

Self- Worth

This will be a big step in your life. Embracing Self-Worth as a part of your support system means giving yourself the worthiness from within that you may have been spending years or lifetimes seeking externally.

The very nature of this dynamic is being in agreement with your own, inherent worthiness. This is not the worthiness of self as interpreted by others. This is not “I’m hanging on your every word to see if you deem me to have worth!” No, this is purely and simply *Self-Worth*. There isn’t a dispute or anything to be quantified. You. Are. ‘Nuff said! There’s nothing complex here: We live, we breathe, we have worth. Access it, agree to it, believe in it. You have this energy within yourself. Share it.

What are you “in” joying about your life? Any sense of contentment adds to your sense of worth. The beauty of the moments of living are how you personally identify yourself. How others quantify your choices does not reflect your own personal truth, nor should it ever do so. Even someone else’s approval causes you to give away your own focus and personal intuitiveness. I believe we lost our heightened senses of “knowing” as we gradually gave away our personal “worth” to others’ value systems.

Success in this life isn't about the acquisitions made. It's so much more about what we actually create through our own inspirations. What we become enthusiastic about, what we immerse ourselves in, help build our personal identity, through Self-Worth. The very core of Self-Worth lies in the energies of inspiration. As a Support card, Self-Worth will be life altering!



Allies

Goddess Guidance

Olwen (Wales) - Inspiration. This goddess represents the thirteen cycles of the moon. With each new moon Olwen offers a new cycle in which to rededicate yourself to being in your own, expanding vision.

Papa (Polynesia) - Providence. She offers support for you from all realms of the universe. There is no limit to where Papa will go to assist you in your quests in life. Trust her abilities. She has unlimited optimism.

Holda (Germany) - Destiny. Holda has learned many lessons of living through time, and now offers them freely as guidance and knowledge for anyone who asks for her help. She opens her door to receive and comfort you.

Animals

Moose - Worthiness. Moose helps us have a strong sense of self, and instructs us how to bring a goal to fruition. It represents achievement.

Mountain Lion - Foresight. Mountain Lion enhances our ability to take charge, to know that we will determine our own future.

Hawk - Freedom. Hawk asks that you be willing to embrace all possibility. Expand your vision. Fly into your own future.

Colors

Emerald Green - Dimensions. This is the light shining within your heart. It carries a powerful, abundant, embracing vibration.

Scarlet - Energy. The rich red resonates with expanded energy. It is a shimmering, alive, grounded essence.

Gold - Depth. Here Gold enhances activation, self-motivation. It helps us trust our ability to attain and succeed.

Tarot Archetype

The World - Being on solid ground. This archetype is aligned with the continuum of the Earth cycles. It aids us in knowing that life is a process, and to place complete trust in ourselves in that process. World means the letting

go of limiting Ego and, instead, embracing the unifying bliss of being in the circle of life.

Exercise

Begin by having a light around you. If daytime, be outside, or by a window. If night, lamps and candles are fine.

Breathe to open yourself up as much as possible. The energies being accessed are profound. You are invited to visit this wonderful Support again and again as you process through these various pathways. Breathe in confidence, openness, and hope. Breathe in active discernment, a pivotal key to embracing Self-Worth. Let the dynamic of discernment settle into your solar plexus. Breathe deeply from there. Feel yourself relaxing and drifting just slightly. You are alert, just not left-brain focused. Feel yourself grounded in the earth energies.

The goddess Holda is joining you, communicating her guidance and support of your life choices, passions, and how comfortable she wants you to feel about yourself. She sees your wisdom, and shares with you any additional guidance you may need. She assures you that your goals and plans for your life are wise and productive. Moose ambles onto the scene, gazing at you, kindly offering the tenacity of her own sense of achievement. Be with this wonderful energy. There is no rushing here. There is ease and space. A Scarlet essence surrounds you. Go deeper within yourself to feel your own, focused worth. Others opinions are to be acknowledged, but not necessarily embraced. Use your discernment as to whether “others” advice is to be accepted or released. Feel in your solar plexus — how do the words of another “feel” to you? YOU must discern these words. YOU must “know” whether they serve your process or not!

Feel the energy shifting as the goddess Papa of Polynesia joins you. She immediately begins swirling the

Scarlet, bringing some beautiful Emerald Green into the mix. She is also moving the energies up into your heart area. She insists you join her as she reveals many wonders of the Universe to you. She asks you to “see” as far into the unlimited realms she’s accessing for you as you possibly can. She has Hawk join in the flight out of the mundane, and into the profoundly expanded possible. Hawk invites you to soar through the Green and Scarlet, as he adds flecks of Gold, activating even more motivation toward your own, unlimited, self-vision. Up steps Olwen, with thirteen cycles of the moon shining above her in the sky. Look at the energies emanating through these stages of the moon. She brings these energies to you every single month with each new moon. She is the epitome of inspiration. Walking beside her is a Mountain Lion. You must feel free to access the support Mountain Lion gives you whenever “others” are investing in dismantling your own true sense of Self-Worth.

Again, feel the vibrant resonance of the swirling Emerald Green, the beautiful Scarlet, and the shimmering Gold. Look at how wonderfully their essences interact. Weave yourself a cloak from these energies, and remember to put it on whenever you feel your confidence in yourself may be at risk. But for now, put on your beautiful cloak and *FLY*.

