

*So, I leave you now in the care of the wondrous, caring and sublimely sensual mermaids. May you have many, inspired and blessed readings. Above all, may you be blessed by the emotional healing of the mermaids. May your heart become once again unhurt, whole and appreciated by others who love you dearly and hold you precious. But, most of all, may you love your own sensual, emotional, flowing self. You are blessed by Water, and born of Ocean. And now you are Home, and can be truly your whole self once again.*


*Blessed be,  
Lucy Cavendish*

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LUCY CAVENDISH

ORACLE OF THE MERMAIDS GUIDEBOOK

BLUE ANGEL PUBLISHING

An illustration of a mermaid with long, flowing, golden-blonde hair, holding a glowing, golden shell. She is surrounded by a large, glowing, golden crescent moon. In the background, several dolphins are swimming in a blue and green underwater setting.

# ORACLE *of the* MERMAIDS

— Guidebook —

Lucy Cavendish

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ORACLE *of the*  
MERMAIDS

 BLUE ANGEL®  
PUBLISHING

# ORACLE OF THE MERMAIDS

This printing 2019

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“I...I wish I could swim  
Like the Dolphins  
Like Dolphins Can Swim”

*–Heroes, David Bowie*

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# INTRODUCTION

It seems both a long time ago, and as if it happened just yesterday... I was a little girl, my legs wrapped in cloth, tied together to form a mermaid tail. With my strange little patchwork tail, I would dive into the liquid blue, and swim underwater for as long as I could, wriggling from my middle in the way I had seen dolphins swim. One length of the pool to begin with. Then two...then nearly three... I worked my way up to holding my breath for a long time...my tummy muscles grew lean and strong ... but all the time I was so frustrated and puzzled – why, oh why could I not breathe underwater? For I was, I believed, with every part of me that could feel, a mermaid trapped in the land of Air.

I have told this story countless times now, in workshops and talks, and in books like *The Lost Lands* and *The Book of Mermaid Magic* (co-authored with Serene Conneeley). And every time, without fail, women and men come one by one to share with me the same story... they tied their legs together. They dived into beach breaks and backyard pools with the same thought I had. They all believed they were Merpeople!

What is this endless allure of the creature who is half of the ocean, half of the air? Why does She – because it is most often She – appear in every culture that has connections with water across this blue and green planet? And what can She, with her comb and her long wild hair, her lovely song and her awesome strength, teach us now, as we touch the truth of who we could be?

I love the mermaids, whose song I have heard, whose notes I have sung back in my attempt to let them know I love them, and wish to be with them. I have seen them, and they are all so unique, as diverse as the creatures of the Great Mother Ocean herself...Twin-tailed,



selkie-sleek, dolphin-enchancing, nautilus-feelers, mer creatures are complex and very different to the beings of land. They live within a different element. They need not “breathe” as we do. They experience weightlessness. And if they are cast ashore, the weight of gravity and air can crush them alive. These magical creatures with the head and torso of a man or woman and the body, or tail, of a fish, dolphin or whale live within the waters of this world – and so there may be many more of them than there are land creatures and elementals – there is after all, twice as much sea to land on this blue green planet.

## **THE HEALING POWERS OF THE MERFOLK**

Mermaids are beings who show us how to love ourselves. Put most simply, this is because they love themselves without guilt, fear, or hesitation. They teach us how we can celebrate our sensuality. They revere the feminine, and they glory in our fertility, our desires, our beauty and our instinctuality. They ask us to sing our song again.

Mermaids teach us how to connect deeply with our emotionality – a trait typically spoken of as feminine, and often regarded as a weakness. With the help of the mermaids, we are able to feel deeply, without the negative impact of conditioned shame. Within these pages and on these cards you will find messages and lessons from these beings of the great oceans and waterways – who teach us how to connect with the healing power of our emotions, our psyche, and how to quench the great thirst so many of us have for true love.

For they are romantic, these beings, and they help understand how deeply we yearn to love, how loving is natural, and that we can learn how to express and experience love healthfully and in accord with our own destiny, nature, and Truth. Mermaids are marvels of endurance and independence, and they inspire us to practise our spirituality, with their sea ritual, their oceanic magick and their profound connection to moon cycles. They embody a graceful

acceptance of flow and balance – to embrace the highs, the lows, and the spaces in between. And mermaids, their moods, even their rages and tempers, their boundless capacity for kindness and love, and freedom, show us how to live fully once again...like the wild things we are, like the shining beings we can be once again.

They are the Mothers of the Sea – the great ones whose ancestors include the Santeria Goddess Yemaya, who gives birth to all from her belly, including all the saints, and to divination and to knowledge and language. They are the Merrow, who release men from their soul-cages, to truly swim and be free in the watery element. The Selkies too share their lesson: to be wholly within one world at a time – to not split the self, to reclaim the skin you were born into, and let no-one take your true wild self captive.

The Mermaid can lead us sometimes down into the deepness of awareness – and while this is often a place where we have kept truths hidden from ourselves, it is worth visiting that underwater cave full of bones and remains of who we once were and what we once did, in order to understand our own selves, in order to learn, to not repeat, and to rediscover the goodness that lies within those events and circumstances.

## **MERMAID HISTORY**

It was said that the very un-Irish St. Patrick (he was Romano-British, and hated the Irish fiercely) not only cast the snakes out from Ireland – he turned pagan women into mermaids. He declared they were soul-less, and never to be trusted. The Mermaid though can never die, as she is the life-giving element of water itself – and her song reminds us that we must drink deep from the cauldron of life to have truly lived.

Until relatively recently, Merfolk were utterly believed in, with sightings by Italy's Christopher Columbus and England's Henry

Hudson, famed explorers who recorded their sightings meticulously, and other reports in various natural journals. In 1830, off the coast of Scotland, a mermaid's body was found washed up, and was buried after examination and verification by a local doctor. Desmond Morris, a cultural anthropologist of our times, believes that they are indeed real – a kind of water ape, a missing link in the evolutionary chain.

When we look at the historical representations of the beautiful mermaids, we see that the way in which they are portrayed says so much more about the time and its attitudes than it tells the truth about mermaids themselves. They have been portrayed as sexually rapacious and predatory, as flesh-eating bisexual monsters (recent films such as *She Creature*, *Peter Pan* and *Dagon* are prime examples of this enduring world view of the mermaid) who are self-obsessed, indulgent, untrustworthy and utterly feminine. Why is this so?

## **MERMAIDS AND SENSUALITY**

Mermaids encapsulate all of our fears, desires, temptations and repressed feelings about sex. As such, they are wonderful indicators of where our psyches are at regarding our own sexuality. In fact mermaids were used as a kind of cultural repository of every negative or frightening feminine quality – vanity, sexuality, desire and independence. Even our smell and our taste was given description through the mermaid, and in writing about them – and witches – the church was able to express their fears of the feminine body, our ability to conceive, gestate another body, bleed and love deeply – which were seen as being profoundly disturbing, suspect qualities.

With her independence and fleeting attachments, the mermaid shows us how to maintain who we are within intimate physical relationships. Her unabashed beauty and sexuality and her unselfconscious allure shows us that we are desirable and powerful

simply for being alive.

Conversely, if we feel repelled or fearful of the sexual mermaid who is happy in her skin, we may have a wounded aspect to our sexuality. If we feel an affinity only with the mermaid who gives up her Self in order to be joined with a lover, we would do well to sincerely examine just how much of ourselves we change when we are with a partner. This mermaid syndrome can extend to women (or men) who change their appearance, manners, interests or religion to be with a lover. The mermaid's presence in our lives requires that we become closer to who we truly are, and honour our own truths instead of adopting and adapting to another's, sacrificing who we are in order to be with another – another who may not require that we change at all!

The kinship aspect between humans and merfolk is also a fascinating one. Again, as with other elementals, sexual interaction between humans and the merfolk has led to the merging of the two. Some families in Scotland and Ireland still claim descent from mermaids. Families of the Orkney Isles, who often have a genetic trait of slightly webbed hands, claim it as theirs due to an ancestor who fled from her unhappy marriage into the arms of a handsome Selkie, a type of merman who is able to shapeshift between human and seal forms. The Native American tribe called Penobscot also claims descent from a mermaid. Others believe that the mermaid or merman is our original Atlantean form, when we were both water and land creatures, able to breathe and live in both elements with ease.

## THE SYMBOLS OF THE MERMAID

The tools the mermaid has been gifted with perfectly illustrate her gifts to us. While working with them, you may come upon one or more of her magical possessions, which are often kept in a treasure chest.

**Comb:** Her comb represents the precious and sacred nature of caring for our own physical selves. In acknowledging that our bodies deserve time and reverence there is a ritualistic element to all beauty routines that can be lifted out of the mundane and commercial world and into the sacred, making of our bodies an honored temple which we love and respect and demonstrate gratitude for. By honouring the body, we honour most deeply the God and the Goddess and the spark of life itself.

**Hair:** The mermaid also suggests to us that we need to see the strength in femininity and in being overtly female. Her long hair is an emblem of strength, her sexuality wondrously intoxicating and potent. There is nothing faint-hearted about her, yet she shows us the power in passivity, a magical paradox of sex magic.

**Mirror:** I had a dream, a long time ago, where I swam down, down beneath the buildings and streets of a huge and cruel city, into an enormous cave-like bathroom. Once there, I joined a group of women staring into an enormous mirror that covered a wall. In my dream, my face did not look “right”, and so, I began to peel away at it...and an enormous section of skin was removed. Below, there were scars and angry wounds, unhealed, which I’d simply covered up....At the time, the dream upset and disturbed me, but as I wrote about it in my book of shadows and light, I came to understand it. My dream was in an underworld bathroom, a home of the mer, and in this dream I had been shown my true self, the self I was hiding from the world and

from myself. In this strange way, the mermaids worked their magic and my healing journey could begin, with honesty and by seeing who I truly was at that time.

Their mirror can show you many things – other times, other people, the future, the truth of the past...but the most valuable aspect a mermaid mirror can show you is what is hidden to the eye. The mermaid's mirror is what we all gaze into when we work with these cards for divination, healing, manifestation and to grow our self-knowledge and self-love.

**Cups:** Cups symbolise the Grail, filling up, being receptive, allowing others to give to you. They also represent the womb, fertility, matriarchal lines, cauldrons, the ocean, and bodies of water like lakes. When reading with this deck, the mermaids strongly recommend you work with a simple chalice, with water you have collected and blessed for the purpose of reading.

**Tail:** The kind of tail a mermaid possesses will tell us a great deal about what kind of creature she is. So look carefully – her tail will give you many insights not only into the kind of mermaid you are working with, but the type of energy you have drawn to you. Look at her tail – does it end with one, or two tails...is it scaled... what colour is it? How strong and supple does it appear to be? All will give you clues as to the nature of the merfolk you are working with.

**Shells:** Seashells are often worked with by the mermaids...they love the little creatures who dwell within them, and know they have many healing properties and magical powers. The creatures gift the mermaids their shells once they have passed from the physical world and so you may see mermaids working with cowrie (for prosperity and fertility) or with scallops (for beauty and femininity). If you see a mermaid working with a shell, it could be a wonderful opportunity

for you to connect with these beautiful energies too, and learn more about their distinct energies, powers and messages!

### **KINDS OF MERMAIDS**

There are many kinds of mermaids found within the fresh and salt waters of this magical green and blue planet, and many of them appear in this deck via the beautiful art of Selina Fenech. Some of these types of mermaid include:

**Selkies:** Selkie is a Scots Gaelic word, from the Orkney isles of far northern Scotland, that simply means seal. Tales of the Selkie are found throughout much of northern Europe – they are especially associated with cold climate islands, in areas as diverse as Scotland, Iceland, Scandinavia and Newfoundland. Selkies move between two forms – that of a human, and that of seal, and have become quite well-known thanks to the popularity of beautiful films like *The Secret Of Roan Inish*, the story of two children with a selkie-mother in northern Scotland. Although Selkies appear in popular culture predominantly as female, there are also Selkie men.

**Merrows:** On the Western isle, Ireland, the sea and the tidal pools overflow with the compassionate energies of mermaids whose purpose is to rescue souls, awaken us to love, and walk between the worlds. Those mermaids are known as the Merrows, and they are Ireland's own shapeshifting maidens of the sea. The word Merrow comes from the Gaelic *muri* – the sea – and *oigh* – maiden. They are renowned for their kindness to sea creatures and to men trapped in Soul Cages. They have beautiful flowing red hair – and are sometimes said to wear red caps!

**Melusinas:** These powerful beings sprang from the fresh water lakes,

ivers and pools of Europe, and are able to move through various forms – from human woman, to twin-tailed mermaid, to water dragon. They require respect, and privacy, and are associated too with the isle of Avalon. They are able to help us build (they assisted their human lovers and husbands by creating – manifesting – castles overnight) and are said to hold a golden key within their mouths, which unlocks the doors to all secrets.

**Morgens:** Often known primarily as the priestesses of the isle of Avalon, in Brittany they are also known as water spirits with tails of sea creatures who keep large underwater cities, garden sea kelp beds and can conjure up floods to reclaim land stolen from them. Women in Brittany often feel they have some of this blood – they love the sea and cannot live too far from her waters.

### **WHY WE MUST CONNECT WITH WATER**

Water is the life-bringer to the entire planet – her rivers, ponds, great lakes, pools, streams, creeks, waterfalls and wells. Water is our lifeblood, and within its molecules are the memories and feelings of the planet herself. Water sources feed the air with oxygen and nutrients, and brings to us food and life itself. From the womb of the great freshwater lakes, and great saltwater seas, from these cauldronic depths comes life.

### **Oceans and salt water people**

The salt water aspect of the mermaids is extremely important to their magic. While water is the element that symbolises cleansing, purification and the quenching of thirst, salt water is a variation on this element. Its qualities are to cleanse, to purify, to draw out impurities, to flavour our lives, to harmonise us and to create the mineral richness that is the bedrock of fertility. Blood, in our wombs



and at menstruation, is also salty.

Sea water also enables us to float – it is more buoyant than fresh water and more difficult to move through. It is more complex, cleansing and sometimes stronger than fresh water. We cannot drink it, so there is an element of mistrust between many humans and salt water, although it sustains the life of so many other creatures, and offers us humans so very much in the form of nourishment. This complexity and lack of clarity does not make the mermaids' element deceptive, as some think, rather it makes us question what we assume to be true, and to taste before we drink deeply. Water also represents the unconscious, our urges, desires, instincts and psychic abilities. Salt water represents these abilities taken to a very high vibratory degree.

Like the ocean, or the movement of a great river, the surface of a dark lake between mountains, the mermaid has many moods and many forms. She is not always calm and peaceful, or seductive and sensual...at times she is stormy, unbridled, released; a wild creature, tempestuous and raging. The force of the mermaid is so very powerful – you can feel her unleash your pent-up potential, and unbuckle the shackles that have held you back emotionally. I feel deeply that somehow, connecting to the mermaid within is about darkness and light in great extremes and beauty – it is about nature, and the depths of ourselves, and the tranquil still places we can also inhabit. It is our ferocity and primality, it is in our compassionate nurturing. We are complex and we are divine, and in our own primal natures is something of the Divine.

Mermaids, and our own primal selves are to be respected. People who see them as little creatures to be mocked, or women to be seduced, or seductresses to be feared, or sexual beings to be called harsh derogatory names, are not only losing the part of the world the merbeing inhabits, they are losing a part of their own soul.

The tides the Moon helps create are wise teachers for us humans.

Are the tides not a profound lesson in the inevitable changing of all things, of all environments, sending us the message that there is an ebb and flow to all things, natural cycles, that we too flow with?

Tides and cycles can teach us so much. They are a study of how we must learn to shift our expectations each day – the tides are constant, and yet they are ever-changing. Nothing stays exactly the same at the seashore, but the tides get as close to a repeating cycle as is possible once every nineteen years – the time it takes the moon and the sun to do their complete cycle with each other. It is no coincidence that these nineteen-year cycles were the period of study for the Druids of the Sea Kingdoms of Cornwall, Brittany, the Isle of Man, Scotland, Ireland and Wales.

### **MERMAIDS AND MOON CYCLES**

One magical practice the mermaids will almost certainly encourage you with is connecting to the cycles of the moon.

Here is a simple guide to moon phases, their timing and their powers:

- \***Full moon:** High tide of power, amplifying and creative
- \***Waning moon:** Withdrawing, a sucking and pulling impact
- \***Dark moon:** A time to go within and soul-scry – revelations from within at this time
- \***New Moon:** A new cycle begins, time to begin your activation of intentions
- \***Waxing moon:** New growth, continued action and results will come about

Mermaids and the Moon have a strong relationship... Did you know that there are two daily tides which are directly affected by the moon's field of gravity? We notice the water's response to the moon

and sun's gravity, but the earth, the mountains, and the glaciers too feel her magnetism...So important were these cycles to our ancestors, that our language was built around natural cycles. For example, there are no words for "time" in Old Gaelic – there are only words for wind, sea, weather, cycles and moon changes – and the word "tide" is Scots Gaelic in origin.

In most places there is a delay between the phases of the Moon and the effect on the tide. Spring tides fall two days after the moon phase. This is fascinating to me – does this mean that in real terms we, here on earth, receive the full impact of a full moon some two days after seeing its light radiating to the earth?

The biological cycles of all sea creatures and intertidal creatures – those who live in the liminal shores – and we humans, too – occur in multiples of tide-times... gestation and hatching is timed to the lunar cycle and to tidal rhythms perfectly. In human women, our menstrual cycle matches the cycles of the lunar tide cycle.

## **WHY ARE MERMAIDS SOMETIMES MISTRUSTED?**

Mercreatures of all kinds are often misunderstood and trivialised, yet they are among the most complex of the elementals. A magical creature with the head and torso of a man or woman and the body, or tail, of a fish or sea creature, they live primarily beneath the sea and are the guardians and protectors of women's sexuality, and are associated with play, delight, beauty and sensuality. But they have many gifts that are powerful and strong, which are often overlooked – and which will be explored deeply within this powerful deck.

Among their many skills are the ability to predict storms and future events, and some can even grant wishes, and they can help us free ourselves from restrictive ideas, places and people. They are great teachers of wisdom and knowledge, and they can also replenish our physical energy, as well as refreshing and renewing our spirits.

Often, in films like *Harry Potter and the Goblet of Fire* and *Peter Pan*, or *Pirates of the Caribbean: On Stranger Tides*, mermaids are depicted as dark and dangerous beings – almost vampiric, echoing the mistrust of the faery beings that often surfaces in popular culture, and goes unquestioned. Dark Mer are oft-thought to be rapacious, deceitful, sexually voracious, faithless and most harsh of all, luring humans to their death by drowning with their attractions, with their song. Seductresses and destroyers, there are no doubt merfolk who have encountered the worst of humanity and have decided never again to trust the people of the Air. And other merfolk wear the glamour of the dangerous ones to protect themselves from us. Some have decided that yes, it is better for us humans to fear them, and to stay away from them. But for others, they feel the fear has led to humans raping the ocean, and voraciously taking from the sea mother, as we live less and less in balance with nature and her infinite wonders.

