORWARD - REBIRTH

READING: You will be presented with the need to come to terms with a major change. It's important to remember that this is simply a transition to a new form of energy – nothing is ever really gone. This represents a crossroads and you will find yourself on a new road. Moving forward, it is necessary to move from a familiar landscape to unchartered waters. The only impediment to a bright, new future is resistance to change.

# **NORDICS**

Renewed love of mankind

DEFINITION: According to contactees, The Nordics are a race of extraterrestrials (some say underground earthlings,) who resemble the classic Norseman. They are said to have pale skin, blue eyes, blonde hair, and stand somewhere in the range of seven feet. These aliens are said to be very benevolent and are sometimes called "Space Brothers."

 $\label{eq:keyideas: healthy relationships - Gentleness - Respect - Goodwill - Decency - Trustworthy$ 

READING: You are entering a period of dignity and grace. Expect a loving soul to step into your life to show you a new, loving way of seeing the world. This person will not "bowl-you-over," but rather their gentle ways will help to guide you. This is a human guide who will be like a breath of fresh air allowing you to see the positivity all around you. A renewed sense of humanitarianism is being born within you. This is a good omen for a new romantic relationship, as it could very well become a lifetime partnership.

Clarity comes for something that's been elusive

DEFINITION: Orbs are reported in a multitude of sizes. They range from the size of a marble to that of a car or larger. They are seen singly or in multiples. Orbs appear to be an element common to different kinds of paranormal phenomena. In the sky, they are often thought to be UFOS. In a cemetery, an association is made with ghosts. They are known to make an appearance just before or simultaneously with cryptid sightings.

Orbs vary in color and appear to completely discreet spheres of light. A distinction exists between orbs seen with the naked eye and those appearing in photographs or video. The latter are generally debunked as dust particles reflecting light.

KEY IDEAS: NEXT LEVEL - THINGS COME TO LIGHT - OVERDUE REVELATIONS - STALEMATE ENDS

READING: An issue that may have had you at an impasse with suddenly open up. Clarity as to the next step will reveal itself. This could also mean that hidden motivations will be revealed. This is a time for sudden understandings and lightbulb moments. Deep insights into your own motivations may cause you to reflect and reorganize your own master plan. Deep insights are now available to you.

# OUT OF BODY EXPERIENCE

Revelations about the self

DEFINITION: Usually occurring during or just before sleep, the experiencer reports separating from the body. Many people experience this phenomenon spontaneously, but some can deliberately cause it to occur. Experiencers report the exploration of this world and others while out of body. Perhaps the most documented accounts of OOBE are from Robert Monroe, founder of The Monroe Institute. There are many techniques available for those who are interested in exploring this way.

KEY IDEAS: SELF DISCOVERY - BROADENED HORIZONS – MYSTERIES - NEW TERRAIN

READING: Time to explore new territory especially subjects of a spiritual nature. Now you can discover new facets of yourself and explore new ways of being in the world. Things that have been unknown become known and a broader understanding of reality results. This is a fertile time for exploration of esoteric topics.

# **PAST LIVES**

Healing issues of a karmic nature

DEFINITION: The concept of reincarnation has been with us for thousands of years. The belief in past lives is part of some of the world's oldest religions. Past life memories can present spontaneously in dreams and meditation or through specialized therapeutic hypnosis. Some believe that we have each lived hundreds of lives.

KEY IDEAS: CHALLENGED BELIEFS – REPEATING PATTERNS – HEALING KARMA – BAFFLING EMOTIONS

READING: Matters connected to a past life are coming up for healing now. You are being presented with a challenge related to your soul's growth. Take note of any strong reactions to people, situations, and places that may come up, these will be a clue to your soul evolution. Quiet contemplation, meditation, and self-love are tools in working through issues left over from past lifetimes. This is a good time to undergo past-life hypnosis as the soul is ready to heal certain deep issues.

## **PENDULUM**

Make a decision

DEFINITION: A pendulum can range from a simple weight attached to a string to a precious gem suspended from a gold chain. Pendulum dowsing has been used for centuries to obtain answers. The direction of the pendulum's swing is said to give "yes," "no," and "maybe" answers. Some believe that this divination tool creates a connection with Source. Others believe that it's the querent's own higher self supplying the answers. Still others believe that nearly imperceptible muscle movements may cause the pendulum's movement.

