



1. HO'ZHO

The Beauty Way of the Navajo

You are my sacred Earth Child, and I am your divine Earth Mother. With unconditional love, I provide all that you want and need so that you may fulfil your sacred destiny. We will always belong to each other. With

abundance and generosity, I support you, revealing the divine beauty meant for you, so that joy and awe shall fill your soul. Relax now. It is time for you to be healed.

IN A READING

There is a beautiful solution available. Do not place your faith in worry or stress. Allow life to unfold. As you relax and give yourself permission to rest within the vastness and beauty of nature, you will become receptive to the best way to handle things. Don't try to figure it out by force. Let go and trust that what is needed is coming to you at the perfect time and in the perfect way. Your peaceful mind shall perceive readily and accurately all that you need to know.

SPIRITUAL GUIDANCE

The Beauty Way reminds you that beneath the noise, beneath your worries and concerns, there is oneness between you and life. Even if your world may feel chaotic at times, even if you fear that you have gone off track, the path that will return you to peace, beauty, balance and harmony is always here for you. You do not

have to become stressed or exhausted to fix what isn't working. Solutions can come to you more easily when you allow yourself to drop out of the pain and into the pleasure of the Beauty Way. Sometimes, problems will disappear altogether in this place, and you shall realise that they were nothing more than the dark creation of an overworked, fatigued mind. Sometimes, you will discover a different way to look at things, a helpful vision gifted by Great Spirit, and gain the energy to become productive, applying a simple and inspired idea that changes everything.

The Beauty Way isn't about ignoring the reality of the world or becoming superficial. The Beauty Way is a deep spiritual feeling of trust, openness, and appreciation of the divine presence shining in all aspects of life. This appreciation restores the soul with a sublime recognition of a greater, loving intelligence that is always present, always inviting, always responding. When some form of ugliness is disturbing your soul, threatening to steal your peaceful trust in the Divine, you are guided to come back to the Beauty Way, back into worshipful reverence of the sacred. From that place, you then become empowered to deal with the situation in a way that increases love and joy in yourself and the world. Rather than being overtaken by the ugliness, you are able to offer beauty instead.

Can you relax for a moment now? This is your first step into the Beauty Way. Allow the simple beauty of nature, of human kindness, of divine love to seep deep into your soul, infusing it like a sacred tea. Divine beauty moves through you and fills you, bringing you a lightly euphoric feeling. You can be uplifted. Renewed. At peace. The Divine Feminine knows how to create beautiful harmony. She includes you, your life journey, all

human beings and the world as a whole within her wisdom and grace. When you relax into her beauty, she will show you many possibilities. She will help you attract what you need and want most. In this way, you can become a channel through which her creative healing energy can flow abundantly into your life and to others in this world.

HEALING PROCESS

Holding the card lightly at your heart and the guidebook comfortably in your other hand, say the following aloud:

*Today I walk the Beauty Way,
All darkness and evil departs.
I now become beauty and peace,
With the cool breeze of divine grace renewing me from within.
My thoughts and my words are beautiful.
Nothing shall hinder my reverence and ease.
All day I walk the Beauty Way.*

Turn to the east (or your right). Say aloud: *The children of the earth are beautiful and blessed with wisdom. Care is given for all beings of the earth that are vulnerable and in need of divine protection. They play in divine beauty.*

Turn to the south (or turn again to your right). Say aloud: *The young people of the earth are beautiful and blessed with wisdom. The flow of life energy is aligned with divine will to benefit all, for the greatest good. They dance in divine beauty.*

Turn to the west (or turn again to your right). Say aloud: *The parents of the earth are beautiful and blessed with wisdom. Spiritual*

strength and true guardianship of all earth's beings prevail. They love in divine beauty.

Turn to the North (or turn again to your right). Say aloud: *The grandparents of the earth are beautiful and blessed with wisdom. Guidance is given and heeded to create harmony, peace and beauty between all peoples and the earth. They rest in divine beauty.*

Standing in the centre, say the following aloud:

I walk with beauty before me. I walk with beauty behind me.

I walk with beauty below me. I walk with beauty above me.

I walk with beauty all around me and within every part of my soul.

Take a moment to feel connection to your heart. Believe in the power of your words. Feel what it is like to trust in the healing divine beauty that flows in you and throughout all of life.

You have completed your healing process.