Some of the so-called dark mermaids do not live in the wild, beautiful oceans and freshwater lakes – they have taken on the unenviable task of dwelling in sewers beneath the cities, in water tables beneath the land, clearing polluted waterways in agricultural areas, rescuing dolphins and whales in seas where they are cruelly hunted. All the time they are cleansing, clearing and assisting so many, as best they can. Perhaps the ones we call dark are the ones we took most from, and who wish for us to leave them alone for a time.

## **HOW TO CONNECT WITH THE MERMAIDS**

You can easily begin to connect and bond with the mermaids, no matter where you live on this beautiful blue and green planet. I find it works so very well to make an offering to them, so they can learn to trust me, and see that I mean what I say – that my action and intent are intertwined. An offering can be of your time, your energy, and it can be made in many forms.

I so encourage you to consider doing this: an offering shows you are serious about creating a link between you and the being or the element you are offering your energy to, and this dedication will have its reward in further blessings and intimacy and in understanding.

Gathering litter and human debris along the shore or anywhere near a body of water is a wonderful offering to the merpeoples. You may wish to take a bag with you specifically to collect litter and dispose of it through recycling and thoughtful, best ways. It is no chore, but a joy to do this. It lightens us, and makes us feel happy to be a part of the clearing, the solution. Do not be afraid of the sea, of the great lakes, of the deep fast flowing rivers – but do respect them, and know and learn of their ways. Ask the water, and her merbeings, for information. Watch. Listen. Give them your time. In return they will grant you wishes, dreams, and delight, as well as powerful clearings, visions and connections with all of the water creatures, from the smallest fish, to the playful dolphins, to the mighty whales.

If you are nowhere near a body of water, you may wish to consider making an offering to an organization that works directly with clearing the seas of human hunters – like Sea Shepherds, or local conservation groups.

May all your interactions with the sea, with the waters, with the wells and shining lakes and their merfolk be blessed.

## **SIGNS THE MERMAIDS ARE WITH YOU**

You may hear the sound of water – a little like a seashell is being held to your ear, even though no shells are near you. You may feel a growing concern for and connection to the creatures of the oceans and the waterways of the world, and feel like you must absolutely get into water – even if it is to have a long lingering bath each day! You may find yourself wearing colours of blues and greens, of coral and pearl, and find yourself singing snatches of songs without words from

time to time. You could feel great love for others, have an urge to grow your hair very long, and have a growing interest in sensuality, dance and sacred sex.

Swimming and forms of exercise that take place in the water may call you – as will places on the planet where the mermaids love to dwell. They can often come to you in dreams, and your emotions may surge up under the influence of the mermaids.

Dreams of Atlantis, Lemuria, shapeshifting into sea creatures, or great journeys across or underwater or to sacred islands of the Celtic lands may also surface when the mermaids are seeking to reach you, to heal emotions and encourage you to enjoy your experience as a human being this lifetime!

## **WHEN TO WORK WITH THIS DECK**

These are wonderful cards to work with you wish to find out more about your love life – emotionally, they connect easily and deeply, and can see right through the situation with eyes that shine with compassion, and hold up their magical mirror so you too can finally “see” the truth. They can assist you in your own love life questions, and are very, very helpful when seeing clients who wish for information about their emotional lives.

They are very emotional – so be prepared for them to bring up your own repressed feelings. Tears are not unusual when reading with them, but neither is joyous laughter and feelings of happiness and delight. They will demand honesty of you, and of those you are reading for – it’s a little like “there is nowhere to run, and nowhere to hide” when you work with these cards, and the mermaids whose energy is channelled through them.

When you work with these cards, it can be very helpful to have a seashell, or a simple chalice with water you have blessed present. Often we work with candles during readings, but the reflective

surface that water forms will put the magical mirror of the mermaids right at the heart of your readings, and bring about cleansing, quench the emotional thirst of people seeking help, and give you a feeling of joy, weightlessness and grace!

More often than with other decks, you will find these cards to be empathetic, compassionate, emotive and kind – they have been created with, and charged by watery moonlit magick of the mermaid realm. They are true oracles: they see to the heart, and deliver what must be known for you to understand your own emotions, your relationships and your journey into true romance.

Each of these cards holds a healing energetic pattern within, which will be “released” to you when you read the message and gaze upon the image.

Always make an offering before reading. If reading for another, ask them to make an offering.

Read out of doors as much as possible.

### **CARD LAYOUTS THAT CONNECT WITH THE MERMAIDS**

As always prepare your reading area. If you are working with the mermaids, a subtle shift in attention to the emotional world, your psyche and the feminine divine will be felt. You may wish to spray salt water and essential oils to clear the space, and place on your reading table or cloth some sea shells, and a chalice with water you have collected from a sacred place, and blessed for this purpose. This is always a powerful gesture that brings magick to your every reading.

We do not always have time to take such care, of course, and in fact, I would advise that each day for at least three lunar cycles, you begin the day with a single card “reading” or five-minute scrying. Simply shuffle, then pull a card with your intuitive (non-dominant) hand from the pack. You may wish to carry this with you throughout the day, or set it upon your altar at home and gaze at it for a little while

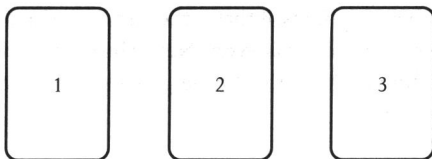
asking it for any messages.

Of course, if as you shuffle a card leaps out, you know that it's attempting to speak very clearly and very directly with you.

### **THE TRIPLE MIRROR SPREAD**

The mermaids' mirror can see into the past, the present and the future... Shuffle your deck, cut into three, but this time do not put the deck back together.

Take the top card from each of the three piles.



Place one card to the left – this is the mermaids' mirror that sees into the past.

One goes into the centre – this is the mermaids' mirror that illuminates the present.

One goes to the right – this is the mermaids' mirror that reveals the future.

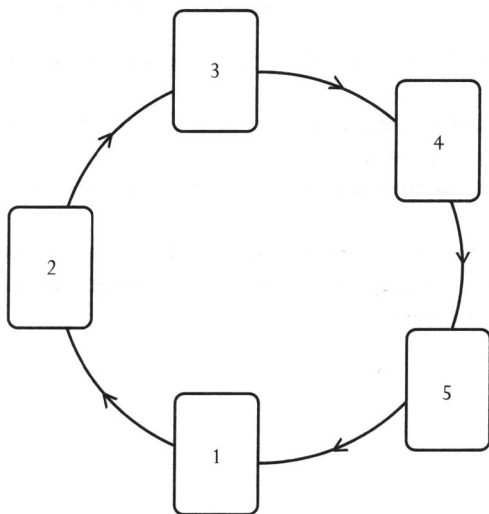
This is a simple and quite a fast spread to do, which nevertheless can go very, very deep. Its beauty is in its simplicity, its ease, and the broad area it covers.



## THE CYCLES OF THE MOON SPREAD

Mermaids and the Moon have a strong relationship. One magical practice the mermaids will almost certainly encourage you with is connecting to the cycles of the moon. One perfect and magical way to start is to work with this moon cycle layout – a wonderful way to look into the time coming up and connect with the powers of the celestial spheres and the waters.

You may wish to do this spread each new moon, however, if you would like to know how events will unfold, you need not wait. Events don't neatly "occur" at the full moon, for example! You could always begin this spread at the Full Moon time... or at the Dark Moon time, or the waxing or waning times, if that is the part of the lunar cycle you are in. However, if you do this every New Moon, you will soon be in a regular reading cycle and will have guidance every single lunar "month" of the year!



Shuffle the deck and cut it into three with your non-dominant hand. Put the deck back together again, with the non-dominant hand.

Now, one by one, lay out the cards in a circle, starting from the bottom, and going clockwise.

Put card number one at the “bottom” of the circle. This is the New Moon card.

This card indicates what will be coming to you – the quality of the new cycle, and what to focus your intentions upon. What will be initiated and created soon is all revealed with this card.

To the left, and a little above, as if creating a circle, place card number two... this is the Waxing Moon card.

This card is about new growth, continued action and results that will come about, how the growth will occur, what to expect as the project grows...

To the right, but a little above the card number two, place card number three...this is the Full Moon card. It becomes the “top” of the circle.

The Full Moon card shows you what will come about, what will be empowered, what will have and be given the most energy.

To the right, and down a little, place the fourth card. This is the card of the Waning Moon.

This card indicates the energy of withdrawing, a sucking and pulling-away energy – the card in this position indicates what will be leaving, the influence that will be diminishing...what is fading and on its way out. Put a card to the left of this, as you are going to complete the circle, the shape of the moon herself. This is card number five and is the Dark Moon card.

This card indicates what you need to go within and examine deeply before you can move forward with a new cycle. The card in this position indicates what you can hardly admit to yourself...what lies deep, deep inside, what you have kept hidden for a long time...but what you are ready to bring out – the heart of the issue.

This is a lovely, very magical lunar spread that helps the mermaids advise you on each cycle – and it will also help you connect with the lunar cycle more deeply!

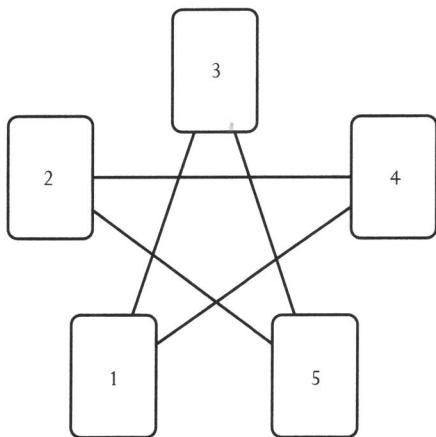
### **THE TRUE LOVE MAKE MY SOUL SING SPREAD**

You don't know what it is... but when you see this person, or have contact with them, something deep within you thrills. But you may have had some misfortune in romantic love before – as we all have! Sometimes we don't know what it is we want – we feel lost in matters of love... these are the times when we can call on the mermaids to help us discern, feel, allow ourselves to see clearly and understand. Whether there is a true meeting of souls ready to love, or souls ready to act out their patterns again, they will help you.

Whether you've met someone you're interested in, or are simply wondering if and when romance will ever make an appearance in your life, this spread works very well for relationships. It shines a light onto our own needs, wants and dreams – and gives us solid advice to help keep us steady when we're in danger of falling in love just for the sake of it.

Clear your space, centre your energy, and take three deep breaths in, and out. Shuffle your cards, focusing on the question of relationships. When it feels right, stop shuffling. Lay the cards down. Split the deck into five with your left hand, if that is not your dominant hand.

Draw out the shape of a five-pointed star in your mind. If you feel it would be helpful, perhaps draw one out on a large sheet of paper so you can keep the pattern neat and consistent.



Take card number one, and place it to the left most point, on the bottom.

Take card number two, and place it above that card, again to the left.

Take card number three from the top of the third pile, and place it in the centre. This is the highest point of the star.

Take card number four – place this to the right, making the top right point.

And take card number five, placing this in the bottom right hand point position.

Card number one represents what you believe you want from a relationship.

Card number two represents what you should do to achieve this.

Card number three represents the best possible relationship for you at this time.

Card number four represents what you must not compromise in order to have a relationship.

Card number five describes the best possible person for you to have a relationship with!

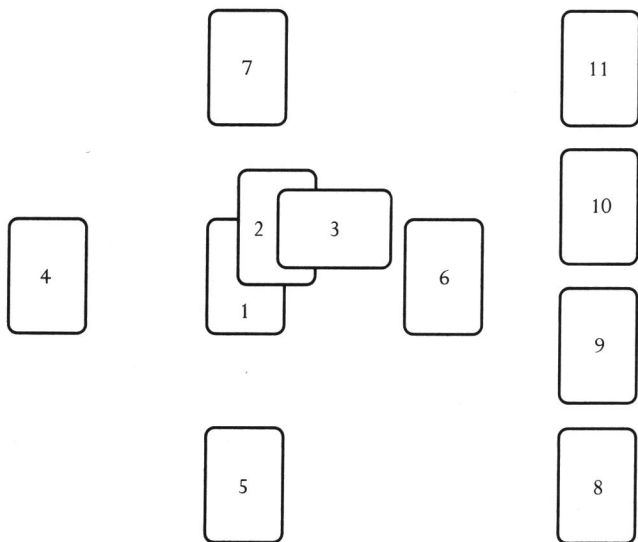
Take your time to write out your thoughts regarding the reading in your book of shadows and light – a journal for your readings. Draw out the reading, and muse and let your thoughts wander as you explore the meaning of this spread. Ask yourself what it is you truly want from a relationship – and ask yourself whether you are getting closer to knowing the person who would be best for you at this time. Be brave in taking steps to get to know someone as a friend first – get to know what kind of person they are, what they care about, what their thoughts are on animals, spirit, love, what a great relationship looks like. What have they learned? What is important to them? This can take some time. People can have a lot of defences in place to protect themselves – you might even be the same. Take your time. You have a great deal to explore and enjoy – be sure you know the reality of who you may be attracted to – not just the fantasy of who you wish they were, or who they seem to be! Understand what is important to you – and then you will have a clearer idea of who you will most want to be with. More importantly, you will have an idea of who you will become, by being with them.

### **THE MERMAID'S CELTIC CROSS SPREAD**

The mermaid's mirror shines through this spread, which is one I highly recommend for when you are seeing clients professionally or really want a thorough reading for yourself, a reading that covers many areas and gives a great deal of depth and insight into your situation. It works with the Celtic Cross spread used so often in divination – and it is used with good reason – it is a brilliantly deep and comprehensive spread.

You are going to use 11 cards altogether – one Significator, or

Card Number 1, and ten more, each with their own area of insight.



First, we are going to ask the client – or the Seeker – to choose Card Number 1, the card called the Significator, meaning the card that represents THEM. You’ll do this by showing them the deck, images facing up. They must instinctively choose a card, quickly. Now, if they cannot do this, you might prefer another method – fan the cards out, image facing down, and ask the client to run their hands over the cards and see which one gives them the most “heat” or energy.

Once this has been chosen, place it on the table, image up. This will form the centre of your spread and it represents the person you are reading for – it signifies who they are.

Next, ask your client to shuffle the entire deck again, and then to cut it into three piles with their non-dominant hand (most often the

left, in our right-handed world). Then ask them to put the three piles back together with their left, anyway they wish. Take back the deck, and feed out the cards from the top of the pack. You're going to use 10 more cards.

Over the Significator, place Card Number 2... this gives insight into the person you are reading for – who are they? What are they about? How can you “get” them? What’s going on for them right now?

Take the next card from the top of the deck and place it across the card you just placed down. Card Number 3 represents any blocks or issues or themes taking place – the card literally “crosses” your client – so the issues it represents are of great importance to them at this time.

Take the next card from the top of the deck, and place it to the left. Card Number 4 will offer insights into what has happened before – what has led them to this place? What’s the reason for what’s going on? And what have they not even realised has influenced them profoundly? This card will reveal that...

Take the next card from the top of the deck, and place it beneath the two cards in the centre. This is Card Number 5, and it is all about right now, what is happening for the Seeker, and the influence that will be impacting on them for some time to come. Often it’s just called “the present and the immediate future” but it’s also how they are experiencing and feeling the world right now – and what seems to be happening “to” them could just as easily be seen as what your client has created.

To the right, place Card Number 6 – this is what’s coming up – how the situation and question is going to unfold given the energy currently being worked with... I feel it’s important to emphasise that this is a possibility, not a pre-determined absolute, and so much depends on how they choose to express their energy – all can be improved, radically, with a shift in energy. If it’s fantastic, then they

need do nothing, as all is well and they are manifesting perfectly. It's like looking into the mermaid's mirror of possibilities ...

Above the cards in the centre, you're going to place Card Number 7. Now this is what I would call "best possible outcome" – what's likely to take place given all that's gone before – so this is a great card for divination – for what IS likely to happen. Proviso: Everything can change – but this card is usually extremely accurate, and indicates what is likely to happen given the intention, energy and actions of the querant, the energy they are being affected by and the desires of any other people who are involved. It's almost indisputable, this card. It takes into consideration how everyone is going to act – regardless of your advice. It is almost like a fate or destiny card!

Okay...now we're going to dig a little deeper – or with the mermaids, we're going to dive right down, and see what's at the bottom of this sea of emotions. To the right, we place Card Number 8, lining up with the card in the centre... this is the "what you are wishing for" card... what most influences the querant...just in case they, or you, needed a bit more information to back up the case the mermaids and the cards and your interpretation are all making in your reading. This shows you their motivation – what they are hoping to gain, or, in short, their agenda. This can be a hard card to face, but the mermaids' mirror is at work, so we must look.

Above that, you place Card Number 9... how others see them at the moment – now, this is a great card – how others see them could have a major influence on the way the situation is playing out and can give the person you are reading for some super valuable information – again, the mermaids' mirror comes into play so we can get a very good look at ourselves but from another's perspective... we can then see how they appear to others – this may not be the truth of who they are, but it can give us great insight into others' expectations and the reactions of others to them!

Above this, you'll place Card Number 10. This is the card that



will give you information about what the questioner fears.

And finally – the best action card, Card Number 11. This card indicates what is the most “right” thing to do, and what is likely to happen as a result – how the story adds up. I often look at the outcome card and this best action card together to get a real feel for how things will work out for the people I read for. I have the confidence now after so many readings with this spread to really be able to give some clarity. We, as people reading, as oracles, are reconnecting the questioner with the divine, and with the truth that they really have an enormous amount of say in how things are going to be for them. That sense of empowerment, emotional connection and uplifting energy really can come through when we work with the mermaids in this spread and in this deck!

### **BLESSINGS OF THE WATERS TO YOU...**

So, I leave you now in the care of the wondrous, caring and sublimely sensual mermaids. May you have many, inspired and blessed readings. Above all, may you be blessed by the emotional healing of the mermaids. May your heart become once again unharmed, whole and appreciated by others who love you dearly and hold you precious. But, most of all, may you love your own sensual, emotional, flowing self. You are blessed by Water, and born of Ocean. And now you are Home, and can be truly your whole self once again.

*Blessed be,  
Lucy Cavendish*



CARD  
MESSAGES



# 1. BEAUTY

*Message: Grace, loveliness, integrity of form and spirit*

## **THE MERMAIDS SING:**

Beauty, the sensing of something deeply harmonious and pleasing to the eye and to the soul, is a form of Great Divinity. Beauty, in some ways is considered to be an artifice, something that can be approximated and conjured through makeup, hairstyles, behaviours and other forms of camouflage and cover. But true deep beauty, such as the kind the mermaids know and see, is the kind that emanates out from a soul that knows itself.

Beauty is not an illusion, but an emanation from the soul that shines out. And to wish to be beautiful, to wish to have this said of oneself, is simply the yearning for the soul's perfections to be acknowledged. Humans are also at present very narrow in their definitions of beauty – for there is also beauty in our aged ones, in their white hair and tired eyes, there is beauty in asymmetry of injuries, and the irregularities of form that befall so many.

If this card has come to you, it is time for you to understand that your own beauty must be acknowledged and tended to, not with the unseeing eyes of a culture that wishes to sell to you the fear that your form is imperfect, and make a culture of neurotics who fear being rejected for their lack of youth and shiny hair... this beauty is deeper. It is to shine. It is to enhance and becomes your

own true self. It is to be as healthy and as well as you can be at this moment. It is to speak not only words that may be true but words which are also kind and graceful – nourishing to the souls of others, supportive of their potential and their own beauty. Beauty cannot be separated from appearance, but the way in which you regard yourself will immediately impact upon those who regard you – if you do not regard yourself with eyes that can see your own beauty, that beauty may well go unseen by so many others. Even our young and undeniably beautiful ones are often unable to see their own form as lovely – always, we teach them to find fault, and then spend their energy “fixing” themselves, when all the while there was a far greater task for them. If you have received this card, make every act of self-regard one in which you can see your beauty. Undertake your beauty rituals with intent and great import and care – and awaken the beauty that has longed to shine out from you ...