KEY IDEAS: DECISIONS - LET GO OF UNCERTAINTY - FAVORABLE TIMING - NO SECOND THOUGHTS

READING: What you've been on the fence about has no perfect answer but a decision now will tend to work in your favor. The time has come to make a choice and break the energy of stagnation around an issue. This is a time to end all stalemates as the outcome will be favorable for all involved.

#### **POLTERGEIST**

Chaotic transformation

DEFINITION: The word poltergeist comes from the German for "noisy ghost." There are varying opinions on whether a poltergeist is a ghost at all. Some believe that a poltergeist is a focused discharge of energy, usually associated with a child entering puberty. A poltergeist infestation can include a high degree of turbulent and destructive behavior. There are many famous poltergeist cases around the world. Poltergeist activity can be terrifying and has been known to cause real danger.

KEY IDEAS: DISARRAY - FORCEFUL CHANGE - TUMULTUOUS ENDING - KARMIC DEBT

READING: You are being challenged with tumultuous change that will test your mettle. This may represent major upheaval coming from multiple sources. Change that is Karmic in nature. Maintaining a sense of calm despite the disturbances around you will allow you to pass through relatively intact. This is a time where maintaining equilibrium may feel like a challenge, but it is necessary. Passing through this trial gracefully will award you unforeseen blessings. Stay in the moment, accept what IS, and don't allow yourself to be unsettled by things outside your control. Engage with only those issues that are before you.

## **PORTAL**

Spiritual connection

DEFINITION: In this context, a portal is a place where two dimensions brush up against each other, creating a thinning of the veil that separates them. Does this allow the inhabitants of one dimension to enter another or simply allow a view across the divide? There are many theories on portals. The famous Skinwalker Ranch is a place where entities have been reported exiting portals and accessing our reality.

KEY IDEAS: SPIRITUAL CONNECTION - ENERGY WORK - SPIRITUAL RITUAL - PSYCHIC GIFTS

READING: This is a good time to work on your connection to the spiritual world. The use of prayer, meditation, and oracles has the potential for powerfully positive results. Allow the energy being that you are to step forward and greet the energy that lies just beyond view.

This is a good time for energy healing whether you are the healer or the recipient. Work only with the intention to allow contact with positive energies. A permissive attitude could be seen as an invitation by lower energies.

#### **POSSESSION**

Hijacked energy

# **DEFINITION:**

The reports of spirit possession come out of many world cultures. In the west, it is associated with taking control of an individual's personal will by demonic forces. It is thought that there are increasing stages of control that are imposed on the sufferer culminating in possession. The impact on the victim is generally negative to physical and mental health. It is thought that the individual must relinquish their will or otherwise invite the initial infestation.

KEY IDEAS: ADDICTIONS/HABITS – DENIAL - HIJACKED WILL - UNHEALTHY BOUNDARIES

READING: This is the time to evaluate and develop a plan to eliminate all negative habits, addictions, and unhealthy relationships. Habitual negative thoughts and activities are ripe for clearing at this time. Now is the time for a ruthless inventory of yourself, uncovering issues and habits for which you've been in denial. Make a powerful effort to infuse positivity into your life in every aspect. Don't be afraid to enlist both human and spiritual help with this process.

## **PSYCHIC**

Your spiritual gifts are required

DEFINITION: Many believe that all human beings are equipped with senses that go beyond the five material ones we're familiar with. Knowledge obtained through channels that don't include our day-to-day senses is a phenomenon experienced by most people at one time or another. There are those among us who seem to be particularly able to utilize these channels. Some are born with these abilities and some cultivate them through practice.

KEY IDEAS: SPIRITUAL GIFTS - SEEING TRUTH - INFLUENCE CHANGE - WISDOM FROM BEYOND

READING: Upon reflection, you will find that you already know how to handle an issue that has been a source of distress. The answer comes with a change of heart and the willingness to take right action. You possess a vast amount of wisdom and untapped strength within. Now is the time to embrace these gifts and bring a difficult issue to its conclusion. Explore your psychic and intuitive gifts.

#### **REPTILIANS**

Negative intentions

DEFINITION: The Reptilian race is said to be very unfriendly. These creatures are alleged to be from the Draco Constellation although have now infiltrated most of the cosmos. They are described as very tall and muscular with a reptile-like appearance. They are also thought to have shape-shifting and psychic abilities. The Reptilians are reported to be extremely imperialistic and are bent on controlling our planet and its inhabitants. Several complex theories have evolved about the present infiltration of this species in the governments of Earth.