2. ESTANATLEHI

Turquoise Changing Woman

I am the Turquoise Moon Mother, and I come to you now with a message of change. This may be change that you want or change that you fear, but either way, I will show you how to use this change to become stronger, wiser and more empowered to fulfil your divine destiny. Do not fear the changes around you and within you. Trust in the timing of what is happening in your world.

IN A READING

Change is upon you. It is essential for your continued growth, and you do not need to fear it. As you allow for this change, remain steadfast in your inner spiritual connection. This gives you courage, trust, peace and reassurance, and you will find ways to navigate the shift so that your life improves through the process. If you are thinking of making a change, you are encouraged to do so without trying to force it. Be open and do your part to the best of your ability – but also tune in to your sense of divine timing, asking the Universe for help and allowing life to unfold according to its own rhythm of creative, loving intelligence.

SPIRITUAL GUIDANCE

Estanatlehi (pronounced es-tan-AHT-lu-hee) is the Turquoise Moon Goddess of the Navajo, known as Changing Woman. She is always changing and yet never dies. As she begins to age

she simply turns to walk to the east, the direction of the rising sun and beginnings, where she is renewed. Her blessings are for nourishment, renewal of energy and new beginnings. She brings hope, and reminds us that life is constantly renewing itself around us and within us. We can always begin again in that spirit of renewal. In the face of loss or destruction, her presence brings comfort, hope and peace, so that rather than losing faith and giving up because we feel defeated, we have the courage to continue to fight for what matters – with refreshed reserves of energy and enthusiasm.

If we are struggling with change – either too much of it or perhaps too little of it – Estanatlehi comes to us with reassuring guidance. When something is in need of repair, Great Spirit knows how to restore it. When something needs to end, Great Spirit will show the way to empty ourselves of the past and prepare for a new beginning. When there is lack or deprivation, the abundance and generosity of the Universe shall bring fullness. We do not need to fear change, whether wanted or unwanted. We just need to trust in the good and loving workings of the Universe. Estanatlehi reminds us of the divine feminine wisdom and power which expresses itself as life, always flowing, always changing, always evolving. We belong to life and can trust in it. Evolution is not always easy – often it requires tremendous courage of heart and inner strength. Yet the Turquoise Moon Mother will help us respond to any change in a way that increases love, light and wisdom within us and the world.

Turquoise Changing Woman is also known as the conqueror of monsters and the bringer of blessings, especially when we feel that we are under attack or lacking something that we need.

She teaches us that it is safe to rest our unconditional faith in divine grace. We make our efforts as wholeheartedly as we can – but in the gap between what we can do and what needs to be accomplished for beauty, peace and healing to happen on this planet, divine grace is there as the bridge, the catalyst, the miracle-worker. Grace does not do the work for us, but it does empower our efforts and assist us in fulfilling our purpose in ways the mind can rarely anticipate. Grace is the invisible and empowering hand of Great Spirit reaching for us daily. Turquoise Moon Mother watches over us with a reminder that we are not in this alone, that the Divine is our creative partner in all pursuits. We only need ask for help to be given, to realise that it is already there, waiting for us to receive it.

HEALING PROCESS

Find a comfortable place to sit quietly.

Say aloud: *Through unconditional love, I am blessed and empowered to grow through change. All that I need to evolve into the next expression of my divine destiny is generously provided for me. I surrender into divine blessing for renewal, now, open to receive my highest good. So be it.*

Hold the card and gaze at the moon behind the goddess. Reflect upon her image and the way her left thumb gently brings focus to her forehead, and, with her right palm facing upwards, she reaches to the ground beneath her. Here she bestows blessings.

Take a moment to centre yourself in your heart. Are you open and willing to receive a divine blessing? Can you allow yourself to become clear and receptive, trusting in what will be granted?

When you are ready, you may wish to mirror the pose depicted

in the card image by placing your own left thumb on your forehead for a few moments as you extend your right arm out, palm facing upwards. You don't have to think – all you need to do is breathe and be, as though divine blessing is flowing through you from the Divine Mother and into the world.

Allow your gaze to become soft and diffuse, and when you are ready, close your eyes and relax. Stay in that relaxed state for as long as feels right for you. You may wish to chant, to meditate or even to fall asleep. When you are ready, awaken and ground yourself with some physical movement.

You have completed your healing process.