The tools we mermaids have been gifted with are also our gifts to you. Our comb represents the precious and sacred nature of caring for your physical selves. In acknowledging that your bodies deserve time and reverence there is a ritualistic element to all beauty routines that can be lifted out of the mundane and commercial world and into the sacred, making of your bodies an honoured temple which you love and respect and demonstrate gratitude for. By honouring your body, you honour most deeply your soul and the spark of life itself.

### **REVERSED:**

Believing you are not beautiful, finding fault with all that compliment you, refusing to take a compliment, seeing faults in your form and appearance, refusing to care for yourself – what is the point?, treating yourself as though you are a rough and spoilt thing, not caring for your form and face. Thinking of such things as “stupid” and seeing vanity where there could be self-love. Criticising other beings for their form

and their appearance, rather than focusing on your own, and what will make you feel utterly yourself, and profoundly beautiful.

**DIVINATION:**

It is time to tell yourself of your beauty. It is time to care for your beauty. To undertake rituals for the skin, and the hair, and the teeth, but ones which enhance your own unique self. It is time to use pure, natural products. It is time to create of your form that which you feel to be a pure expression of your own self. For within that self, lies the Beauty of You.



## 2. TRANSPARENCY

*Message: Honest, authentic, genuine, present*

### **THE MERMAIDS SING:**

It is time to be very honest – as honest as you can be. It is hard to do this. Because we tell ourselves so many stories about who we are, and we have covered up so much of ourselves with layers of protection... but now it is the pearl of truth that is needed.

If we have come to you, we are asking you to very simply, and very clearly, tell the truth. About what you feel. About what you want. About what you may not know. If you do not even know how you feel, say so. We are asking, the powers of the waters are asking for you to be there, clearly – to be seen. Let us see you, we say, for there is so much about you, so much that is beautiful and in many ways attractive but we cannot see who you are. It is time to rise to the truth within you, to join with this truth, and to live from this truth for a time. It is not always an easy thing to be simple, clear and true. But this is what you are learning to do for now. And what we can see, what is beginning to appear before us, is good, and precious, and worth looking at deeply.

### **REVERSED:**

You may be concealing a truth about yourself from others, and you may also be hiding who you truly are. It is not always a simple thing to

know how to communicate who you are, and to know what and who you are – but for now, you do know that there is some information others deserve to know. It will be a wonderful thing for you to share with trusted others this truth, and to finally drop the sense of watching who you are, to be sure you do not make a mistake and accidentally reveal who you are. As you become more accustomed to trusting others, trustworthy others will appear. You are ready now to meet and be with people who love and respect you, inclusively of all the challenges and choices you have made for yourself this lifetime. You are worth loving – all of you, the past, the present, and who you are becoming.

#### **DIVINATION:**

There is a truth that must be told. Time to reveal who you are to someone you have been keeping much of yourself hidden from. Time to clarify what it is you mean, what is it you want, and to truly look within and come to an understanding of who you are. In order to do this, it may be necessary to be very still for a little while. So much movement has ruffled the surface and it has not been possible to see clearly. Now, still yourself. See the waters clear...and look deep within. And then share this, with that trusted other – and, most of all, with your own self. Your true nature has been crying out to be heard and your true face has longed to be shown to the world. From this time forth, people will know who you are. Some will say you have changed, but the truth is, you have become who you always were, deep at the very heart of you.



### 3. RECEPTIVITY

*Message: Allow yourself to receive!*

*Allow yourself to give!*

#### **THE MERMAIDS SING:**

In this lifetime, you may have learned in some ways that what is offered may have a hook: that there has been bait, and there have been consequences at times to going for what seems to be offered – there has been a trap to it. We mermaids know of this, for we have seen our companions, the beautiful sea creatures, caught on hooks, tempted by what looks like a treat – only to be hauled in and destroyed by the desire to have what they wished for. But there are offerings which are made with open hearts – there are those who hold out their hands with a gift inside it, and all they wish for is the joy of coming into relationship with you – of making you happy, more satisfied, content, secure and joyful. Not all gifts have strings attached – and in this instance, we mermaids, we beings of water, which is the most receptive of elements, are asking for you to open your heart and receive what is being offered. The gift that is before you – be it one of money, love, a gift or service – is being offered as it is simply a joy for the being who is offering this to you. In this way, your receptivity makes this a sacred act. There are times to tune in to intuition and heed the warning – and there are times to move forward, freely, and learn how to receive. This is one of those times. We mermaids wish for you to have so much more – and at this time, you are safe in



accepting, with an open, trusting heart, what is being offered to you. It will be a most blessed exchange. No debt. No hook. No strings. Only joyful acceptance of what is, after all, meant to be yours.

### **REVERSED:**

Feeling cautious, awry and dubious about the sincerity of an offering – feeling it is safer to ask for nothing, and to accept nothing from others, as you have been hurt with some who have betrayed your beautiful open heart in the past. Feeling that there is always a catch – literally a kind of energetic hook that can tear, and hurt – and payback can come at any time. Rather than experience the anxiety of waiting for the string to be pulled, the hook to catch, the cord to be tightened, you wish to be free. But this is not true freedom – for there is someone who is to be trusted, and the Universe may now be operating through them. It is wise for you to have learned from your experiences – but it is unwise to expect that everything being offered to you is not to be trusted. At this time, tune into the energy of the offering itself, and you may learn that this time, it would be worth opening up to the possibility that it is now safe to receive...for this is the message of the magical waters – their healing power is to know that this time, it is safe for you to open up, and let someone, or something in.

### **DIVINATION:**

An offer of a free service could be yours. A gift of love, time, friendship, healing or simply joyful inclusion in a group who is loving and warm and caring could soon be offered to you. Love and good fortune seem to be coming your way, and more easily than it may ever have come before. You have effectively manifested your desires – but instead of joyful acceptance, you are greeting them with some suspicion. Someone loves you deeply and wishes to offer you gifts of

their love, or a relative has made a move to help you. At this time, the universe is coming to you with abundance – it is up to you now, to be open to receive. Receptivity is a quality of water...be like the water now... allow the good of the Universe that the Creator of the World is sending you to come to you now. Allow your cup to be filled again, and for your pool to be full. You deserve this. You are free to receive. And there will be no hook.



## 4. THE UNSEEN

*Message: Too much is hidden from you*

### **THE MERMAIDS SING:**

More information is needed, and we urge you to verify what you are told for yourself, and to only believe the evidence of your personal, first hand experience... Too much is unknown, so we ask you please to test the waters, find out what lies beneath what is being shown to you. It is easy to jump in, sometimes, without examining what lies beneath the surface. At this time you are being asked most sincerely to examine more deeply what is there. Because there is much information that has yet to come to “light” as humans say. There may be rocks, large and sharp, and it could be dangerous for you to dive. There may be sticks and debris in the water. There may be shallows where it seems to be deep enough to leap – before you go ahead, the mermaids are waving, urging from their watery homes for you to measure twice, cut once! Ask others who have experienced the same place and people what their advice would be. It is absolutely necessary for us to live with enthusiasm and innocence, but at this time, we mermaids are encouraging you to ask for advice from experienced others, and to use your blessed common sense and not put yourself in danger – for there are potential dangers about in these circumstances. The truth is that there is much going on at present that is not obvious from where you stand. You must find out more – much more – before you even think of acting.

### **REVERSED:**

Lacking caution, information and understanding, the urge to dive into something that is dangerous. Dangerous situation that seems fine on the surface. An individual who seems “good” but whose real life is more risky and damaging than is possible from appearances. Look below appearances and gather real information. Ask for proof, evidence and investigate, ask around and be sure of what you are getting into. Do not leap before you look. In many circumstances, the mermaids would cheer you on and delight in your courage, but not this time. It would be foolhardy to go ahead without far more knowledge than is currently available. Looks, in this situation, are deceiving.

### **DIVINATION:**

Look out for hidden clauses in contracts. Trusting because it feels right as part of wishful thinking. Have building inspections or examinations. Have a routine check-up and do not engage in surgery or invest in something because it is exciting and new. Think carefully before taking up with new people and their proposal. Consider what lies beneath the surface – because there are rocks, there are currents, and there is debris and there are dangers – and only those who know these waters will be able to help you. Also use your own powers – measure the depth of commitment, carry out a survey so you come to understand far better the place you are about to go and do not feel bad about doing so! It may seem far less romantic and idealistic and may rob you of a moment of charm and heightened delight – but it may save broken limbs, deep cuts, great hurts and even irreparable injuries. Trust the mermaids on this. They have been below. And they know, far better than you or me, what lies beneath this situation.



## 5. SONG OF THE SIREN

*Message: The call, summoning, voice, to acknowledge*

### **THE MERMAIDS SING:**

All elementals wish for you to free your voice, to sing your song and make a sound that will contribute to the energy of the world – but no-one wants you to sing more than the beautiful mermaids!

We mermaids and music go together... and we sing while combing our long living hair while on the rocks, crooning to the ocean a song of love and tenderness. Our song connects you to the ebb and flow of the sea and her tides, the moon, and to your body and its rhythms too. The song they sing is life-giving and creates energetic nourishment. When you sing your song, you will be nourishing the world – no matter what you may have been told about your voice!

Some say that the way the worlds are opened and you can enter the realm of Faerie, Magick or Mermaid is by song – that sound holds the “key” quite literally to openings, where we transcend and move through realities.

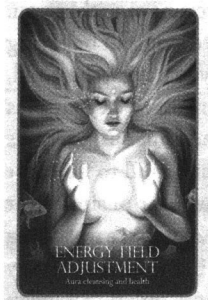
### **REVERSED:**

Staying quiet, believing you cannot “sing”. This silence is impacting on you energetically – you are inhibiting your own energetic

expression and refusing to explore this beauty you have within you. Stifling the sound that you make, a great longing to sing, but believing that songs and singing are for only a few, or that you have to be good, or telling yourself it would be “uncool..” There have been times when others have stifled and covered your sounds up, but now it is YOU who is silencing yourself. Please allow your sound to flow, for then the words and the right meaning will follow. Fear of singing or speaking up, as attention frightens you. Remember, you are not doing this for “attention” but to BE fully alive and to be in the flow of energy that is all around us. Sometimes, if this card is reversed, it can mean you are finally singing, but imitating another...do not judge yourself harshly, but strive and seek your own quality and tone...it will come and its authenticity and unique timbre will be beautiful.

### **DIVINATION:**

Many faery tales and legends speak of a lost song, note or cord, which if restored, can take us to the Land of Faerie, or Mer, and bring us home again. Sometimes it is played on the harp, made from whalebone...so the sea once again has the sound that can unpeel the veil, and let us see within the realms that swirl around us, invisible as radio frequencies, but just as able to be tuned into if we choose to find the right note to sing. It is now time to learn more about how you use your voice – and the impact its tone, note and “signature” has. People and the Universe will respond so differently if you bring your voice into “tune.” It does not mean to pretend or speak falsely. It means, even if it causes you great discomfort, you must break through the lock you have placed around your throat. Ask the mermaids for help, and your song will pour forth, like that of the sea creatures, the whales and dolphins – your natural voice will be found, and sung, and you will be free again.



## 6. ENERGY FIELD ADJUSTMENT

*Message: Aura cleansing and health*

### **THE MERMAIDS SING:**

Your body, your spirit, your mind, your emotions...all are in a complex and finely balanced relationship, and all produce and emanate an energetic field which can be viewed by clairvoyants, called your aura. Many people can sense this energy field around you, too, and to a large extent your energetic field will have a great impact on who you are attracting, what your health is like, where there are issues in your life, and what abundance experience you are drawing to yourself. The quality and health of your aura can be worked on with the mermaids, as we, being salt-water dwellers, are in a continual process of cleansing and renewing our auric field. Our human friends, often being more Air than Water, tend to have more to cleanse than our mermaid allies and friends. As we mermaids are on your side, we wish to extend to you the gift of another magical tool... our magical comb. In mermaid lore it often looks as if all a mermaid is doing is combing out her hair – as if she is vain and preoccupied with her appearance. In some ways we can be read this way...but the mermaid's comb is not simply an instrument of beauty – it is one of our most magical tools, and it cleanses and clears our auric field. Our hair is a symbol of personal power and allure – by combing through it we are thinking, pondering, smoothing out frazzled thoughts and knots, relaxing and

easing our mental field... the comb can be used all over the body. It is also a symbol of how immersing yourself in cleansing waters, either healing springs or salty seas that run clean and free, can comb through your entire auric field and free from it any lingering toxins, debris, and “infectious” sites that can later emerge from the body and mind and emotions. The entire ocean field, a waterfall, the healing waters of a spring or lake or pool – all can care for your auric field. If you cannot find one to immerse yourself in, if it is too cold, too far, too polluted, too...whatever, then take yourself through a mermaid auric cleansing in your mind. We will guide you.

### **REVERSED:**

Neglect, belief in self-care as vanity, a great block to your self-love and happiness, refusing to understand or to examine the need for your own energetic self-care. Neglecting all the natural world’s forms of healing at the expense of your auric health, feeling and thinking it is only humans who can offer healing or channel the divine energies that clear and cleanse, feeling it is others who need to look to their energetic health, not you. Too much time inside, without sunshine and without cleansing waters. Thirst for health, ill-health and disrupted emotional patterns beginning in the sensitive auric body, which needs its own form of rest, care and treatment at this time, and all is available in nature, within those we call healers, but also within the healing bounty of your own imagination.

### **DIVINATION:**

It is time to cleanse and clear your aura: immediately, without delay addressing its imbalances and lovingly tending to its needs, and giving it as much priority as your own physical body at this time. Time to have an auric reading by someone who is trustworthy and reputable,



and time to act on what you learn. Understand that there is great cleansing available to you within nature, and within your own energy field too. It is time for you to acknowledge too that you occasionally – sometimes frequently – see and feel and connect with people’s auras yourself...and the more you feel and acknowledge this to yourself, the more tuned in and aware you become. You are sensitive to others’ auras too at this time – be sure to balance and cleanse yours, rather than focusing on the imbalances and disturbances you can sense in others’ fields. Know too that you must be sensitive and ethical when you “pick” things up from another – no spontaneous readings unless spirit closely steps in. The mermaids will assist with when and how to deliver any message you are receiving promptings about!



## 7. FREEDOM

*Message: Independence, self-determination*

### **THE MERMAIDS SING:**

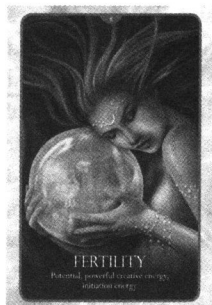
Sometimes in life, we identify and define ourselves by the groups or organisations we belong to. Somewhere along the way, our unique energy can be muffled. With this card, we mermaids are asking you to consider who you are, when you are not a member of a family, or a relationship, or an organisation. It is time to be self-determined – rather than considering the needs of the group, which is noble and wonderful and...oh, it is so good! We are asking you to be independent! To have, at last, your own source of money – just a small account will do, where you place money for your dreams. To have a sense of who you are whether in or without a loving relationship! To know who you are – and what it is you love and like and wish for and dream of and desire for the world, apart from the desires of the family or group. Because the group mind, has, at this time, dominated, however gently, your own independence and self-determination. So take some time. Detach from the group. Watch. Observe. But go within, and feel. And begin to note what it is you wish for – and begin to contribute those dreams to the group. Too long have you kept silent about your needs and desires, placing others' before your own! When this card comes to you, we mermaids are saying it is your turn – but first you must get to know yourself, your true self, all over again.

### **REVERSED:**

Denying and withholding that you are an individual, seeing yourself as only part of a group, and feeling fearful of who you would be or of what would happen if you were to be alone for a time. Ask yourself this very simple question...if you were alone, for a week, and there were no groups around to ask you to vote, or think, or look or be a certain way – who would you be? It may be that you have changed your appearance, your beliefs and even your body to please or be more closely aligned with another.

### **DIVINATION:**

With her independence and fleeting attachments, the mermaid shows us how to maintain who we are within intimate physical relationships. Her unabashed beauty and sexuality and her unselfconscious allure show us that we are desirable and powerful simply for being alive. If we feel an affinity only with the mermaid who gives up herself in order to be joined with a lover, we should sincerely examine just how much of ourselves we change when we are with a partner. This mermaid syndrome can extend to women (or men!) who change their appearance, manners, interests or religion to be with a lover. The mermaid's presence in our lives requires that we become closer to who we truly are, and honour our own truths instead of adopting and adapting to another's, sacrificing who we are in order to be with another – another who may not require that we change at all!



## 8. FERTILITY

*Message: Potential, powerful creative energy, initiation energy*

### **THE MERMAIDS SING:**

We mermaids are creatures who bring to you now a powerful force: the power to create, begin, initiate and grow – some call it fertility and they consider it to be only to do with the act of conception – you are now a fertile being – a being who is ready and has all the energy, and richness and goodness needed to bring forth a great project. This is the moment of decision for you: will you use this great power, and seek out what it is you need to seed your own fertile waters? We mermaids say that it may be time – that you have all that is needed, desired to richly provide life to creations, ideas, people, dreams... it is now time for you to decide how this will be worked with, used and explored. You are a fertile, enriching being – and new life and growth is ready to spring from your mind, your emotions, your body and your soul.

### **REVERSED:**

Barren, no inspiration, trying and sowing seeds that refuse to shoot. A garden has died. There may be issues with fertility, you may be wishing to bring forth a child, conceive a baby, and there may have been issues for some time about your ability to do so. You may need to create a healing diet and series of exercises to support and

nurture your own physical fertility, and adapt and change. Enquire about natural alternatives to help create hormonal balance and receptivity to the physical promotion of new life. You may also need to believe and seek out alternative ideas regarding financing a new idea and business opportunity. The time may not yet be right – after some more exploration and some working on your own health and wellness, the body, the grounds for the growth of the new will be rich, fertile and full of all that will be needed to support and sustain new life. You have not enough energy at this time to create anew – first, focus on the building up and creation of a great deal of new healthy energy, and then let it flow forth into the creation and realisation of a dream – be it babe, new project, creative idea, or nurturing someone you care for.

#### **DIVINATION:**

This is a time for the conception and growth of a new project. A time to get ready, to prepare. May literally mean that it is time to conceive and grow a new life in the world. Taking herbal supplements and changing diet and lifestyle so that new projects have the healthiest possible beginnings. Initiating projects in the spirit of goodwill, with positivity and enrichment. No longer being neglectful of the Self. Bliss, saturation, abundance. You are in a place of great potential. It is essential for you to ride this energy and deepen your roots and sow your seeds at this moment. Do not let this fertile time come to nothing. Sew the seed of ideas, of dreams, and action them out into the world, into reality. The mermaids know you are the right one to bring this idea or being or project through. You have been gifted a time of great potential, the perfect conditions... you must do your very best to ensure success. The seed is in your hand. Let it fall to the ripe, good earth, and let your soul grow what it was born to create.



