



SATARI AMBER

Only Love Is Real

Angel Thoughts Newsletter

July 2008

Greetings Earth Angels,

Part of my daily spiritual practice is to conduct an oracle card reading for myself in the morning. One of the cards that I frequently pull is “winter”. Puzzled by this I silently ask, “What does this mean”, and go on about my day. When finally today I received a reminder that life experiences occur in cycles, much the same as the butterfly medicine I have spoke about. Winter is a time for reflecting, resting, and gathering information before the springtime work of tending your spiritual garden and planting your seeds of intention once again.

I have been experiencing a time of feeling abandoned by the Universe. I have been affirming, asking for guidance even shouting I am willing to change, come on what do I need to do!!!! Only to hear complete silence which adds to my frustration. I have had many proverbial temper tantrums with the Universe these past 6 months (a lot...)
What has come from this experience is my wintertime is kind of a holding pattern, a time for less action and more going within to commune with God. There isn't anything for me to do except to just be and accept myself as I am without judgment. This transition period has allowed me to see what parts of myself that I do not love or accept fully. It has allowed me to expand my awareness of the Universe as a whole and to realize how even in my darkest time, there is still beauty. Like a patient loving parent God waits for me to finish my tantrum in order to allow my frustrations and anger to be released and then whispers “I Love You and I am here”

My feelings of abandonment are not about God they are about the little girl, who felt abandoned by the people closest to her. This part of me still believed the lies that I was told so long ago and without my wintertime, I would have continued to react from that little girl's perspective. Now that I have allowed the Universe to wipe my tears, I can see that I am not alone. I can accept support and allow abundance and support in all of its forms, I can give and receive with out fear of being hurt or feel guilt.

So, when you need your Me time, when you are all talked out and you do not feel strong enough to offer support to others it is ok. Just allow this time to be of inner reflection and not condemnation of your current situation.

Winter:

- Coldest time of the year
- Less light and more darkness
- Hibernation and rejuvenation
- Reflection.
- New Beginnings
- Self Acceptance

Helpful Exercises:

1. Practice more prayer and meditation exercises by increasing your daily practice by at least five minutes. Do not be frustrated if you do not receive answers right away.
2. Admit your true feeling, its ok to be vulnerable.
3. Journal as much as possible, this will allow your true feelings to surface in a safe environment.
4. Rest. If your body needs it, then honor that
5. Try not to be caught up in the story of your current experience. Try doing little things for yourself to help you stay out of depression, such as music, fresh flowers, stargazing, or watching the sunrise or set. Remember this is a time of reflection. Nature can help you clear your energy and provide messages that will help you keep the faith during this time of transition.

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