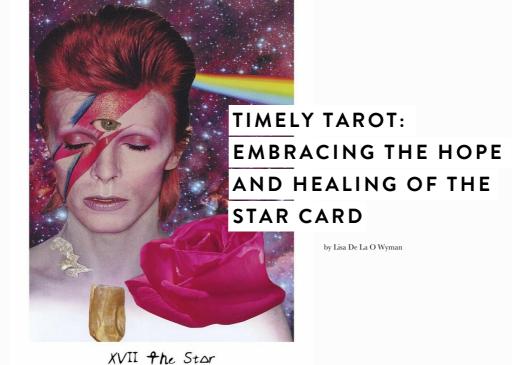
January 28, 2021

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Timely Tarot: Embracing the Hope and Healing of The Star Card by Lisa De La O Wyman



takes place in an ambience of wind chimes and aromatherapy candles. In reality, healing is an art and can also be quite difficult. It asks us to cultivate discipline and commitment to a new way of being. Healing requires change, largely through

surrender. It takes courage! It asks us to slow down, even as we work at our jobs and participate in relationships. Healing often comes after upheaval and encourages us to return to a state of embodiment and acceptance. The blessing of The Star card brings in much-needed hope, faith, spiritual guidance, and revitalization. It's our North Star, lighting the path back to wholeness and optimism. In the darkness of night, it helps us find our way, refreshing us with every step and connecting us to the power of the cosmos and potential of the collective.

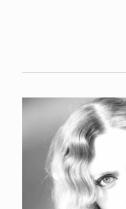
We've made it to 2021! While it would be lovely to imagine that the struggles and grief of last year are a thing of the past, it wouldn't be true. We are still dealing with the same issues and their accompanying emotions. However, one way we can create space for new possibility is to allow ourselves to heal. Healing is often depicted as something soft and cozy that







XVII The Star The Star Card Lioness Oracle The Star card invites us to engage in the process of healing, which is not about resting in bed. There is an effort and a surrender that must occur. Healing means committing to change, and not knowing how long it will take or who we will be on the other side of it. The healing journey must be completed and come full-circle, otherwise it will call you back to it again later, perhaps with more work to do. It's like a caterpillar entering the chrysalis stage of its metamorphosis. We are asked to incubate, which can sometimes make us uncomfortable. It's less about doing and more about being, which can stir up some resistance because we don't want to slow down. It's a time of rest, regeneration, inner knowing, and re-parenting with gentleness and patience. Healing can open our hearts, soothe the inflammation of past pain and anguish, and create space for powerful breakthroughs of all kinds. You don't have to withdraw from your life and check into a retreat center; deep healing can occur as you continue with your daily efforts. It's a different kind of shift and rest that largely takes place within your being, although alterations to your routine may be helpful. Most importantly, your healing happens not just for you as an individual, but also for the collective. By healing ourselves we can better participate in the world and its connections. Do your personal dreams and goals involve the collective? If they don't, they are perhaps too narrow. Widen your perspective and see the web of interconnection between everything in the world (and beyond). Place your star amongst the constellation of the collective cosmos. When a client pulls The Star card, they are probably moving through a prolonged period of strife or suffering. This cardoften comes when we most need it, and we might pull it repeatedly for some time. It reminds us that we can receive grace, healing, and invites us to refresh our hope at its waters. It might also encourage us to tap into the flow of spiritual energy around us, and to actively embrace prayer, meditation, deeper connection to nature, or whatever else helps us to feel a greater unity with the richly woven-fabric of the universe. When The Star shows up for you, it wants you to embrace your potential and explore how you can share it with the world as a loving gift. You're not supposed to be like everyone else you're YOU and have something very special to contribute. Different is good! In terms of The Star and healing, it's usually not a time of hard lessons or aggressive growth, but of rest, rejuvenation, integration, and receiving blessings. It may be unwise to take big action, make significant decisions, or initiate large projects. Remember – less doing, more being. Allow the healing to take place. Surrender your grip. It can be very subtle, and you may not even be able to identify what might need to be processed. Just show up for it and let the magic happen. You are a



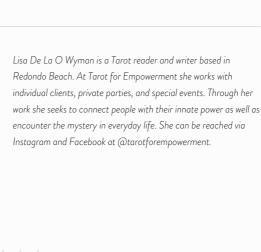
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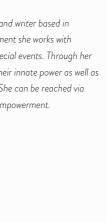
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