## 9. THE MAGIC OF THE COHELLEN DRUITH

**Message:** *Caution, secrecy, wary*

### **THE MERMAIDS SING:**

It is well known amongst those who have loved or lived amongst the sea maids that Ireland's unique mermaids are the Merrows. Not so many know we have a magical object that allows us to move between the land and the sea. This is the *cohellen druith*: a red cloak and a red cap. Some Merrow-seekers whisper these are no cloak and cap at all – the cloak was the long scarlet waterfall of our red hair, the red cap, our scarlet hair bundled up on the head. Whatever the true origin, our red cloak and red cap are part of our legend. This wearing of the cap and cloak allows the Merrow to shift seamlessly from sea to land creature – so, keeping their *cohellen druith* safe is paramount for our ability to return to the sea.

Merrows in human form never leave the ocean for long...they sing to the waves, and those of us who have been stolen often cry at the shore, wondering why they feel they are never home, trapped by the loss of the *cohellen druith* and their memory of Tir fo Thoinn. If a Merrow chooses to wed a human for love, she will sometimes cut her long red hair, and dye it, and secret her *cohellen druith* away in a safe sea cave where no-one can find it. If her man breaks her heart, or betrays her by taking her cloak and cap, she will find them, and she

will return to the depths to heal and allow her salty tears to merge with the sea. Sometimes, greedy men cut the Merrows' hair, or steal their *cohellen druith* late at night while they rest on a beach under starlight after rescuing some sailors from the Soul Cages, or sleep deep on a rock after shepherding the precious leatherback turtles into warmer waters.

This happens more often than it should, as a Merrow bride is much sought after, not only for her beauty, voice and compassionate nature, but because she is said to bring great treasure – gold, pearls, corals, great catches in nets will come to the one who gains her as their own. But those who seek her, and take her, without loving her, against her free will, will never truly benefit. And those who steal her *cohellen druith* can never keep them for long. Some who have stolen the maid of the sea mysteriously become captives of their own Soul Cage... and no Merrow can, or will, hear their cries for help.

### **REVERSED:**

Refusing to acknowledge or even contemplate how what you wear and the way you move and dress and “be” sends unmistakable signals to others. Trying to hide or camouflage, rather than express who you are, and thus conveying only your fears and your hesitations.

Merrows are often seen with sharks, gentling them and dissuading them from being too vigilant in their policing activities. Merrows ensure that sharks use their authority and patrolling capacity in ways that are just. Even so, Merrows know just when to avoid a shark!

Merrows also swim with the grey seals, playing with the pups and teaching them how to fish and fend for themselves – and which fishermen to avoid. When this card is reversed, it is time to wonder whether you have given too much power over to what frightens, or once frightened you.

## **DIVINATION:**

It is time for you to create a symbol of who you are in your heart – it may be that you wish to dye your hair or transform your appearance in some way. You may wish to lose weight, or to shape your body via healthful exercise, using weights and swimming. It may be that you have adopted a more conservative appearance of late to suit better your “age,” your “job” and what your conditioning may be telling you is suitable. But the Merrow and her *cohellen druith* tell you that it is up to you to determine your appearance and your wellness, your body and your style... it is also time to consider the dolphins, as Merrows are strongly aligned with the dolphins – including Funghi, the famous dolphin of Dingle bay... it is also time to choose more strictly who you will interact with – the Merrows wish for you to signal to others who you are through your clothing or your jewellery, so that you may find your soul family more easily. Symbols, of which appearance and clothing are one, can do this for you.





## 10. HONOUR THE MASCULINE

***Message: Respecting men, embracing the masculine divine***

### **THE MERMAIDS SING:**

For many of the men of this world, there is a sense of confusion, shame and uncertainty about who they are meant to be. If they are masculine – powerful, dominant and assertive – they run the risk of being seen and experienced as controlling and cruel. Many men feel that their sense of vulnerability and their emotional self has to be buried with an active self, a self who fixes, who knows what to do, who satisfies and who makes sure all is well. The idea of masculinity has been corrupted and overtaken culturally, just as the concept of femininity has been hurt, too – and we have many wounded heroes, wounded Goddesses, wounded Gods in our world. This does none of us, male, female, heterosexual, everysexual, homosexual any good at all. It is necessary for us all to reclaim the sacred aspects of masculinity, to recreate and encourage a healthy masculinity that is unique and encouraged, supported and listened to. We have so many stereotypes about how a man must behave – and men are suffering, perhaps in some ways even more so than women, as they have been so disconnected from their true selves.

### **REVERSED:**

Following a rigid code of masculinity, being unable to question the forms in which masculinity expresses itself, refusing to shift and experiment with how the self can be expressed through masculinity. Equally, judging men according to stereotypes and having equally rigid and inflexible ideas about how a man must behave, perform and express himself. Bringing up boys to be “men” yet not allowing them to be themselves. It is time for you to explore the concept of gender, in a close relationship. Your notion of men, your experience of them, has been shaped in ways that are not as healthful as they could be. It is time to stop “blaming” men and start encouraging men to become the heroic sacred beings they are born to be. They were born with immense potential... the shape they have taken is not the shape of their soul. It is not necessary for you to cope or deal with abusive patterns – but it is important to know a person is acting out a stereotype, not their true soul essence as expressed through their masculinity. Rejection of the God, rejection of the possibility of the value of masculine force.

### **DIVINATION:**

When this card comes to speak to you, if you are a man, it is time to understand, embrace and truly honour the expression of your masculinity. Think back to your childhood and youth, before you were told who you are, what it is to be a man, by your culture and by your family and through your schooling and relationships. Who are you? Consider the possibility that your own masculinity has been constructed to protect you. Perhaps some aspects of what you have been taught have created sadness, shame, and may even have ensured you missed out on a full and authentic experience as a man, so far. Men are sensitive. Men are sacred. Men are Gods. And the powerful insight of the merfolk can show you how to go deeply into the way

your gender has shaped your destiny this lifetime. The merfolk encourage you to reshape it into a form that expresses who you truly are – not who you were taught to be.

so we wonder why you sometimes let people steal from you, and claim it to be a sacrifice. In your tale about us, *The Little Mermaid*, it is said she chooses to give up her voice, and her ability to swim, and even walks with great pain, just to have the love of a human man. This is a sacrifice...but she gave up what was sacred – herself, and in the end is neither mermaid or woman, not loved, or with kin...she is alone, as sea-foam. So, when you choose to sacrifice something, ask what it is for...is it sacred? Do you want someone to do something in return? Or is it because there is an outcome that is better, truly better, than the perceived loss? Be wise in your sacrifices. Make them, and choose. Else it is nothing but manipulation, and robbery.

### **REVERSED:**

A refusal to prioritise, which sacrifice ultimately is – choosing what is more important to you, and what is worth “giving up” in the short term, for a long term benefit. Believing you can have it all, simultaneously, and then wondering why this hollow promise never came true. You can create magick, and miracles, and break through and re-learn and do the most incredible things – you can absolutely shift your life and make dreams come true – but can’t you make every dream come true simultaneously. Not outside the realms of imagination, and even in that realm, that cauldron of creativity, you must choose. So, if this card has come to you reversed, you are perhaps attempting to hold on to everything, and refusing to choose, when a choice must be made in order for something to be given the space and the clear time and energy to be created and created well. Clear the clutter. Do not do things because you feel others will think you are “good”. They may be completely indifferent to you, and the outcome may not be what you imagine it will be. Choose who you are, in every moment, and be clear and strong about your worth. Make the sacrifices that will create the life that gives you not only what you want, but what is good, beautiful,



## 11. SACRIFICE

***Message: There are those worth making, there are those that will destroy you.***

### **THE MERMAIDS SING:**

We know that in the world of the air, there is often a need to choose between what is wanted NOW, and what it is best to wait for...and in your language this sometimes means sacrifice. We have heard of the stories you have told each other...and the deities of the land and the sky have done this...in the ocean there have been great sacrifices too. The whales sometimes have beached themselves to feed their communities of people – your ancestors. They are more evolved and they know that at times, the individual lifetime is not as sacred as the soul's evolution. In your world, there is the tale of the great deity of masculine power, Odin, the Father God of your Nordic peoples, and how he drank from a pool of wisdom – water, the wisdom bringer – and then hung on the Ash Tree, Yggdrasil for nine nights, returning to the world without one eye, but with Knowledge. We have heard from the Vikings that he did not regret his sacrifice – that he knew that to gain the knowledge, something had to be given up. You have heard of the Goddess of the people of the far north of the Americas as you call them – the Inuits, and their Goddess, Sedna, whose father cut her fingers from her hands to stop her clinging to the side of his boat. Some say this was a sacrifice...but this was not her choice...and

peaceful, educational and inspiring! That will not always be easy. But it will be worth it.

### **DIVINATION:**

You may be contemplating doing something that is a hardship, or giving up something that is precious to you, in order to demonstrate how important a third option is to you. Remember to make the *choice* to sacrifice, and that by doing so, you have made what has been offered up holy, and made more sacred the goal you are questing for. Make your sacrifices wise ones... and be sure to decide whether the sacrifice is the best path. Sometimes people make what they think are sacrifices because they feel others will view them in a certain way – and by doing so they can become martyrs, and wish only to be viewed as good. Remove this from your thinking. See whether you truly wish one thing, or another. And then when you make the choice, and it is freely given, then you have truly made something sacred. The whole process has become divine in its nature, and the reward is in the space and clearing you have created, into which the great good can be poured. You will be blessed, for you have blessed the world with your offering.



## 12. THE PRESENT

*Message: Gift, treasure, revelation of own value, now-ness*

### **THE MERMAIDS SING:**

We have heard that in the warm semi-tropical waters of Australia's Moreton Bay, a group of marine biologists have recently recorded fascinating new interactions between dolphins and humans. The dolphins of this beautiful place have been, for over ten years now, bringing gifts to the biologists, who in turn have fed them in a strictly regulated program. The dolphins have brought to the biologists eels, fish, shells and pieces of "treasure" from the sea, refusing to take them back when they are offered to them, in a moment of inter-species reciprocity which is moving and beautiful – and pure communication of sharing and energy exchange. When this card comes to you, you are being shown how the energy is being exchanged in the present moment.

### **REVERSED:**

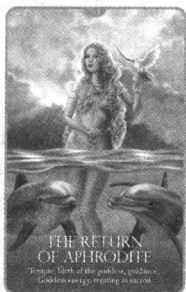
If this card comes to you in the reversed position, you are being told to be very cautious before accepting an apparent gift. Some gifts are not given with the idea of fair and equal exchange – but with the idea of tying you together, despite your will to be free and separate. Examples of this are "gifts" from people who wish you to think and

speak well of them publically, or who feel that their gift will buy them a way into your world, or enable them to receive something from you. Beware the stranger who “overgifts” and whose agenda becomes clear over time. There is always an exchange – and acceptance is not always necessary. You can always return the gift gracefully – especially when it is not a gift, but a bribe that may leave you feeling you have done a deal where the debt has yet to be called in...and it will be called in. And it will not be welcome. Stay free, the mermaids advise.

### **DIVINATION:**

There will be either a gift given, or a gift received. But there can be no true gift without reciprocation...when energy is exchanged, bonds grow closer, and connection is deepened. The exchange of gifts may also be about the giving of time and energy to each other, shifting and moving away from a typical kind of work for pay, into a more flexible system of exchange and caretaking. Friends will offer to do things for you, and before you feel beholden to them, or hesitate to accept because you do not wish to be a burden, remember the joy of the gift is in the giving, and a gift cannot be given unless there is a true connection. The gift, when this card is upright, comes from a pure and good place, it is joyful and it is given to the very best of intentions. It will draw you closer, and create even more intimacy and trust in your relationship. A beautiful sense of partnership will evolve out of what seems like a simple act of generosity. The exchange will never end...it is a bond forged beyond time, and as long as there is love, caring and trust, the energy grows and ripples out into the world.





### 13. THE RETURN OF APHRODITE

***Message: Temple, birth of the goddess, guidance, Goddess energy, treating as sacred***

#### **THE MERMAIDS SING:**

*She has come back to us...piercing us all with her sweetness and beauty...*

So goes the Homeric Hymn to Aphrodite, an ancient rhapsody recording encounters with this sea-born Goddess who is friend to merfolk everywhere – and to you, if you so wish it. Aphrodite’s story is fascinating...and when you receive this card, you are part of an enchanting tale that is being told in your life...you may have always doubted your ability to attract, yet when this card comes to you, it is as if the graces, Aphrodite’s handmaidens, are coming to greet you as you are rebirthed from the womb of the sea, and they adorn you with jewels and kisses, lavish you with pampering, and you will, at last, begin to believe in the power of your own gracefulness, your own sacred powers, your own allure and magnetic appeal. Aphrodite is seaborne as were you, of the womb of your mother, and when she comes to you, you are being reminded that it is possible to be sexual without being in partnership or formal marriage...she is returning to you to remind you of the beauty and grace of laughter, of delight, of seeing all that is before you as wondrous and perfect in its own right, delighting as she did in the variety of beings on the planet,

encouraging all to procreate, make love, sing, and revel in life. She is a sign of a return to sexual health, to healthy and glorious self-love and self-esteem, of a wish to be free for a time from “marriage” or conventional relationships – a time to explore, to delight, to be sensual, and to be free, with no fear of retribution.

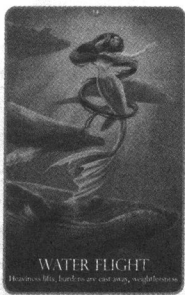
### **REVERSED:**

An unrealistic desire to be the only object of love or attraction in another’s world, jealousy and an inability to share, feeling that to do so is to lose respect and authority. There may be a great deal of disapproval around your choices as a sensual being – people attempting to tell you who to love, what to love, when to love, how to be in a relationship and so on. You are breaking ground and trading conformity for freedom to choose – and while in time you may choose marriage, or handfasting, or a relationship, or a partnership, or a dalliance, for now, you refuse to categorise your choices in that way, as you are exploring. This will at times bring great distrust, but remember – for many thousands of years and to this very day, we mermaids felt no pressure to be bound to one being only. Unless, of course, we desired this! If you do not desire this, you do not need to marry, conform, wed or obey! You are a being of grace and fragrance, and as you change, your relationships will too. Ask the Goddess Aphrodite for help...and it will usually be offered from her soft white hands.

### **DIVINATION:**

When Aphrodite comes to you from the sea, you are being reminded of your deep, delicious nature, the power of sensual desire, and the holiness of laughter and delight. There will be female friends who encourage you to remain free, and to find out for yourself what it

is you want, and who will praise you and assist you... it is a time of being reborn into your sensual self, and all that you are as a woman – your yoni, your body, your breasts and hips, all are now greeted and claimed, reclaimed with love. You see that you do walk in beauty, and that many have seen you coming from afar, and have desired you. There is no sin in this. Aphrodite loved beauty too, and knew how to share with other women – gifting her magic belt to Hera for a time to help her with her faithless husband Zeus, or sharing Adonis for half the year with youthful, irresistible Persephone... she is not the same as others. She does not wish to “have and to hold.” She wishes to experience, to love, to be filled, again and again, with all the beauty this world has to offer. But she never wishes for ownership. All is Golden; everybody is in Love, for a magical time, because the Goddess has returned.



## 14. WATER FLIGHT

*Message: Heaviness lifts, burdens are cast away, weightlessness*

### **THE MERMAIDS SING:**

When one of we sea beings lies upon the shore, unable to return for hours to the sea, just above the tide line, led there by sonar and other human follies, we die not so much from the dryness of the air, but from the weight of the world of the air. You see, in the world of water, we are light – we weigh less, the water holds us, suspends us... in the world of the air, we are left to fall to the ground, to remain heavier, and the weight of our own bodies, organs, blood and bone slowly crushes us. Similarly, if you humans live too much in the world of air, without the weightlessness and suspension, the support and the buoyancy of water, you can be crushed, weighed down, until you can barely breathe in anymore. You live so much in the world of air in terms of intellect, too. The thought world dominates humans, and you neglect the feeling world, which can sustain, uplift and support you, allowing you in the realm of emotional imagination to do what your head says cannot be done, to take flight, to create story, to feel the depth and possibility of your lives, and to wonder. The world of air often crushes the life out of the dreams of water. Do not let this happen to you.

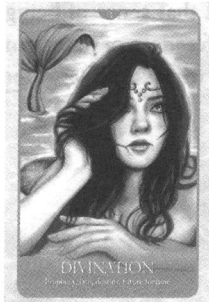
### **REVERSED:**

Refusing to engage with the world of water – staying “dry” and safe, and suffering for it. Feeling as if you are trapped within the weight of your own body, not feeling like yourself and your physicality are one – it almost feels like a prison. There is an alternate meaning for the reversed card – it is possible that there is too much emphasis on feeling...and not enough air; that weightlessness has become the only way – and that you need to understand how strong you are by thinking and exercising your intellect. There is a need for you to create balance and lightness within your body – allow this to take place by factoring in watery exercise, communion with emotions and expression of what moves you. Allow this to take place, and what seems to be stuck and immovable may be released. You are worthy of the freedom of lightness. You too can experience the weightless relief of the world of water, as do the merfolk, and the sea creatures, who you may have evolved from. Go back, and feel the relief of the habitat that supports you.

### **DIVINATION:**

It is time to allow yourself the freedom to feel – and to express those feelings. This will release and let go of some of the weight you have been feeling, that may have actually manifested and physicalised in more weight on your body, a sense of discomfort when moving, less flexibility and a feeling of being clumsy at times. This re-involvement with your emotions can also be nurtured by allowing tears to fall, connecting with your own inner sea, and if you are a woman, by connecting with the womb. If you are a man, you may develop a new appreciation of the feminine nature – and of your own emotional wisdom. Men and women alike who receive this card may wish to spend more time in healing, natural bodies of water. The weight of your form that you experience on land will vanish and likewise, you

will release any worries, your deep sadness and that sense of being overwhelmed that you so often experience. The freedom of water can be yours, emotionally, physically, and your spirit will take underwater flight!



## 15. DIVINATION

*Message: Prophecy, fate, destiny, future fortune*

### **THE MERMAIDS SING:**

The mermaids, surrounded as they are by the mirror of the ocean, the living reflection of the past, present and future, are among the greatest of seers. Water, as demonstrated in the experiments by Doctor Emoto, holds and carries the vibrations of all that has gone... and can hold all that will be. Water is healing, and holds solutions that help us flow to a better place. There is no ending that the water can show us, only the myriad possibilities. Water in some places is already holding the vibrational possibilities of the future – and we mermaids have been gifted the ability to read these, and train daughter after daughter in the art of seer-ship, oracling, and oceanomancy. They have kept this truth about their ability silent for many thousands of years, as they are already coveted for their beauty, harvested for their sexuality, controlled in so many ways. If so many came to know of their talent for prophecy, who could resist the lure to keep one captive, and demand to know their fate, or what to do, or how to overcome their enemies?