KEY IDEAS: BAD INTENT - VICTIM MENTALITY – NEGATIVITY - UNDERMINING ENERGIES

READING: A vibration of ill-intent needs to be addressed. Jealousy and a sense of lack are fueling a current situation. Steps are needed to repel negative energy that is being directed toward you in some way. This could be coming from a very surprising place and an unexpected individual. This is a time to set your intention that only love and friendship will resonate with your energetic field. Focusing on the positive will help to keep you free from an onslaught of negativity.

## **RESIDUAL HAUNTING**

Recurrent doubt threatens to wear you down

DEFINITION: These ghosts walk the same path, make the same sounds and actions over and over again. Unlike an intelligent haunting, they don't seem to be aware of the present-day surroundings. It is thought that residual hauntings may be the result of an energetic imprint on a place playing out when certain conditions are met. Theories suggest that a highly emotional event or tragic death can produce this phenomenon.

KEY IDEAS: REPEATING CYCLE - OUTDATED METHODS - RELEASE DOUBTS - HABITUAL REACTIONS

READING: Uncertainty is a recurring burden with roots in past events. Behaviors that once served a purpose have outgrown their usefulness. These behaviors are in danger of becoming toxic. There is nothing worth keeping here. Make a focused effort to cease worrying about issues for which the control is not yours or the time has not come for resolution. Doubt freezes the will and dulls the ability to act.

# **SASQUATCH**

Primal forces are at work

DEFINITION: An unknown hairy hominid reported in most parts of the globe but especially in North America. A variety of descriptions have been noted by witnesses. This diversity leads many to think that there exist several subspecies of this cryptid. The Sasquatch is believed to mainly inhabit wilderness areas, and it mostly avoids people. Based on reports, they can stand as tall as twelve feet but are generally in the seven-to-eight-foot range.

KEY IDEAS: FIERCE INDEPENDENCE - CREATIVITY - SOVEREIGNTY - COURAGE

READING: Embrace your natural self and your freedom of expression. This is a good time to claim your rights and to stand up for your beliefs. You possess the strength to overcome the status quo and lay claim to your individuality. If you've been holding back, now is the time to fearlessly engage your creative side. Endeavors started boldly now will deliver positive rewards.

## SHADOW PEOPLE

# Suspicions confirmed

DEFINITION: Often seen with peripheral vision, shadow people can be extremely tall and are sometimes reported as having red eyes. Sometimes the outline of clothing is visible, especially hats or monk-like hoods. Most encounters are brief, but some people appear to suffer an infestation of these beings. Though their motives are unknown to us, many report feeling threatened and terrified in their presence. Some believe that these are inter-dimensional entities slipping into and out of our reality at will.

KEY IDEAS: SUSPICIONS VERIFIED – EXPOSURE – REVELATION – CONFESSION – TRUTH - UNCOVERING

READING: The lights will be turned on a long-standing situation and dubious actions will be exposed. Something you've suspected will suddenly be validated. Ulterior motives will be uncovered. The truth about a situation will be revealed by exposure. This is not necessarily a negative as fear is the motivator here, and it can be dispelled through honest discourse. A return to a level playing field.

#### **SHAPESHIFTER**

Crucial change of perspective

DEFINITION: Once part of worldwide folklore, the concept of shapeshifting may be primarily associated with indigenous cultures today. The act of shapeshifting allows an individual to immerse themselves wholly into another consciousness. Often used to embody the consciousness of prey in hunting cultures, it can also be used for much more nefarious purposes. European legends of the Werewolf are said to arise from this concept.

KEY IDEAS: PERSONAL CHANGE – INTROSPECTION - ALTERED PERSPECTIVES - NEW SLANT

READING: A brand new slant on one's self-concept. This is a time to see things through another's eyes and/or see oneself in a brand-new light. A whole new awareness is called for. Old attitudes and assumptions can be seen in a new way now. This is a time of global change and the old ways must be put aside in order to move forward. This denotes a falling away of old beliefs and reliance on old structures that are in the process of collapsing. Although these are global concepts, you are being called to embrace these changes on an intimate, personal level.

#### SPIRIT BOARD

## Breakdown in communication

DEFINITION: A simple board game or an instrument of Satan? Opinions vary widely on both the efficacy and the safety of Spirit Board use in spirit communication. The most popular spirit board is, of course, the Ouija Board, created in the nineteenth century and thought to have come out of the popular Spiritualist movement of the time. Many have reported negative experiences with this device. Some believe that its use creates an inadvisable "open door" policy for negative spirits. Others believe that it's a harmless instrument for use in spirit contact.