**REVERSED:**

The signs are reaching for you, falling gently into your mind when you allow it the freedom to wander, when you gaze in the waters of the setting sun, when nature catches your breath and a still voice speaks from you out of the heart of the forest, when you turn off the television and engage with the natural world. But when you take these words, and you analyse them, you claim they make no sense. You worry that you are foolhardy – and you worry that you cannot interpret them accurately, and so rather than make what you consider to be a mistake, you deny yourself the voice of the ocean, the calling of the deep, and your deepest knowing you keep from yourself. Yet this has not stopped you seeking, and asking, and searching. Stop. For a moment. Let the water touch your feet. Close the eyes of the world...and still the voice of the mind who knows best. Allow them to come, one by one, and enter the dream of prophecy. Become the oracle you are. The answers you seek are already within you. Still yourself, and let yourself know the voice of the Mother.

**DIVINATION:**

But to you, the mermaids have come via this card and they say to you that you too have the gift of seeing the possibilities, of knowing and feeling out the fate...and they know that as a fellow mer-being, one who has been borne of the great sea mother, you too can work with the gift of seeing in many directions at once...it is as if you can stare into water, and see ripples of what could be. The mermaids are oracles, sibyls of the sea, and you too have the power to connect with the divine, and this power can be activated as you teach yourself the wisdom of the sea. There must be discipline and purpose to your movement, instruction is coming, and they will deliver it through dreams and visions. There will be signs, and there will be omens, and the symbols will come to you. You will dream, and while



these dreams may be cryptic, or a vision may seem to be unrelated to what is currently taking place, the Universe, and the Ocean of consciousness and possibilities is calling to you to listen and to hear and read the signs... become aware... and hear them whisper on the shoreline of consciousness. Learn to read an oracle – like this one – work with spreads for focus and discipline, and conduct readings for friends. You have a gift. It is time to train, and then to exercise it with responsibility and beauty.



## 16. REFLECTIONS

*Message: What you contemplate can actualise*

### **THE MERMAIDS SING:**

It is time to observe what is around and about you, to truly gaze upon what can be seen, and to think on it for a time. It does not mean to worry or to fret over it, to turn it this way and that in a quiet frenzy, trying to find the right thing to do. But it does mean contemplation, a time of gathering all the threads of the half-formed thoughts, and following some through to their end, and reaching a better understanding of what it is you are currently looking at. For there has been a tendency to react, and while this has created action, and movement, and waves, there has not been deep understanding, the understanding that brings even deeper peace. We, the mermaids, are asking for you to reflect – to become still, and to truly see what it is that is before you. Reflection also means to have greater understanding of yourself – there is no outer contemplation that does not have its echo within. So for now, look, look at what is there, and feel the strength of your contemplative times. There is enough time in the world and you are not lazy for contemplating, thinking and feeling deeply. It is wise to be balanced when reflecting upon the big questions in your life. The process will bring up many emotions, so it is wise to make your purpose one of greater understanding, deeper peace and action

that comes from your true values. Far too much of recent action has been a re-action – a surge of movement against something, and while this has felt just and right, it has not created results you would wish for. It is now time to reflect – and in the reflective time, you will be shown the next action to take. Be still, sit a while. Gaze at a flower, the sunset, the light on the ocean. Feel the deep peace. And the knowing will come soon after this.

### **REVERSED:**

Acting out of a kind of desperation can sometimes bring about heroic results, and have the desired effect – but in this case, it is wise to take a step back for a moment, the mermaids' advise, and understand that you must re-see what is before you, and use your peaceful mind to more deeply understand what is taking place. This is a time of philosophy and shifting energy through stillness and contemplation... it is time to merge with the world around you, to re-feel your place and come to a place of wisdom. The urge to action at this time is born out of the sense that if you do not act, you will have deliberately missed this time or opportunity, or that the world will judge you as unfeeling and uncaring. It is not unfeeling or uncaring or unkind to choose contemplation at this time – for there is much that is being told to you, but much you have not experienced or thought deeply about. The mermaids are asking you to go deep into your own mind and consciousness and reflect, understand, and merge in some ways – rather than see yourself as separate, judge, and behave accordingly. There is much that is noble and right about action. It is often seen as “better” than doing nothing. But in this case, the greatest action may be that of deeper knowledge and understanding before choosing your next move, which could be rash, ill-advised, and counter-productive. There is also a chance your emotions are being manipulated at present so you will act rashly. Examine this, and examine all. Reflect.

Contemplate merging. See. And then choose what is best for you to do with this new illuminated understanding.

### **DIVINATION:**

Choose to not act at this time, but to stay still, to go deep within and to observe until you feel you have greater understanding. Reflect upon what has led you to this place and this moment of choice, and reflect upon how you would like to see the now become and the future unfold. Reflect, reflect, reflect – do not act for now. Seek to understand your own self, not to judge the acts of others. For a time, put aside frenetic action. There may be a panicked kind of urge to do something now before it is too late – however, it is best at this time to stay still. Others may be urging you to action – and there may be a sense of being driven up in circumstance and having no choice, being dragged along by the surge of the current, the tide of opinion. Take the time to reflect. To understand. Each day. This is necessary, or else we become as automatons, reacting out of habit, not choosing responses out of wisdom. Do the latter now.



## 17. FAREWELL TO THE MOON

*Message: Appreciate and enjoy the lunar light and cycles*

### **THE MERMAIDS SING:**

We love the Moon...for she is precious, and yet we are bidding her a long farewell, appreciating her energy. Humans are not so long-lived, and their priorities often reflect their lifespan, but we know the beautiful Moon is distancing herself little by little...and the power of the Sun grows stronger. So we connect as much as we can, when she is present. And if you too watch the sky and her crystal ball, you will feel the sea mother's tides and cycles dancing with the sacred moon's waxing and waning. That all in the Universe breathes as one. And that what is above, connects and affects what is below. You humans too respond to the moon's tides, to the solar tides, to the galactic tides. The great ocean may respond more readily, but the firm earth also breathes in and out, as do the waters of this beautiful planet – all dancing with the Moon, and observed by this beautiful Being of the Sea.

Connect with her – for she moves you, always... come to know her, and you will know the mystery of life, without ever being able to speak it...it will live in your bones, blood and cells, in the water of your blood, and you will be free of the falsehoods of your human time, and

come to know the times and cycles that are old, wise and powerful.

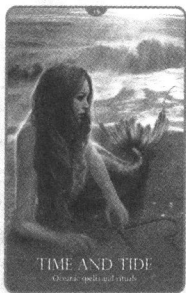
### **REVERSED:**

To withdraw from the Moon is to withdraw from the natural world, from the world of women, and there may be a sense of the night being uncertain and untrustworthy. A hesitation in coming to experience your nature – you are able to intellectually grasp the details of your life, but you are too much in the head, and have not come to be in the belly, the deep self, the instinctual tidal being that is a powerful and creative part of you. Relying too much on the head, and on statistics and probabilities rather than on natural cycles and instincts, which have great wisdom. Refusing to see and understand how cycles perpetuate. Fear of the night and of darkness, a misinterpretation of what it is to be in darkness and the night. Too much of an attempt to fit in, so much so that the natural essence of you is hidden and smothered by the constructed and cultivated self.

### **DIVINATION:**

It is as natural as breathing out and breathing in, and to synch in we need do nothing but live. Yet you are now being called to live in deeper partnership with the cycles of lunar-sea, so that the magick of your life becomes fuller, deeper, richer, so that you live with more ease, flow, courage and gratitude. Like the moon you shine, and you dim.... you grow and you shrink... all these things are taught by the simple observation of walking, swimming, dwelling in the oceanic magicks by moonlight. If we learn to yield and capitulate, set the tone, lead, and allow another to take control at times, all will be well. This dance is echoed in the varying shapes of the moon as she yields to darkness, then grows in brightness each month, as women bleed their oceanic bloods each lunar month – 13 moons. Observe the moon. Be

under her light. Withdraw with her darkening. Know what her phase was at the moment you first drew breath. It need not be complex. The simple connection will change you, so that your true essence can come forth and be known by the world.



## 18. TIME AND TIDE

*Message: Oceanic spells and rituals*

### **THE MERMAIDS SING:**

In our world, and in yours of old, the rituals would be observed and the festivals kept, because that way the mother would breathe in and out more easily – and we would breathe with her, in the way of the cycles of the soul, planet, galaxy. We make offerings to the Sea Mother, being sure to clean and care for her liminal zones – the places where you have so often walked. Have you not seen the dolphins moving through the shoreline, appearing to chase the fish? They are hunting, it is true but they are also moving along the coastline, cleansing toxic pockets of energy. We often attempt to detangle the creatures from the sea nets, and these too are rituals and spells. And you humans wonder what sacred acts you can do – you can sing and dance beneath the moon, on the shore, in the forest, by the lake. But you can also do the most sacred thing of all – a magical action at low tide: before gathering any magical tools along the shore, you must be sure you have made an offering to the sea. We do not take, before we give. The sea provides us all with life on this planet – just as the green and brown rich loamy earth. Let us thank her before collecting her driftwood, her seashells, or casting in our line for fish.



### **REVERSED:**

Feeling disconnected and not interacting with the natural world in a way that reinforces its sanctity. Being very mechanical and “real” about everything to the point that the mysteries of life and your place in the great wheel get annihilated. Not taking time out to walk the shore and speak with the creatures of the ocean, feeling that your energy and its expression, alone or with others, makes no difference to the world. Feeling that rituals, spells and other divine actions are dangerous and scary and unnatural, or somehow evil. Leftover religious beliefs, superstitious remnants that cause you to disengage for fear of doing something wrong, when that is the greatest sadness of all – feeling it is better to do nothing than to make a mistake.

### **DIVINATION:**

It is time for a well-thought through act of connection – a ritual or spell, with the realm of the mer-beings, with the sea, with her creature. When done with great formality and mindfulness, many acts can become magical and reconnect us to the sacred within us and outside of “us.” You may wish to ritually bathe in a tidal pool, which could be a naturally formed rockpool, or a sacred bathtime you create for yourself. As you bathe in the sacred healing pool, allow the pool and the water to drain away anything that must be left behind for you to go forward again – to go to your own personal high tide – at change of tide. The salt-water crystals will drag through your auric layer, clearing and cleansing, leaving you feeling light and free, yet very present and clear. The warm waters of the tidal pool make them mermaidly Goddess pools of healing, right on the seashore, the amniotic fluid of rebirth for you to be freed from. Or you may wish to create sand castles or mandalas or sculptures near the tide line... we can shape into the sand (itself an energy field of tiny, sparkling crystals) representations of what we wish to see taken away and

cleared... or what we wish the Sea Mother to take into her cauldron and help you manifest. It may be time to work with Jannarric runes, which have a great history of being drawn into the sand as messages to the great Sea beings, of all kinds. What is most important is that you act.



## 19. ATLANTIS

***Message: Rapid development, excellence, success***

### **THE MERMAIDS SING:**

We are at a Golden Moment in time ... so much is changing so quickly, humans are awakening, the planet at the point of having a time that is at once peaceful and exciting, dynamic and comforting. It can be a time of greatness in your life. But you will need courage. And the desire for “power over” must be shifted to the “power to.” The more you know you are connected to the divine, that you are the divine itself, the more you will behave in ways that are divine. When you lose that connection and that belief, when you view yourselves as merely impermanent, meaningless players on a stage, temporary witnesses – then the Golden Time can vanish. Keep the vision alive! It is time to strike that balance between selflessness, and the actualised self who is operating out of love, not hubris!

### **REVERSED:**

A refusal to wonder about the possibility that your life is at an epic moment, when everything you could be depends on who you choose to be, what you are broadcasting, how you communicate and the tone you are setting. When this card comes to you reversed you could be

in a space where you are not honouring your talents and capabilities by developing them to their fullest extent. There has been too much reliance on others and their opinions and feelings, and less on owning your own needs, your own capabilities, and really bringing them to the surface and allowing them to shine. There is too much buried – or sunken treasure – in your life. Allow it to rise! Allow yourself to be Golden. You have everything you need to excel, but you are settling for less. The question then is “Why?”.

### **DIVINATION:**

A feeling of connection to crystals, to sea creatures, to being able to heal and work with people telepathically, an urgent desire to do something more meaningful with your life, past life memories as an Atlantean or even a dolphin, dugong or other sea creature surfacing. Learning to swim, dive, mermaid, scuba dive, and a desire to be beneath the waves. Connection to ancient sacred sites, feelings of bliss, connection and higher powers and abilities returning to you. A sense of being at one with angels, animals, wizards and all – a wonderful variety of beings in your life who have so much in common with you. Greater powers of communication, less fear and feeling you have great abilities and fearlessly exploring them – perhaps for the first time (this lifetime.) Not being so concerned with making a mistake! A sharpening of abilities, an appreciation of science, the desire to experiment and develop abilities, the astonishment of seeing how quickly you can advance. Flow, high vibrations, sophistication, logic and brilliance are heightened.



## 20. FALLING IN LOVE

*Message: Kissing the divine in another, in yourself*

### **THE MERMAIDS SING:**

There may be no closer moment of connection, of utter merging with the divine than the experience we have called falling in love... it is so important we do this. We allow ourselves to be overwhelmed and we surrender to bliss – but also to the possibility of pain, of betrayal, of disappointment and of disillusionment. Therefore, we mermaids urge you to fall in love, but to allow yourself to be real, honest, vulnerable and to move on if this love becomes painful, unfulfilling or continually a compromise. Falling in love is a divine miracle, truly – but there are stereotypes about how it looks, books with strange names like “the rules” and the ideal that gets attached to a person who has no idea what your hopes and dreams are! So, foolish as it may make you feel, do not be cool – be true to yourself – fall in love with another and fall in love with your own honesty and vulnerability. Kiss the bliss, taste the nectar of love and share the ecstasy, but also, experience the utter breakthrough and freedom of honesty...it may not come all at once...but little by little, let falling in love teach you the lessons...that as you recognise the divine in another, so too must they recognise the divine within you. It must be mutual. And it must be a boon, not an instrument of torture or manipulation. Bless you beautiful people for having this ability! Now, go forth and fall in love

with one another, each other, the planet, the animals, the beings, the elementals, the ocean and yourselves...and nature will then be at peace, and well, and blossoming once again.

### **REVERSED:**

Feeling frozen, numb, too hurt to ever risk what we call love again. Knowing there are deep feelings beneath this pain but attempting to keep them very much under wraps and choosing to allow only a certain level of intimacy in your life. Feeling fear, aggression and disbelief in relation to love, feelings of cynicism, rage, hurt and bewilderment at what people mean by the word “love.” Heartbreak has taken its toll. Feeling it is only a world full of hurt. Allowing yourself to observe love and being too cautious to open up and expose your tender heart. Fear of hurt consuming the desire to be with another, and to taste the divine. Possible opting out of new relationships, or keeping them tightly controlled, or withdrawing your love from a relationship and only going through the motions. A fear of rejection for simply being yourself, and a fear that you are not worth loving – or that others are incapable of loving, unworthy of trust, and that the notion of love itself is a falsehood.

### **DIVINATION:**

Feeling powerful feelings of attraction for another, and becoming overwhelmed with feelings of tenderness, almost to the point of feeling more for the other being than for food, drink, breathing. Feeling powerfully attached to another, seeing the divine within them and experiencing the divine within yourself is extremely addictive. The beginning of a powerful relationship which truly has magick within it – the recognition of soul within another – yet it is also wise to know thyself well and to be able to read your own patterns.

Seeking to communicate and to establish a close bond with another – feeling very akin to them, a dissolving of boundaries of self into a kind of One. A time of sweetness, insecurity, beauty, excitement, newness and uncertainty – perhaps a time when you are almost certainly very much alive, and very much at the end of ordinary life and approaching what we often call insanity! The space before knowledge, when the idealisation of the Other is at its height. This card can also signal a desire for sex that is sacred, deeply connective, soul-forging, and powerfully erotic. Lovemaking that is exquisitely spiritual and sensual.



## 21. THE MIRROR

*Message: Know thyself, self-examination, seeing who you really are*

### **THE MERMAIDS SING:**

Water is a great mirror, and the darker it is, the clearer the reflections of the world around it will be. And so it is with life. The clear mirror we can look into will show us who we appear to be...but the dark mirror, metaphorically, is when life, or the sea, or our feelings become darker, more complex, sad, thoughtful, deep and at times, very painful. But it is at these times that we can see who we truly are – for under duress, our true character can be observed. And sometimes, we do not always like the truth of what we see in this dark mirror. But the mermaid can help us with this, as she holds up a mirror, but a magical one, that not only shows us our appearance – it shows all of ourselves, our sweetness, our hurts, and our scars. In it, we may see what is hidden to the eye of the body, but known to the eyes of the soul. In dreams these mirrors may appear, and in emotional times, when we realise that we are still hurting, or have wounds we have sought to cover up. There is no need to cover up or camouflage in this beautiful mirror. Nor is it right to judge the scars and woundings – or the beauty and the glory – they simply are, and by seeing clearly, especially in the dark mirror of the Great Mother Ocean, we can see who we are. While we swim in clear waters, we can see the light and the positive,



but when we swim in dark waters, we can truthfully see so much of who we are, and make changes, adaptations, or come to accept the truth of who we are, without seeking to adjust. We come to self-love, self-knowledge and self-healing.

### **REVERSED:**

Refusing to see the truth of who we are – refusing even to look deeper within and question many of our assumptions. Being bewildered at people's feedback about who they see us as, looking into a mirror and seeing only the carefully prepared for public self, not the entire self.

Refusing to address our patterns and our hurts, and therefore giving them power. Having a self-image that is never examined, or deeply understood – projecting a carefully crafted image and believing that is in fact who you truly are. Far too much belief in the appearance, rather than the entirety of yourself and soul. A lack of personal empathy with your own wounds, and seeing them as something to avoid, deny or not even acknowledge. Afraid to look into the mirror because of negative beliefs about who you are, and because you are afraid to see what you truly look like.

### **DIVINATION:**

It is time to gently, yet firmly see the truth about who you are, and to understand that who you are is not ugly, or lacking, but a truthful, beautiful, wonder-laden voyage into the soul... it is time to be shown what the eye cannot always see, but what the spirit has sensed... this may come through observations – loving words from friends who are truly able to see you, from a stranger who notices something that too many overlook, or it can come in a moment when you glimpse who you have become... dreams, visions and flashes of intuition are also the mirrors that work with us at this time. Mirrors and who you

appear to be will be coming up for you. Be sure to embrace the mirror and the magical mermaid's tool as an ally, and wonders and healing will unfold.



## 22. DIVINE SENSUALITY

*Message: Making love, erotica*

### **THE MERMAIDS SING:**

Yes, the mermaids are protectors and champions of sexuality and freedom, allure and power! To experience physical bliss is not a purely physical event – there is an intimate connection that connects people who make love, or kiss, or even just shake hands...who touch...and when we exchange this great intimacy with another, there is established between us a strong energetic connection. So it is wise to consider who we make love with, and when, and where, and very much why. But there is also an undercurrent in our culture that still sees love making, sensuality and the love of the pleasure of the body and the celebration and elevation of that pleasure to an art as something that is laden and twisted with guilt. The tainted sexual beliefs of the medieval era which led to a hatred of the body, of sexuality, and a demonisation of women are still with us in some ways. Even the sexualisation of our bodies undermines our ability to make love; to pleasure ourselves, and to enjoy this great pleasure and joy that has been gifted to us. The mermaid has come to be a symbol of the temptress, the woman who wishes to draw men and lovers to her – and in many ways, she is the symbol of danger. And so it is with our sensuality.