KEY IDEAS: MISUNDERSTANDINGS - LAPSE OF JUDGEMENT – GLITCHES - FALLACY

READING: There is a vulnerability in recent and/or future communications. The written word especially may be a source of misunderstanding. Clearing up recent communication misstatements may also clear up some personal differences. This could be as small as a typo or a glitch in a recent text message. Words have either been misused or misconstrued. Review all recent correspondence and or conversations for errors or muddled meanings.

## SPIRIT GUIDE

Your Spirit Guide stands ready to help

DEFINITION: Spirit Guides are usually distinguished from angels by the premise that they are spirits who once lived as human beings, while angels have not. Though we have one primary guide, it is said that we will be assisted by various spirit guides in our lifetimes. These guides will be suited to our needs at any given time. It is thought that guides help us to navigate the difficulties we face in life, but we must remember to ask for their assistance.

KEY IDEAS: ASSISTANCE – RESCUE – PATRONAGE - BENEVOLENT BEINGS - FELLOWSHIP

READING: Call on your guide for assistance at this time. He/she is ready to help in removing any obstacles to your well being and progress. Fear puts blocks in your energy field making this influence harder to discern. Take time for meditation, long walks alone, and spending time in nature to get in touch. Your Spirit Guide wants to work closely with you in fulfilling your soul's purpose.

## **TAROT CARDS**

Step-by-step solution

DEFINITION: Although the history is obscure, the use of Tarot cards seems to go back to the mid-fourteenth century in Europe. It is believed, however, that this divination method was imported from Egypt at an earlier time. Their history is also entwined with the use of playing cards in general, which seems to be of Chinese origin. The traditional "suits," however, seem to be a European creation. Tarot is a well-known and commonplace divination tool still in use today.

KEY IDEAS: RIGHT TIMING - SMALL CHANGES - INCREMENTAL MODIFICATION – TIME FRAMES

READING: Like puzzle pieces, the answer to this issue will be revealed little-by-little, over time. Unseen energies are at work and seeking a positive solution. Small changes will accumulate more slowly than desired. A great deal of patience is required at this time. This is ultimately about timing and standing by in hopeful expectation. The outcome will be positive, provided one has the patience to allow the situation to unfold. This is a lesson in manifestation. Maintain positive thoughts around this issue and then let go of it.

# THE CREEPER

An opportunity is coming in an unusual way

DEFINITION: Another aspect of shadow people, Creepers have been seen sliding up walls and across ceilings. They seem to be most often seen in abandoned buildings. The reaction to them is predominantly negative, although we have no real way of knowing what their true intent is.

KEY IDEAS: FIRST IMPRESSIONS - DIG BENEATH THE SURFACE - WEIRD EVENTS - GIFTS FROM ODD PLACES - HOLD OUT FOR CLARITY

READING: Pay attention to people and situations that present in an unexpected way. There is possibility here for you, but you will have to change your point of view in order to see it. Take note of things that are slightly out-of-focus or don't make sense at first blush. Digging a little deeper will reveal unusual benefits.

## THE GRAYS

Strive to see things through another's eyes

DEFINITION: The Grays are so-named because of their skin color. Since the 1960's they have been the extraterrestrials most reported in contact with humans. It's said that they're small in stature, with little musculature, and differently proportioned to humans. Their heads are reported as especially large, and their faces are featureless except for the enormous black eyes. They are most often cited in cases of alien abduction.

KEY IDEAS: THROUGH ANOTHER'S EYES – COMPROMISE - RELEASE FEAR - DISTORTED TRUTH

READING: Seeing this issue from another's point of view is the key to its solution. Your viewpoint is limiting your understanding of something. There is a compromise to be reached right now. Step away from your position and see how much fear has informed this problem. Check your information sources for distortions of the truth.

## THIN PLACES

Nature has the answer

DEFINITION: Although the term Thin Places is associated with Celtic Irish tradition, the wisdom is part of most indigenous cultures. Certain places in the world where natural elements come together are thought to contain a doorway to the spiritual. In these places, one straddles two worlds. These are places where the veil between heaven and earth is thin. With the coming of Christianity, these places were expanded to include sacred places of pilgrimage, churches, and cathedrals.

KEY IDEAS: HEALING - THE IN-BETWEEN - SPIRITUAL REPAIR – RESTORATION - CONNECTIONS

READING: Mother Earth is inviting you to seek out and avail yourself of her healing. Spend enough time in liminal places in nature to hear what speaks to your soul. Spending time in these places, will raise your frequency and help to remove blocks to your soul's growth. Create a sacred space in your home that celebrates the elements of Earth, Water, Fire, and Air.