If you have drawn this card it is likely you are ready to explore and dive into your own physical expression of bliss: it may be through making love with a cared-for other, achieving greater intimacy in your relationships, or even experiencing blissful sensual moments while receiving a massage or dancing... but this card encourages you to reconnect with the love of your natural physicality, and to explore the pleasure your sensuality can bring to you, and to begin to understand and untangle any of the lingering cultural or personal guilt you may have about this. There are many beliefs in our culture, many taboos too: that women who enjoy sexual feelings and evoke them in others are impure, courting danger, threatening to themselves and to other women, and dangerous to men. But the truth is, we all have a seductress within us, a mermaid-like being who dwells within our psyche and subconscious, who is able to show us how to pleasure ourselves and others, and how healing this sacred sensuality is and can be.

**REVERSED:**

There may be mistrust and even some hatred of the body, the mistrust and hatred of women, the mistrust and hatred of the sensual world. This is often expressed by choosing to believe that sex and people who love and enjoy sex, and keep it sacred, are in some ways inspire and only desiring to tempt you – that they will not fulfil their promises. It may be some time since you experienced true physical intimacy with another, or with yourself, and it is an area of your life which is calling to be awakened...orgasm may be challenging to reach, and there can be sexual dysfunctions. Sex is not a sport, or a competitive game with only one outcome. It is about expression, and interweaving, and it is a journey into the soul of another via the body. If this can be understood, and if you are brave enough, this can be re-created within a relationship whose sexual spring has run

dry, or a relationship can be created with another that is sensually and spiritually fulfilling. It is time to accept that there are so many ways to love. You may be judging another's sexual preference and lifestyle, but you are beginning to discover that there are many ways in which love is expressed physically. Embrace the rainbow that is Love Manifest!

### **DIVINATION:**

It is possible at this time that you are being judged by others for the sexual choices and mates you have chosen or may be about to choose. Please know it is your birthright to choose freely who you give yourself to, and why – the only question is whether this is a sacred and honourable exchange, whether this feels like it is a good choice for you, personally. It is time to put aside societal and even cultural and traditional norms and judgments about who we choose, and how we choose to enact sensuality. There is a boundary being broken through – as long as this is a free choice of your own, and one that brings you wisdom, health, joy and respect, it is not for others to make this choice. It is yours alone. Break through the fear!



## 23. DREAMS

*Message: Vivid dreaming, dream messages, dream teaching*

### **THE MERMAIDS SING:**

What do we mermaids dream of? Like you, sometimes our dreams are more vivid than our waking life...and within them there is a great deal of freedom, exploration, symbolism and messages. At some times, our dreams are our spirit calling out to us, wishing us to take heed of what the soul is speaking of, and asking us to live more in a mystic realm, where we can have time alone, where we can create and dream into life our self-expression, and where we are very, very clearly being given messages, from the realm of the subconscious – the flowing, the watery, the underworld deep of our very heartselves. Mermaids cannot always reach you when you are on land – you may not be at the beach, and many people are not dreamy enough to be reached – they are hard focused and hard wired into their right brain. When you cannot be reached through the song of the waves, you will be reached on the waves of the sleeping brain... and in them, you will be told what it is you need to let go of, what it is that fascinates and drives you, and what it is you yearn and hunger for. Dreams are another life, and our sleeping life is as profound a reality as our waking life. It is mysterious and deeply moving and influential – but many people have given no time and no thought to what their soul is describing to them, teaching

them, and experiencing with them each evening.

When this card shows up, it is a sure sign that the mermaids are reaching out to you through the oceans of your sleep time. Within this time period please do “feel” your dreams – not so much analyse them, although this can be helpful and wise. It is time to feel them, and to allow their wisdom and guidance to seep up into and join with the waking world. Be a little more “dreamy,” a little more in-between and a little less sharply focused, just for a time, and listen to the deep messages of the soul. The mind will try to make sense of what the mermaids are sharing, but it truly cannot – it can only observe. So, watch, feel, experience and live the dream throughout the waking day – their wisdom is potent, powerful and can change lives – and awaken you truly to the callings and the song of the soul.

#### **REVERSED:**

Sleep disturbances, awakening throughout the night, unable to remember or recall or to feel out your dreams, a sense of something being out of your reach. Sleep that is shallow and fitful, or simply proclaiming you do not dream! This, along with denial that you dream or that dreams matter at all could be taking place at the moment. First change your sleeping environment, and begin to soften in your determined opinions – you have dreams and messages that are wishing to speak with you...but it is up to you if you choose to remain deaf to them.

#### **DIVINATION:**

When this card appears, please go deeper into the world of the dream...it may be time to keep a dream journal, or to spend even just five minutes each morning meditating on your sleeping life. It is unlikely that your mind will have a great deal of information that will

be valuable for you – there will be details and imagery, poetry and symbolism in your dream, and it is a creative, flowing, imaginative and surreal world you enter when you sleep. Spend some time each morning or day “feeling” the dream, then musing on its meaning...do not try to pin it down or it will fly free, eluding you. Have long baths or warm showers prior to bedtime, and visualise yourself in a pool before drifting off to sleep. Allow the waters of sleep to take you, and the mermaids of dreams to sing to you.





## 24. SOUL CAGE

***Message: Rescue, escape from captivity and restriction***

### **THE MERMAIDS SING:**

In the legends of the Merrows, we mermaids of Ireland's wild and lovely west coast, there is a dark underside – the Soul Cages. These are underwater prisons where men are held, between the worlds, prisoners of the jealous Merrow-men. Under the waves, the Merrow men entrap the princes of earth in cages of kelp and coral – the Soul Cages of legend, in which the prince lies suspended between life and death. But for every man kidnapped and thrown into the Soul Cage, there is a Merrow-maid who will free him from this antediluvian dungeon, swim him to the surface, and start his heart once more with kisses that are part song, part spell. When the breath of Merrow and Man unites, the prince returns, alive once again, forever changed.

The Soul Cage card comes to you when you are living a half-life – or when someone you know is doing so. The Soul Cage is the one that keeps you from extending your reach, keeps you in a comfort zone that may seem to reduce potential dangers and harms to you, but at the end means you have lived neither fully awake, nor fully asleep. You have chosen suspension and compromise, and the Merrows are here with this card to awaken you to the prison, and to ask you if you are ready to swim free and be reunited with your passions and your purpose. There will be dangers, and adventures, and moments

that hurt – but free of the Soul Cage, there will be bliss, exploration, discovery and laughter.

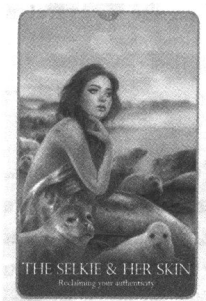
### **REVERSED:**

If this card is reversed, the message can be quite subtle...it does not necessarily mean that you are free from the Soul Cage – but that perhaps you deny that there are any cages at all around or about you! So, it is time for you to consider which of your values come from your heart and soul, and which have been given to you and adopted, and no longer fit. Which dream have you not lived? Which part of your Self is not free? This card reversed may also indicate that you see freeing yourself as unrealistic and alternatively, radical – the freedom from the Soul Cage does not mean to immediately run from your current life. But it does mean to, little by little, exchange chains for wings, shackles for freedom, and to consider the role you have cast yourself in (dutiful partner) and the truths you tell yourself – you must only have one life partner, changing your mind is bad, everyone needs you to stay the same, forever. They are not as true as your Soul Cage would have you believe. Begin to rattle the bars! Shake the cage! And begin the journey to your own life now!

### **DIVINATION:**

Feeling trapped, restricted, squeezed or limited? You may be within the confines of a Soul Cage. The Soul Cage is every compromise you've ever made that cut a little of your soul off, every time you lied to keep the peace. It is the job you took because you thought you could never make a living doing what you love. It is every piece of unnecessary insurance we are sold, every time we are told to live in fear, and every time we are encouraged by our culture to live as though we are in great danger. This card, and the Merrows, now ask

you – do you wish to free yourself from the Soul Cage? It need not be done all at once...for there are many bars and many chains and many locks. But little by little, they will help you to rediscover the joys of living according to the stories the soul wants you to tell. And you will be free.



## 25. THE SELKIE & HER SKIN

*Message: Reclaiming your authenticity*

### **THE MERMAIDS SING:**

To receive this card is to receive a message from the most wise and kind of mermaids that you who are now reading this must return to the form in which you are free. Because the tale of the Selkie is that of a creature who has been captured, who has had their deep wildness tamed, who has in some ways fallen into an amnesiac state simply in order to deal with the loss. It seems that if you remember all that has been taken from you, your heart could break, and your will could die. The Selkie's is the story for all of us who have forgotten our strength, our freedom, our right to choose again and again our delight in life.

The Selkie story speaks very deeply of the divine feminine – and the innate need for women to be free in choosing who to be with, to be free even in raising their children, to have sisters to dance with, and to worship beneath the moon. It speaks of the crime of seeking to possess, and to capture anything that is free, and of keeping us from the element of water – from our womb's sanctity, from our emotional, watery selves, to keep us on land, rather than in the flow. It is true that this love of the feminine brings bounty and balance, fortune and favour to men as well as women. We are all robbed, if She

is stolen from. Likewise, we are all liberated, when she is sovereign and made sacred.

### **REVERSED:**

Your innocence has been exploited, the allure of the feminine divine, entrapment, and the quest and reclaiming of personal freedom. Are you, at this time, uncomfortable in your own skin? Take time out from the responsibilities of housework, of family and of the roles you may be cast in, in your life. This is not to sow discontent or to hurt families, or to dishonour the magick that can be held sacred within the mothering, and partnership duties. But it is to remember the call of your wild spirit. It is to allow your emotions and your womb-wisdom to flow. Allow your own sovereignty and your own freedom to take precedence from time to time. Be free, and return to domestic life because it is your wish and your honour. Do not ever allow your spirit to be captive. Be Selkie.

### **DIVINATION:**

If this card has come to you, it is time to dance, to be free, and to join with groups of women who wish to simply Be – free to dance under the moonlight, free of dogma and even of political correctness. A time without children, without relationships and without other couples around you. The joys of being “single” or of being free. A time to leave family and partners for a while, to claim your sea skin back. Choose safe environments. Do not trust people who come to you at this time and want to “take care of you.” This may be code for wishing to capture you. Go to a place where you are among your own gender, where you can be nurtured by contact with your own kind. Find a sacred place to visit and commit to a regular “timeout” in that safe haven. It is now time for you to support and encourage

the freedom of other humans and creatures. When we do this, our own freedom becomes more natural to us. Make a donation for seal conservation. Do not support practices or companies that benefit from the seal hunts that still take place. Visit the lands of Selkie lore and legend – the Orkney isles in the far north of Scotland, Iceland, the Scandinavias, Northern Ireland and her cold seas. Or travel in visions, past life memories, and dreams...and set your Selkie self free.



## 26. AIR

*Message: Breathing deep, entering into life, exchange of life-bringing energies*

### **THE MERMAIDS SING:**

For a moment, now, be still. Be still. Pause in the breath. See what it feels like to be in the in-between moment. Now, consciously, begin the cycle of breathing, the intake of air, the pouring past your nostrils of the air, the sensation, the feeling, the expansion of the lungs, the slight moment before you release, then the beautiful moment when all that your body did not need, wish for, integrate, is released. If you have received this card, the mistresses of the deep breath, the merfolk, are asking you to explore the breathing you are doing...to make it conscious, just for a time...until your own capacity to enter into the beauty of exchange with the trees and the ocean's beds of oxygen-creating plants becomes closer and more appreciated. You sometimes still believe you are separate and "alone" in the universe... but every breath you are breathing is not new – the same molecules have passed through others, have been exchanged over and over again. Now it is your time to exchange the energy, to take it into you, and to allow yourself to expand, and feed your very cells. It is time to challenge your own patterns of the most fundamental nature. Your breathing.

## **REVERSED:**

Breathing is inhibited and compromised, and thus the sense of being supported by the world, by the air is not as strong as it could be at this moment. There is a difficulty taking in new experiences, a distancing from the source of life, a sense that to keep safe one must only breathe in a little, and release a little. You allow yourself to make no sound when you breathe. The sense of connection with the pulse of the world is limited...it is time to explore the depth of your connection with the world through breathing, through your ability to intake, to voluntarily and purposely set out to take in what you require and desire. Deep and full breathing is something you can teach yourself, and train yourself to do – but first you must allow yourself. If you are intentionally harming your capacity to breathe – through smoking, or breathing in toxic fumes, or pollution, do try to replenish and nourish your lungs. Let smoking go. Let breathing in toxic fumes go. What is your breath contributing to the planet? What is your ability to take in and out giving to you? What are you allowing? And what are you short-changing yourself on?

## **DIVINATION:**

You have the capacity to take nourishment and oxygen in far more deeply than you are allowing yourself at present. It is time to introduce the idea of breathing far, far more deeply, and of holding the breath so that you know you are safe... and travelling into areas where you have not been before. The ability to breathe deeply, and to swim underwater will encourage you to believe in your own courage and potential, and develop your lung capacity. Give yourself time in a place renowned for air that is pure, nourishing, exhilarating! Smells, scents, sounds, all carried on air enter into you...Drink in life! Breathe deep, and fill yourself with the essence of life!





## 27. ADRIFT

*Message: Letting go, allowing a higher force to take charge for a time*

### **THE MERMAIDS SING:**

What is it, to be without direction, without self-determination, without a sense of empowerment? Is it always disempowering...so this card invites you to contemplate the many aspects of letting go and, as so many of you humans say, so many times it has become a cliché, going with the flow. Sometimes, for all our strength and purpose, we mermaids just let go for a time, especially if there has been great turmoil and we are weak. So the “Adrift” cards suggests that there is a sense of making no effort at all at the moment...that you may be safe, and able to float, but it is up to the tides, and the cycles, and to the waves and to the wind to determine your destination. It can also suggest that there is a lack of urgency for you at the moment – that you are willing to be totally compliant, and to see what happens next – and yet, this is a choice, too. You can always paddle. You can choose to lie down, turn your face to the clouds and drink the waters from the sky when they choose to come, to allow your fate to be decided for you. And sometimes, this is right and good, it is sometimes humbling and can create wisdom...the wisdom that comes with observation and stillness and the sense of sacrificing yourself to a power greater than yourself. There is no longer an anchor. There is no sail. There are no

oars. And there is no map. There is only the floating world, of which you are a part.

### **REVERSED:**

It may be repellent to you to allow the tide and times to take you to a destination that seems not of your own choosing, to allow others to care for you, to place what seems to be your fate in others' hands. You have fought hard to find direction and self-definition and to determine who you are and what happens in your life. At times, it seems that Life and the Universe have their own power and we are wise to allow what is taking place to direct us, even if this is only for a little while. It is to be as a river flows, or water falls, rather than as a tree grows, or a rock plants itself deep in the earth. This time is different, and if you resist it, or attempt to impose your will upon events around you, that are NOT being generated from within you, you may miss out on understanding something of great importance. This for now, may be a time of flowing rather than of forging. You know how to do both.

### **DIVINATION:**

Refusing to attempt to change things – allowing yourself to surrender to the situation and to see where it takes you. A kind of peaceful passivity, and in an oceanic way, allowing the cycles to make a decision on your behalf. This can indicate too that you have no desire to make decisions, only to drift and to float and to allow whatever outcome will be to be. It is as if there is no moving forward, and no retreat...just a moment-by-moment acceptance of all that is taking place, and a very gentle, almost imperceptible willingness to let the tide and current take you where it will. You are adrift...and you are somehow akin to Odin, hanging on the tree of life. Will you be taken

to shore? Will you remain at sea? Will you fade and vanish? What is it you should do? That is not even a question you are asking yourself. It seems you have made the powerful choice...for suspension, to rest. To not-do. For nothingness. For allowing what IS around you, to determine, for now, the fate of yourself.



## 28. SANCTUARY

*Message: Privacy, inviolate personal space, respected boundaries and taboos*

### **THE MERMAIDS SING:**

The mer-world has many beings, and one of our most secretive and elusive is (and are) the powerful Melusinas. The Mother of all Melusinas is a twin-tailed merbeing, part woman, part dragon, part mer, part fae... and she is here to remind you all that there are times when you need to declare to the world, this is my time. And this is my space. For you, much time has been given to others, to caring for them, to looking over them, to watching for them, to loving them, bandaging them, soothing them, satisfying them, feeding them...and now it is your time. In the legend of Melusina or Melusine, it was said this great queen would have each seventh day and night for her own self, and within her sanctuary, in the solitude of a deep and glittering bath, she would turn into her true self, utterly unobserved, and utterly free. In the legend, Melusina's husband becomes so curious he violates his promise to her and invades her sanctuary – not only this, he is horrified at who she is, when alone. Melusina's message to you is that you have the right to unviolated time out, time alone, during which you can be free to look, be, sound, dream and swim as you wish. True freedom within a relationship happens when each person's boundaries are respected, when each person supports times

for solitude, and recognises the freedom that comes with trust.

It has come time now for your partner to support your space, your privacy, your time alone, and your need for this time to be however you choose it to be. It is time for no-one to invade or pry out of fear their exclusive rights to you are being diminished or betrayed. It is time for your relationship to step up a level, into greatness, where the independence of each, the part of you that belongs to you alone, is nurtured, respected, applauded, loved – but ultimately, left to you to determine. Will you ask for this? Will you take this when it is given to you? And will you declare these boundaries to be sacred? In many cultures men and women, individuals and genders have sacred space that is theirs alone – and it is a great taboo for others to enter into that space. This is your time. And may this taboo – this sacred space you set – be held in awe and reverence by all who claim to love you, that by doing so, they will show that they do indeed love the entirety, the multitudes of you – and support and uphold your freedom to be your own self.

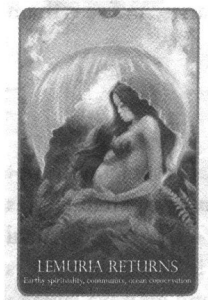
### **REVERSED:**

There is currently no space at all, it seems, for you. Even in the bathroom you are likely to be called upon, observed or interrupted. It is time for you and those with whom you share your life to have a discussion about the needs you have at this time for time-out – and make a decision on when that will be, and then set the boundaries. The mermaids feel you are very much in need of this space – to grow, to be free, to experiment, and to feel safe! At the moment, it feels a little like all you do and all the time you have and all you are belongs not to you, but to many others – there must be space and time for you alone. If you ignore this desire for soulful time out, your soul's needs will feel disrespected, and that could lead to emotional discord. You may be attempting to establish this sacred time out within an

environment that does not respect those boundaries, and sees them as strange or trivial.

**DIVINATION:**

Cramped quarters, shared bathroom, little privacy, someone is not respecting you while at your most private moments; your boundaries must be studied, redrawn and then patrolled – by you. Personal space feels either disrespected or as though it is diminishing. It is time for some space to be off-limits to others – and only available to you at certain times. This respect will benefit everyone. Reverence for your personal space will flow through to respect for their own needs. Therefore balance, and mutual harmony can be achieved and maintained, creating a flourishing, healthy relationship.



## 29. LEMURIA RETURNS

*Message: Earthy spirituality, community,  
ocean conservation*

### **THE MERMAIDS SING:**

Do you know of this place? A place where the Mother of all was loved and reversed, where you were at one with the land, sea and the sky? This place was – and is – Lemuria, and you are connecting with her energy now!

Lemuria was – and is – a tropical paradise, that was home to millions of beings, who grew and developed out of this planet's earths and oceans, evolving from sea beings into beings of land, sea and sky, many of them today still able to genetically tap into these ancient memories. Places where Lemurian remnants exist today are many – they are particularly dotted throughout the vast ocean known as the Pacific (which translates to “peaceful”). Throughout much of Melanesia, Micronesia and Polynesia, we can find these energies in pockets that are so strong, they are almost like stepping into another world. The energy varies from island to island: from the bare, masculine energy of New Zealand to the feminine, lush energy of Phi Phi in Thailand. Lemurians were, and still are, peaceful, tribal people who are advocates of mutual responsibility and caring. Their nature was and is social – not in the sense of wanting to be around people all the time, but in terms of community. Lemurian communities were

organically developed so that each person had others they could rely on, and be helped by. As everything was exchanged by barter, and as each person had something to offer, Lemurians thrived, and lived on an Earth that was peaceful, and bountiful. Vegetables and fish were the predominant diets, and many Lemurians were purely vegetarian. Their DNA strands were fully activated: they could shapeshift and see far into time.

Lemurians were balanced beings: in-betweeners, if you like. They were not competitive, nor were they interested in definitions of difference: they nevertheless delighted in diversity. This is the energy influencing you right now.

### **REVERSED:**

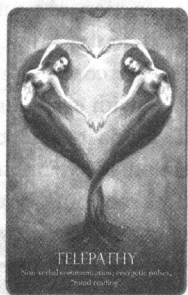
A refusal to explore the varying energies of the world, feeling as though the world we are presented with in the media, or in our immediate environment – and the world of the city – are the most desirable worlds. Too much time in urban environments, insufficient connection with animals, countryside, your own wild nature. All over the planet are people and creatures who still live very much in the old ways – you are being urged to connect with them at this time. It's time for you to consider that there may be ways of living, working and connecting with people that are authentic and genuine and caring, a place where people are not afflicted by road rage, stress, numbness and loneliness. It is time to go camping, or to scale a mountain, or to swim deep. Your soul is calling out for the deep forest experience of Lemuria – please do not deny your soul's deepest calling!

### **DIVINATION:**

A time of sharing responsibilities and pleasures, meaningful gathering with codes and ethics, enjoying a time of great good health, and of



close and nurturing friendships that respect individual boundaries and choices. Life for a time becomes very simple...seasonal eating, building non-permanent homes, living outdoors for as much time as possible, an ability to work with sunlight and moonlight extremely effectively without becoming “wired” as we are often by moonlight, or becoming burnt and dehydrated as we can be by sunlight. We still need both. Feeling less and less connected to the mainstream, and more and more connected to the ocean and the Earth. This is not a cliché of being a “hippie” – this feels now like a valid choice and way forward in a world that worships such false idols as money, celebrity and fame, for its own sake.



## 30. TELEPATHY

*Message: Non-verbal communication, energetic pulses, “mind reading”*

### **THE MERMAIDS SING:**

Once, you could all speak, without a sound being made, and the sounds you did make were sacred, purposeful, full of intent. Now we hear you speak, and speak, saying nothing, using air to create sounds to fill a void... but none of you understanding the hearts of others as well as you might. When you begin to reconnect with the sea and the shore and the creatures that swim and breathe in two worlds, you will begin to “understand” all people’s and beings’ communications, without the words you love to use, and use, and use. There can be immediate empathy, transparency, all can be “seen” and so all was there, open, available to be known. When you were a Lemurian, you “spoke” without words, with your energy, and you communicated with your energy, all of the time. Lemurians could telepathically broadcast messages across vast distances, and were often linked via a silver cord of energy that would flow from the solar plexus through to the other beings’ energy systems. These cords plugged in across the miles: oceans, continents, solar systems and galaxies. Hair, body hairs and skin, organs – every cell within every Lemurian was sensitive and tuned in. Many of your indigenous people (of whom you are, of course, one) know the power of their hair. In Lemuria, hair was like a receptor... hair received information from far away, and each strand

could unfurl and live quite independently. It's a function of your DNA-deactivation tragedy that you now have incapacitated your own ability to receive messages! Instead of this immense interconnection being overwhelming, as it would be if you connected with everyone around you in your daily life in this way today, in Lemuria it resulted in feelings of fullness, love, satisfaction and connection. Now, in this lifetime, these ancient abilities you once possessed are returning. You are now beginning to comprehend and understand subtle energy, and you are able to see and read auras, telepathically communicate, and sometimes even know what will take place in the future.

### **REVERSED:**

Today, we humans have withdrawn so much of what remains of our energetic system and shut ourselves down, often we feel to protect ourselves. This leads to a profound sense of loneliness, and a sense that we are not part of a wider family, group, or meaningful purpose. To find our way back to each other, we often begin to talk. And yet talk sometimes masks, hides, pretends and dances around who we truly are. It is not truly showing people who we are, except when it is sincere.

### **DIVINATION:**

If you receive this card, you may be one of the people who feel lost when it comes to words, or less open to have conversations as they seem to never express what it is you feel so deeply. You prefer to let your energy shine through and speak for you. Many people are labelled with medical terminology if they are silent, when in fact they are constantly communicating, just in ways that are advanced, subtle, yet ancient. They are open-energied, and communicate effectively and are in harmonious attunement with animals, plants,

crystals and song, more so than with conversation, and the jousting, competitive turn much of that can take. You may also find yourself connecting telepathically with memories stored in crystals, trees and sacred sites. You too can connect with your telepathy and true wisdom by connecting with these sacred spaces, crystals and trees. Huge bodies of water, like the Pacific, are brimming with energies and memories, and you are one who can “read” them, one who can speak the language of energy.



## 31. CORAL'S WISDOM

*Message: Colony, delicacy, fragility, works that are created over great periods of time*

### **THE MERMAIDS SING:**

Oh how we love these tiny beings, who gather and create Poseidon's castles and caves of wisdom! Their intricate underwater towers of red, gold and softest pinks have taken over thousands of your human years to create...and yet...you destroy them. And yet, they offer you so much – their healing powers are so strong, and they can help all of us, including we mermaids of the present time, connect back, back to Atlantis, back to Lemuria. They are an ancient living storehouse of memories and wisdoms and collective consciousness, of life itself on this planet.

Why else would Buddha make coral one of the seven sacred treasures – for he found it restored his tranquillity and serenity even under the most challenging of circumstances. Why else would Poseidon request the coral to create castles for the merfolk to dwell within and learn from...a living building, a wisdom temple that was truly alive! In your Greek mythology it is said that the coral was formed from the blood falling from Medusa's severed head, and this is reflected in the Greek name for red coral – Gorgeia – so it holds her blood, the energy of the most ancient ones, even after they have seemed to pass.

Your sailors learned from us that preserving the coral could ease the stormy seas, and then we shared that the coral's protective powers could help safeguard the children, and create a fertile world...but you misunderstood, and you took the coral. They gift to you so often, as they wash up on the shore! But you began to take it, and then you polluted the waters, and now her life is threatened! Please! Although you hunger for her beauty, do not purchase harvested coral! The Ocean needs her libraries. Her temples. Her castles of wisdom. Please do know where your coral is coming from. The very best piece of all is a small piece, washed up on the shore for you. It will carry such strong energy – and is even more precious because the sea offered her to you.

It is said by some the mermaids shared some precious corals with seamen they loved, to protect and bless them against sea storms and drowning. However, today, it is no longer we mermaids' choosing – human farmers have depleted the red coral of the Mediterranean to dangerously low levels. If you do have a piece of this soon to be endangered item, please treasure it, respect it, and do something to give back to the coral beings who are now protecting you with their beautiful strong moonblood energy.

It can banish nightmares, and bring us through an emotional crisis by guiding us to calmer shores and clearing muddy waters. We have recommended coral for people with bone issues (coral has an incredibly high level of calcium and some forms are very hard and strong.) It also can increase the very health of your bone marrow, and is a boon to women of all ages.

Every year coral smugglers take thousands of dollars worth of this precious substance from land to land, and sell the bones of the sea mother, without which she cannot live. If you do purchase coral, please know the source of the coral you are using, and be sure to give back to the coral reefs in some form. The Mother needs her coral to live – they are often called the canaries of the ocean, as any ill-health

in coral comes years before ill-health to all the reef's species.

### **REVERSED:**

Unwilling to take responsibility for the impact your choices make to the wider world. It is time to make some adjustments now for the highest good of all. Look into purchasing ethical goods, fair trade, eco-consciousness. There may be a reluctance to do so, a feeling that if something has already been destroyed, then what difference can your choices and actions make. But your every choice makes an enormous difference. The reversed card could also mean that you are living very quickly, and expecting things to move at a pace which is not natural – you are living and contemplating the short term. The Coral urges you to slow down and wonder at the impact of your choices for the next thousand years...collectively, as humans, individually, as a legacy for your future ancestors.

### **DIVINATION:**

Coral as a magical talisman to enhance beauty and to ensure protection has long been used. Tune into the coral, and see which colour comes to you to know what messages these precious, tiny creatures are communicating to you!

Each coral family has particular qualities, and each region has an energetic signature that is unique. To tune in to your coral, read the list below, and then simply hold your coral in your receiving hand.

*Red coral:* Prevents bleeding, is wonderful for the menstrual cycle and for women who are going into their crone years (menopausal). Red coral also heals wounds and makes people strong.

*Blue coral:* Can prevent illness and disease developing, restores

balance to the body, soul, emotions and spirit.

*Golden coral:* This beautiful, rare coral brings abundance and great good fortune.

*Black coral:* Banishes negative energies from your body, your bones in particular. Black coral can assist in banishing disease and in aiding people with osteoporosis.

*Angel skin coral:* This beautiful soft pink coral can be worked with to prevent and to ease skin conditions such as psoriasis, eczema, and sensitive skin and eyes. It also helps with sinus issues, acne, and increases and stabilises liver function.

*White coral:* Pure rebirth, a time for transformation, allowing yourself to change and develop once again, love that is unconditional and kind. White coral can also be used to program and store energies.





32.

## CONCHOMANCY

*Message: Seashell divination, wisdom of shells*

### **THE MERMAIDS SING:**

You are being asked to listen to and begin to understand the art of reading seashells, an ancient art, simple, pure, powerful. Seashell divination has a long, secretive history, and shells such as the beautiful Cowries were also used in fertility magicks – they have been found in the burial mounds of the ancient peoples of Germany, Wiltshire and the Orkney isles, and in ancient China, the divine Emperors were buried with nine cowries in their mouths, currency with which to trade in the afterlife. We know the humans have been working with shell energy in a sacred way for at least 50,000 years, and every shell has its story, every shell has its energy, every shell has its message. If you have received this card you are being asked to connect more with not only learning the meanings and messages of the cowrie (fertility) the conch (calling to your ancestors), the scallop (Aphrodite) and so many other creatures' beautiful homes, but to protect them, and become a sea-creature guardian. Reading and working with shells can help us connect directly to the mer-energies, the sea healing and the oceanic beings, and help us remember our deep love of the ocean.

### **REVERSED:**

Please know that although it is simple to purchase many sea animal and shell parts online or even at markets, to do so is to increase the trade in such goods. If a shell has been mistreated in this way – its occupant killed and discarded, we can help to heal the shell and to send our love. When you choose ethically sourced shells, or products of any kind, you increase the flow of love and good fortune in your life. Too many creatures are sacrificed for humans! When collecting, always be sure that there is no sea creature still alive in a shell – they are very adept at “hiding”. Never take too much...only take a little. Remember the Witches’ Rede – fairly take and fairly give – so always return something to the sea in return for what you have been given! It may be time to explore eco-conscious beauty treatments and ways to truly and deeply honour nature, not only in word, but in deed, too.

### **DIVINATION:**

Just as crystals hold energies and messages for us, so too do these beautiful living homes and structures of the sea creatures. Each creature resonates with a particular energy, and by connecting with their shell, holding it, feeling its qualities and understanding its connections, we can begin to heal a part of ourselves. And while we are all perfect and unique expressions of the God and Goddess, of nature herself, we are also beautiful works in progress – messages and healings from the natural world are empowering and freely available to us all! Take a walk by the shoreline and do a cleanup of any plastic or human debris you find... and once this offering is made, take another walk, this time with the intent to receive a message from the sea mother and the mermaids via a shell. Hold it, and see what it has to say to you – and you may wish to return it to the shore, with thanks for its energy, blessing and message, instead of claiming it. You do not need to possess everything!



### 33. EXPERIMENTS

*Message: Manipulation of nature, forcing change, cruelty in the pursuit of knowledge, arrogance*

#### **THE MERMAIDS SING:**

We are concerned. We are concerned that we are seeing the errors of pride, hubris, arrogance repeating themselves in this time. We are concerned that the terrible experiments that occurred in Atlantis, where Lemurians were modified against their will, are being repeated. We are concerned. We see you taking the cells of one form and attaching them to another, stitching life forms without choice to each other, and breeding forms you think will be useful, introducing species into environments, mutating and twisting, and ultimately hurting creatures and yourselves and this planet! Power and enslavement are these experiments...on animals...on sea creatures who are hunted... on people, to change their shape...to look as though they do not age... to enlarge a part of the body, and to carve away another... what is it you are doing? Why? We call on you now to understand your own beauty, and the perfection of all that is in nature. Stop the cruelty! Ask yourselves, look around, empathise! Or will you do it all again? Will you change the very nature of the world, because you thought your arrogant quest was noble?

Our tears fall unnoticed into an ocean. And you continue. But not you, who receives this card. You have spoken up. And we know

you will, just by self-love, kindness to animals and sea creatures, and activism, bring about change through your compassionate actions. Thank you! Thank you! Thank you!

### **REVERSED:**

Believing that experiments on animals, and cosmetic surgery, genetic manipulation and refusing to age are all good things, acceptable things. Cruel choices with no thought to how they take place. Not understanding that luxury can come about due to the power excess and enslavement of other beings, including the elementals, the merfolk, the oceans, the sea creatures, the animals in labs, the people who have lost their sense of rightness in the world...have you forgotten who you are? Are you concerned with what is not important? Have you forgotten kindness? Think, for a moment, of the overfished seas, the pain of the whales as they are hunted, the pollution pouring into the ocean, the fishing lines wrapping around the dolphin's torso, the net pulling down the shark, the plastic bag choking the turtle, the kelp beds destroyed and the dugongs crying out, so hungry. This is due to our arrogance, and our belief that we have infinite time, and as humans we can solve anything – through more of the same that caused the problem! Say no to experimenting – on animals. On yourself – and believe us, you too are one of the animals. Come back to holistic and ethical medicine. Be whole and centred in your nature. Know you are worthwhile. Let no one rob you of your natural dignity and convince you that you must be changed.

### **DIVINATION:**

Looking into GM food, cosmetics, products and food sources developed with genetic manipulation and experimentation. All experiments are not “bad” but many are cruel. When humans use

other creatures for their own selfish purposes, they lose the very part of themselves that is most beautiful and noble. Many claim ignorance, or have been persuaded that experimenting on animals is necessary for human health and wellbeing. You are now awakening and seeing the connections between all life forms. You are awakening to the wrongness of seeking to understand something by taking it apart and most often without consent, separating families, tribes, colonies of creatures for purposes that are selfish and cruel. This took place in Atlantis, and the mermaids witnessed this, with the creatures of Lemuria and the animals who were often torn apart on tables, as if they were unable to feel.

We need to step in, all of us, and change it. It is happening again. That's why we're talking to you, now.



## 34. YEMAYA

*Message: Yemaya, Grandmother Ocean, primordial*

### **THE MERMAIDS SING:**

We wish to share with you the knowledge of the Old Ones. The Orisha, Yemaya is often depicted as a mermaid, a vast, primordial mermaid with a star shining from her head, a mermaid of Power who gives birth to the world. Through her we remember mermaid energy is not simply light, flirtatious and sexual...mermaid energy symbolises the Birth of the World through Water. Even though we mermaids' power and energy has been appropriated and diminished, until you think we are merely creatures of delight and sensuality, Yemaya's power and recognition is growing and beginning to ignite all of us. She is like a beam of light, reminding us of our great age, our strength, and the many, many lessons we have learned, and how we can bring so much more to birth in the world.

She returns, the old one who is part-human, part ocean creature – and all humans are born of her. Her mirror is the doorway, and the entry point to the unseen world. Her tail is the womb from which we are all born. The salt water is that which we all are suspended in, that which gives life, and oxygen to this world of the Land.

And she taught us all...she birthed all the sea creatures, and she was vast...island chains are but the scales upon her tail...volcano her belly... and all faiths are permutations of her existence. We mermaids

love Yemaya, and she is the great mer-being, the mother of us all.

### **REVERSED:**

Seeing divinity as masculine or sky-oriented alone, wondering how the world could be made, and seeing that there must be an off-earth explanation, not connecting with female power, ardently embracing the masculine principle, and wanting to have control over the land and all that lives beneath the surface of the land. Seeing the creatures of female-ness and mer as being lovely, but decorative rather than powerful, substantial and truly engaged with the creation of the planet. Mistrusting other faiths, such as Santeria and Vodou, wanting a spirituality to be precisely clean and clear, unmuddied by cultural context and diversity. Not understanding how Yemaya can transform into Mary, or Morgan, and have so many faces and yet be her own self at all times. Feeling confused and opting out of belief as a result.

### **DIVINATION:**

Feeling drawn to underwater or sea-peoples' archaeology, exploring the past, truly ancient history, alternative earth and off-earth history, understanding the power of the Sea and respecting deeply female divinity, in all its forms, human, animal, all creatures. Exploring your own power, and exploring what you can birth and empower. Understanding the landscape, and seeing the divine in the curve of the hill, and the belly of the mountain, and the womb of the sea. Developing an interest in Santeria, Vodou, and the lines which blur across belief systems. Looking to become more primal, to reconnect with your ancient self, taking care of yourself at a very ancient and deep level, and beginning to relate to people's deeper self, rather than their social and often constructed self. Third eye and crown chakras highly activated, yet sacral and base chakras powerfully grounded and flowing too.



## 35. THE CRANE BAG

*Message: Sacred ocean medicine, clutter, de-clutter, choice*

### **THE MERMAIDS SING:**

The *Corrbolg*, The Crane Bag, is a sacred oceanic medicine bag that holds and protects items that have been bonded with your own energy, that symbolise your very essence, and from which energy can be redrawn or deposited when needed. Now, with this card, we mermaids wish to tell you of its origin! The first sacred pouch came from the Sea, and was made by the Sea God, Manannan Mac Lir, from a beautiful Crane who had once been a human woman he loved, Aoife. Within the first Crane Bag, Mananaan kept safe great treasures, and from this bag many blessings poured forth. To this day the Crane Bag continues to offer the healing gifts of art, music, solace and love to us. Symbolically, it is a bag that contains the needs of the soul, and it was fashioned out of lasting love. It may have a keeper, yet it belongs to no-one. And we sing to you of this bag now, as your soul is not being reflected in the things you have in your strange bags. We wish you to examine this, and consider what you keep, what is a treasure to you, and how long it ought to stay with you.