## **THUNDERBIRD**

Sudden change is in the air

DEFINITION: The Thunderbird comes from Native American mythology and into present-day reality. Contemporary sightings of these giant winged creatures go back to at least the nineteenth century in the Americas. Some reports describe a creature with the leathery characteristics of the prehistoric Pterodactyl, while others report it as feathery. In all cases, these flying cryptids are described as being as tall as eight-feet with wing-spans up to twenty-feet. These creatures have occasionally been reported to swoop down and pick up animals and even children.

KEY IDEAS: SUDDEN CHANGE - TIPPING POINT – TENSION - ABRUPT CONCLUSION

READING: While generally positive, a change in the status quo of a long-standing issue will be sudden and unexpected. This is a "heads up" for coming changes. This foretells a sweeping change in this issue and one that has been overdue. Events will conspire to push something to the point of no return. Energies that have been building up over time will now seek a favorable release. What has been stagnant, becomes dynamic.

#### TIME SLIP

# Right timing

DEFINITION: A Time-Slip is the sudden experience of being in another era of time, usually the past. Through the ages, there have been numerous accounts of both individuals and groups of people experiencing time slips. For a brief time, these people report that they find themselves surrounded by a world that is not their own. Architectural styles, clothing, vehicles, and landscapes suddenly appear as they did in the past. The phenomenon ends as abruptly as it began. It has been noted that this brief interlude is accompanied by a heavy, depressed feeling and a lifeless stillness.

Carl Jung famously experienced this phenomenon during a visit to a Roman-era tomb in the 1930s.

KEY IDEAS: - TIMING - LAW OF ATTRACTION - LET GO OF EXPECTATIONS - GREATER ENERGIES AT WORK

READING: Only when all the unseen puzzle pieces fall into place will the timing be right for this issue. The underlying mechanisms at work here are completely unknown by you and therefore, the issue is out of your hands in its entirety. Among other things, this is a lesson in letting go in faith. Believe the right outcome will present itself. Things will not happen in the timeframe that you would like, but rather in a way that ensures a positive outcome for all. The best you can do is to not impede the energies at work.

# TROLL

Dumb luck factors in

DEFINITION: Trolls come down to us from Scandinavian mythology where they are seen as big, ugly, fairly stupid, and not-so-nice. They are known both for their voracious appetites and their lack of discrimination in food sources. It is said that trolls will eat anything including rocks, livestock, and humans.

KEY IDEAS: LADY LUCK - IMPULSE - CHANCE - BOOM OR BUST - WIN OR LOSE

READING: This is a good time to buy a lottery ticket, hit the Blackjack table, or establish a source of passive income. Luck that involves little or no strategy is favored at this time. Impulse is favored over method here. This is fleeting vibration, that is easy to bypass entirely. The downside is that you could easily be the loser in someone else's lucky chain of events. It's wise to keep a close eye on valuables at this time.

## UNIDENTIFIED FLYING OBJECTS

Hiding in plain sight

DEFINITION: Technically, the definition of an Unidentified Flying Object is anything in the sky that is not identifiable by the observer. Since biblical times at least, people have been reporting strange lights and crafts overhead. In the modern age, these craft are characterized by behavior that outdistances any technical level we have achieved. The question has slowly moved from whether they exist at all to whether they are extraterrestrial or inhabit a different dimension to ours.

KEY IDEA: UNUSUAL BLESSINGS - SINGULAR EVENTS - SERENDIPITY - A GIFT

READING: An unexpected gift comes in an unusual way. This could come in a manner that is unrecognizable at first, although it may be hiding in plain sight. There is a blessing to be found here. Dig into upcoming events to uncover the grace within. What may at first appear foreign achieves a level of opportunity upon scrutiny. Take nothing for granted, there is value in things that have been overlooked.

#### WATER SPRITE

Emotions rising to the surface

DEFINITION: Although there exists some confusion about labeling them, Water Sprites seem to be more ethereal than Fairies. Folklore describes them as elemental creatures who can live in water or on land. It is said that they can take any form, usually female. They are thought to be innocent and benign, although this has been disputed. Some feel that they are capable of causing harm if forced to defend their water element.

KEY IDEAS: ELIMINATE NEGATIVITY - DEEP EMOTIONS - EMERGING INTUITION - DROP YOUR STORY - FEEL YOUR FEELINGS

READING: Sometimes emotions can be harnessed to spur us into action. Sometimes they need tending. The emotions surfacing now, like rising water, are seeking an outlet through healing. These emotions tend to come from a deeper source. There is a story you are telling yourself about your circumstances that is not helpful. In detaching from this story, becoming mindful, and connecting with your body, you can dissipate the negativity. Once diffused, the path ahead becomes clearer.

## WEEPING GHOST

Emotional Clean up: Something needs another look

DEFINITION: Eerie wailing that reverberates off the very walls in a haunted house. Lamentations from the deepest part of the human heart. These are the spirits of people who suffered greatly in life due to tragedy or their own actions. They continue to suffer until they move off the earth plane. Often these souls need help in crossing over.

KEY IDEAS: CHECK WITH YOUR HEART - THINGS NOT CONSIDERED - EMOTIONAL FALLOUT - COLLATERAL DAMAGE

READING: Something you thought was resolved, wasn't. Emotional aspects still lurk in the corners waiting to be reconciled. Often this is a situation that didn't seem to have an emotional charge at the time. Sometimes it refers to a circumstance in which feelings were simply overlooked. What seemed finished is still seeking energetic release.

## WHITE LADY

Self-imposed limitation

DEFINITION: White Lady apparitions are seen all over the world. Different cultures assign different meanings to these specters. Sometimes they are classified as the ghosts of suicide victims. In some cultures, they represent the spirit of a young woman who died in childbirth and is searching for her newborn. Sometimes they are thought to be a murdered bride. The White Lady is a well-known member of the ghostly cast of characters. Many reports imply a residual nature to this ghost as she enacts the same behavior over and over.

KEY IDEAS: SELF-IMPOSED LIMITATION - LACK OF PROGRESS – OBSTACLES - SELF-SABOTAGE

READING: The energy of self-imprisonment. All outlets seem to be limited and the paths fraught with obstacles. Action is called for and a "one-step-at-a-time" attitude is needed. This indicates a frustrating lack of progress that is strictly an inside job. Although energy feels limited, there is exactly enough to break the spell of stuck-ness. The direction is less important than the simple act of beginning right now.

## WINGED HUMANOID

Scrupulous honesty

DEFINITION: Perhaps Mothman is the best-known of this type of cryptid but he/she is far from alone. There are many reports of large winged creatures featuring a human physique. There have been reports of owl-like, insect-like, and bird-like creatures in this category. Most sightings are brief and they are usually part of a larger "flap" in the area. Although terrifying, these creatures are not known to cause harm.

KEY IDEAS: ETHICAL DILEMMA - HIGH ROAD - GIVE TO GET - TRANSPARENCY

READING: The potential exists for a tricky quandary in business and/or personal dealings. Take the high road in all decision-making right now. Backlash will result from anything less than scrupulous dealings with others. A great potential for backfire in any posturing or agenda that is less than honest and transparent. You may find yourself involved in an ethical dilemma. Giving more than you get will pay off at a later time.

## WOOD NYMPH

Gifts of the Shaman

DEFINITION: Coming from Greek mythology, Wood Nymphs are a subspecies of nature spirits known as Dyads. Different types of Wood Nymphs are said to reside in, and embody different varieties of trees. They protect the trees and the animals that live in them. They are said to appear as kind and gentle young women. Sparkling lights seen in the forest are attributed to Wood Nymphs.

KEY IDEAS: HEALING GIFTS - AWAKENING POWERS - ENERGY WORKER – SHAMAN – UNTAPPED SPIRITUAL GIFTS

READING: This is a good time to tap into your ability to heal and to work on energy modalities. A call comes through your ancestral bloodline to explore these gifts. Explore your connection to ancient wisdom and mysteries. Connection with these ancient ones is favored at this time. A time for awakening your spiritual gifts.

Something needs to be left in peace

DEFINITION: An ancient legend in the Himalayan Mountains, Yeti reportedly stands to only about six feet, much shorter than its North American cousin, Sasquatch. Sometimes known as the Abominable Snowman, this moniker is now known to be a mistranslation by a western journalist. Many legends and much symbolism surround this cryptid in its native land.

KEY IDEAS: HANDS-OFF - OVERWORKING - NON-CONFRONTATION – YIELD – SOLITUDE -NON-CONFRONTATION

READING: A problem of some magnitude may appear virtually out of thin air. Don't panic! This issue is best addressed in as low-key a way as possible. Left alone, many facets will simply resolve themselves as quickly as they materialized. Your intuition will tell you which aspects to leave alone and which to take action on. It would be all-too-easy to add confusion and delay to this issue by trying too hard to fix it.