Every Crane Bag has its own unique personality, energy and relationship to its keeper. They hold everything and nothing, inspiration, knowledge and wisdom. They come to us, and leave us, and are refound again – in the legends they pass through the hands of



many Gods. This tradition extends way beyond the shores of the sea kingdoms of Britain – think of the medicine bags, the sacred pouches of the Mayan and Incan people, the deerskin pouches of the Lakota – even the super-expensive handbags of the fashion conscious are in a sense their medicine bags – their crane bags, holding portions of their soul – and what they believe their soul to be.

### **REVERSED:**

Our “pouches” hold wallets, car keys, important papers and ID – yet do any of these truly say who we are? That is why the conscious creation of a Crane Bag can re-align us with who we are at a soul level, rather than who we are according to our culture, which may not always be the most connected and truthful guide to our soul. For now though, you may be absolutely unconscious of what you are literally carrying around with you. Physically there is so much you are carrying in pockets, drawers and in “spare rooms” and so much of it IS impacting on your energetic field and on your life. The mermaids would LOVE you to take some time and be willing to let go, and be willing to just contemplate for a moment that holding on, without coming into awareness and relationship, is going to be a drain on your energy. Clear. Clean. Let go. Reassemble. Let it have meaning. And if no longer serves, you must pass the blessing along.

### **DIVINATION:**

Crane bags hold great healing and energetic power; it may be time to begin to look out for the sacred “ingredients” which will make your crane bag sing its magick. Time to go through wardrobes, bags, cupboards and all those places where you hold objects that may or not be empowering and even disempowering you – it is time to clear and consider what is it that is aligned with who you are at a soul

level, and what is it that is actually truly representative of you. Some objects may need to go, or be redistributed and recycled – everything has beauty and purpose, but some may no longer be in energetic alignment – a good match for you and your beautiful soul! You may also feel that some other symbols and items may need to be brought in! Begin to see the world as a living crane bag...the people and the creatures and the objects and even your car and home and yes, your bag, all hold energy and power! From your pockets to your purse – go through everything. Know what you are holding, energetically. Then, shift it, realign it, and feel the ease that comes with this action.



## 36. TIME OUT

*Message: Awareness, contemplation,  
solitude, time alone*

### **THE MERMAIDS SING:**

In the world of Mer, every soul has time to observe, to “think”, to be, to ponder the way to live, to live consciously and thoughtfully, yet without lies and manipulation. Yes, there is joy, and delight, and grace and play – however, we are intensely social creatures...and at times, we must be alone, or we risk losing ourselves in our seeing of ourselves only in relationship to others. You too are now at this stage. What others think, how they see you, the workplace, a community, your family have all influenced you in many ways – but now it is time to see who you are. Please take some time to get to know who you are when there is nothing between you and your own soul, mind, body and spirit. There is much to think about in this new world – how is it one can live with physicality? What is the sensuous world? How can it be lived with, and learned from? How can we stop thinking and separating all? How do we integrate? How do we reward those who have assisted us? What is appropriate for the bounty the earth has offered us? Have some time alone – and wonder.

### **REVERSED:**

Feeling that you need to be around people, that without others to speak with and do “things” with all the time that you barely exist. Needing validation for your love-worthiness from others. Checking in with others at all time...feeling bored, lonely and unable to focus when alone. Being a people person is wonderful – being unable to be alone is not healthy and means there may be something you do not wish to look at within yourself, and you are seeking distractions. There are unresolved pain and issues and you are fleeing from one people-activity to another. Replacing people with...people.

Being afraid that being alone makes you someone who has been rejected... thinking of the companionship of animals and nature as somehow “less” than that of humans. Disengaging from the flow of energy and companionships that the entire world offers.

### **DIVINATION:**

When this card comes forth to be with you for a time, it is your time to consider what you truly think, feel, believe and know by having some time alone, without HUMANS, specifically, as you can never be truly alone. The experience of your life has already given you deep wisdom. It is time to strip away sophistications and contradictions and go right down to the heart and marrow of what it is you have learned in this lifetime so far – and that will be found in the deep quiet of the shoreline, and on no human shore. It could be a great time for you to become quieter, more of a listener to your own thoughts, to observe how to react, what you respond to, and discover how to proclaim your individual soul amongst all that is.

If we understand that we are cared for, that we are loved, that we are children of this planet and of the stars, the need for fighting to ensure our survival may no longer take place. We each have a responsibility to the other. Yet we must maintain our own sovereignty.

By taking time out, alone, you give back to yourself your own voice and vision, and can begin to develop understanding and compassion for the various voices that we have given home to, yet that may not belong to us. Perhaps explore conducting a ritual to celebrate your alone time. You could try doing what you normally do not do –take time out from your work, for example, you could make a pact with yourself to not speak for 24 hours, from sunset to sunset. You must watch the sun rise and fall, walk the shoreline, and let no words pass your lips. You may observe, but not write. You must clear and listen once again. You will have thoughts. You must be in nature. You must be reborn. You must have solitude and you must contemplate.



## 37. VISIONS

*Message: Psychic images, clairvoyance, seeing, out of body travel*

### **THE MERMAIDS SING:**

Mermaids do much of their work, their spirit work, by moonlight. Under moonlight we can see so much more of what is taking place within each other's energetic space, and the layers of our energetic field. We can see where there are leaks, and where there is energy compounding and compacting, almost like a growth over a wound to protect it. We can see what needs to be carefully and slowly removed and worked with, because under the blue light of the moon, intensities, drainage areas, torn aspects of the energy field become clear and obvious. We often have visions of places far, far away, and we are able to extend our energy and to send it travelling to places we could not reach, not even in the swiftest currents, not even in a gulfstream, for weeks of your time. But in moments we can be by your side, wherever you are in the world, because we can travel energetically. We must return to the source, to the ocean, and we physically do not move from this space...how can you too become more able to travel, to see, to be an energetic voyager who yet has a solid home in their form?

### **REVERSED:**

Dismissing flashes of insight, and visions that occur as imagination or fantasy, feeling they could be deceptive and dangerous, pushing visions to one side and not looking at them, or over-examining them and seeing them as special and worthy of enormous study and attention – so much so it is out of balance. It is time to gently observe the flashes of sight and the moments where you see with your non-physical eyes.

### **DIVINATION:**

When you connect to the moon, you will feel more whole, connected and attuned to the cycles of the world, and the fears you may have had around certain issues will fade. You will allow yourself to see with your psychic vision, and you will speak of what you see, and it will not be considered to be freakish and unusual, or mere fantasy, it will be trusted and allowed and explored, by you and by others who you are close to. These flashes will not come when you are asleep, so they are not dreams, and they can come even when your physical eyes are open...it is a matter of adjusting to having more than one kind of vision, and accepting that this is an energetic truth. You will begin to understand and easily interpret these movies being made for you by the divine in alliance with your spirit eye.



## 38. GUIDE

*Message: A guide, mentor,  
a trustworthy ally*

### **THE MERMAIDS SING:**

When working with spirit guides, we have noticed you are often encouraged by your spiritual teachers to hand over your trust and your own guidance systems to these invisible “gurus.” In some cases this can be worthwhile – in others, the very best guides are those who create strength within you, and who never seek to overtake your own willpower and your own mindset. We are encouraging you to ask questions, observe and to examine the suggestions and the insights they offer you. There are quality guides, and there are ones who may not be a good frequency match for you – and we mermaids have seen too often people become overwhelmed and drowned by their capacity to give their complete trust away – even we must sometimes check in and discuss with others, for we so often trust more willingly than is wise! Know that your guide may not be in agreement with you – that truly, like the ocean and her strength and her tides and currents and rips and waves, she or he may challenge you greatly! But it is often through these challenges that you are taught! Simply be sure they are not feeding off your energy, or overwhelming your own energy field and your own mental, emotional and spiritual independence. Check in with how you feel after each message or session with a guide, and when in doubt, take time out. We will help you, if you wish, by leading



one to you, via water, via your emotions. And speaking of water – always acknowledge your emotional response! When they come, and once there is trust, they can guide you to us, to Lemuria, to Atlantis, to beautiful Ys, and to many other water worlds. This is the magick of guidance.

### **REVERSED:**

Unsure of whether there can be such a thing as a spirit guide, believing that your spirit guides are the ones you have been told they are, without checking in for yourself...it is time to let go of one form of guidance and allow another to come to you, and feeling that you do not wish to change. Feeling that spirit and emotions have nothing to do with each other, wanting a guide that looks and feels a certain way, rather than allowing them to be themselves. Not wanting to explore the times in which you have inhabited the water as a mermaid and as one of the beings of Atlantis and Lemuria, or of Lyonese or Ys, but the water guide wishes you to know this part of yourself more.

### **DIVINATION:**

This card appearance in a reading for you heralds the arrival of one who you can trust. A spirit guide wishes to make healing contact with you. They are extremely loving, helpful, and they have personality – they are like cool, clear water, unconditionally loving, warm, and very helpful in matters of adaptation and improvement of your human experience. They relate to you.

Be ready for your psychic abilities to be similarly challenged, you may find yourself discarding baggage in the form of belief systems that are over-complicated and power-oriented. You will find all the stimulation you need in simplicity and yet you will be more awake than ever intellectually. You are more grounded, enriched, and truly

yourself than ever before. As you develop your relationship with your guide, be aware that others may find it strange. Always check in – your guide may be with you for a long time, forever, or for a short time. Never become so absorbed in your guide’s reality that you neglect your home. True guides bring us into deeper relationship with the planet, with the oceans and their beings, and make us wish to live more deeply here. They fully assist and support our connection. They never ask us to “leave” or encourage us to have those thoughts of departure before our time has been fulfilled. They will bring us to the now, strongly, and assist us in knowing the past, with less and less attachment. They are profoundly healing, and awaken our energy to an extremely vital level, till we feel we are overflowing with Love.



## 39. VULNERABILITY

*Message: Open your heart, allow yourself to be tender*

### **THE MERMAIDS SING:**

This is the quandary of the modern human, as far as we can see it. There is an enormous desire to avoid pain, to avoid anything that leads to emotional distress...and yet, the very thing that allows such a thing to happen is one of your greatest powers. Your vulnerability is beautiful, and we are drawn to it – and yet, so often you feel foolish and embarrassed for feeling vulnerable, and you do your best to hide your tenderness. You feel as though you will be abused simply because you are open, and willing to trust, and able to love, and be kind. But how attractive and appealing are these most lovely of human qualities!

### **REVERSED:**

Putting up walls and having strong defence mechanisms to avoid what you perceive to be hurt, protecting yourself by disengaging and pretending not to care, or even somehow managing to block feelings and usually this is most often by keeping yourself at arm's length from others, avoiding directly going for what you want, settling for those situations and people who you feel have less power over you, and avoiding dreams and not even attempting to manifest them, living vicariously through others, choosing to be “tough” and yet still feeling

pain and hurt beneath, deciding it is better to be alone than in any kind of pain, criticising others to the point where they have no chance with you, finding fault with others, asserting yourself excessively, refusing to let others influence you at all, or learn from others. Having such a sense of being a lone dolphin, a lone navigator, a lone sailor that this leads to feelings of bitterness, cynicism and mistrust. You may become wary, and cruelly rebuff affection and approaches.

### **DIVINATION:**

We all need and crave a sense of 'belonging' – it is deep and primal, it is at the very core of our survival instincts, for in tribal days if we were outcast we were either left as food for the sharks or we became strong and wise in our hermitage. These challenges and hero journeys within are our keys to inner strength and a sense of belonging to the "all that is." And yet, what makes this heroic, and what makes this beautiful, is that we can be deeply hurt as much by our communication with others as by our distance from them. At this time you are being asked to open up, display your wounds after a time building trust and share the vulnerabilities within. You are strong, and you are a survivor – but you are fragile, too.

Deep intimate connection can only be created by deeply understanding who we are, what we reject and dislike about ourselves, and bringing home and nurturing back to health that which we have forced away. This can require therapy, counselling and deep vulnerability. The power of this vulnerability is that you break through into freedom, self-love and attract others with your open heart. It may return from time to time...it is often a theme in our life.



## 40. YEARNING

*Message: Longing for someone, undesired separation, pining*

### **THE MERMAIDS SING:**

So often we too have yearned for so many people, places, things, experiences that are not to be ours. To be Mermaid is to dive in, to immerse, to swim deeply, and to not understand what it must be to be so indifferent to Life. So yes, as with the Little Mermaid of your stories, there have been foolish things done, exchanges made, and pain endured when we have fallen in love with a life or a place that we cannot truly experience in our current form. To be mermaid is to FEEL without the judgement and logic you so often apply, we are of water born, and in water, in the psyche, in emotions and in love with feeling every aspect of our potential. And sometimes that has brought us pain. And sometimes we know this pining and longing can kill us, and you too. Which is why we come to you now. We know you too are feeling this pain, this yearning that is a kind of stretching of the soul till it feels it might break free from you and go in search of what you desire... but we are here to also tell you that the feeling you are experiencing will pass – that you can expect a breakthrough, where your capacity to feel and to love and to heal and to adore is growing stronger and stronger. And as you feel this, it is possible you may wonder about your connection to reality and to what you call sanity. Yearning is deep, is painful, is what takes place when two souls who

have deeply merged their energy and their fates and their destinies are separated, and do not know when they will be together again. It is natural. Creatures of the sea and of the forest do this. And so do you. The pain will pass. And if it is destiny that your yearning will bring you close again, it will be so. We know this feeling. We comfort you. Know its beauty, or know it not at all.

### **REVERSED:**

Feigning that being away from someone you care deeply for matters not to you. Pretending to feel little, and not be concerned about the outcome, about whether you are together or separated. Feeling detachment, as if people and beings can come and go, and no-one truly gets within your heart and under your skin. An elaborate shield may have formed around your heart, or you may not have met anyone with whom you deeply connect. It is perfectly in balance to feel happy and well and content and empowered when away from those you love: but there is a difference between this and feeling little or no connection, as if others and their emotions are occurring at a great distance. Your beauty and humanity sometimes lies in the closeness of the connections you feel, and the rawness, the passion, and the ability to entwine. It is not necessary. But it may be something for you to consider...have you ever truly missed anyone? Have you ever wondered what it could be to love someone so deeply you wish to spend your life with them? This could be an experience worth having this lifetime. Otherwise, you may wish to check into what you feel you are “lacking” and to love yourself so deeply that the love finally flows over to another.

## **DIVINATION:**

Yearning for someone you may not even have met, yearning and pining for someone who you love and for the moment are separated from. You may be feeling a great gulf or distance open up between you and someone you love – this may be a physical distance or a distance due to beliefs and lifestyles, yearning for a connection and a closeness that seems to be evading you at the moment, a longing for the one you love to be by your side, not being able to bear another day of separation. Making choices that will enable you to be together. Feeling that destiny and fate are entwining your emotions and psyche with those of another soul...and that it is inevitable that you will be together. A feeling of “meant to be.” But until that can be so, a feeling of being star-crossed. Circumstances can be changed, if both beings are willing. Longing to be with someone, even beyond this lifetime, and feeling discontent until it is so.



## 41. SISTERHOOD

*Message: Friendship, allies, compatible souls, loyalty, joy, delight*

### **THE MERMAIDS SING:**

We mermaids are so often like sisters – we are raised with each other, and we bond closely to each other, and create friendships that comfort, guide, stretch and inspire us! We have an enormous family, and we are rarely lonely because of this tendency to live in clan-like groups. Because we see no division between us and the sea creatures, we often form very close bonds with dolphins, dugongs, turtles and even the quiet nautilus! When we come to you in the form of this card, we wish you to know that soon you will find your clan! There will be new friendships for you that feel like family – and some of the friendships you have formed in the past may become less strong, and fall away, gently and peacefully. You are changing yourself, and becoming more true to who you are at this time – and we applaud this. One of the side effects of this authenticity and truthfulness and embracing of your own self is that those who feel they know you may begin to question whether you are being yourself...in time, know that the new friendships you are stitching together have close bonds, and their weaving is deep and strong, and there will be flexibility and understanding between you. There will be a sense of coming home, with these new friends, and this sisterhood will mean there is a sense of community – your isolation may ease profoundly. So,



please do look out for opportunities to make new friends. Be open and welcoming, and give people some space, some time. This is a wonderful opportunity for you to knit and bond with beautiful souls who we will be helping you meet! It is time for you to find your family, and to feel the support of your sisters, your brothers, your kin. You are not alone, and you are so very worth loving!

### **REVERSED:**

A reaching out to form new friendships and to deepen the ones you cherish most can result in endings with former friendships. This can be very stressful and can test your integrity, as many folk who are less evolved are still playing games to manipulate and gain the relationships they need to stave off their fear and loneliness rather than work on themselves. This may lead to you being demonised or manipulated, and feelings of guilt. Allow yourself to acknowledge your compassion, take time, and yet do not give in to displays of temper tantrums and adults who are narcissistic and love drama. Stay strong.

### **DIVINATION:**

A newfound sense of belonging and community with people who are kin to you on a soul-level. This is not to draw you together with people who you have necessarily already experienced many lifetimes with – to draw you into close and caring relationship that is with people who are at a similar level to yourself on an energetic and evolutionary level. This means your development will soon accelerate and be stimulated by others. Rather than feeling you are guiding and repairing, you will this time be stretched and guided yourself. These relationships will be healthy, healing, enjoyable, and free, yet loyal and very committed. It is not past life material that will come forth – it is simply that you are

now ready to meet your soul kin, and the mermaids will ensure you meet, in a variety of interesting and sometimes unusual ways. Enjoy!



## 42. WAVE OF POWER

*Message: A surge of power, upswing in energy, exhilarating movement*

### **THE MERMAIDS SING:**

There are times we, as you say, go with the flow. There are times when we drift, and allow the great Mother to direct us. And there are times when we paddle hard, using all our strength, and ride along with the strength of a great ocean wave, merging with its power and might, being carried forward. When we catch these waves of power, we feel so inspired, so alive, so thoroughly exhilarated and triumphant that we feel we can do and be anything. This is when we begin to work with the power, and use our own potential as well as the force of the wave, and when we do this we can travel vast distances, maintain balance, scream with sheer joy at life, and know we can set a direction that is in harmony with the great source of natural energy. When you receive this card, know that a great and powerful wave of energy is gathering – you must feel it out, find it, move towards it, find the space to take off, and then paddle with all your strength so as to be gathered up by the wave as an ally! This will take courage. No hesitation! No allowing the wave to toss you, to turn you and drag you under. This is not time for inertia, or “what will be will be”. This is a time to set the course, gather your strength and truly exert yourself. In doing so, you will be on the wave, and working with it – riding it, graceful and

powerful. When you have caught it, rise to your feet, as you humans can, or reach out your arms and direct where the energy gathering behind you will take you. It IS your choice. This great energy must not be wasted! This is the time you have waited for! Do not let it pass you by – paddle! Swim! And take off into your glorious, self-determined life!

### **REVERSED:**

Instead of feeling inspired and ready to catch this great wave of power, to work with this surge of natural energy, you may be fearful, intimidated, spending precious energy convincing yourself why it is not the right time! All your fears may be surfacing and urging you to stay safe – and you may simply do anything you can to hide or avoid this wave, or dive deep below till it passes, or paddle out beyond where it cannot be caught. You may also feel it is inevitable that anything this powerful will harm you – but the truth is, these are excuses. It is time to turn, to paddle hard, and to catch the wave. Work through the fears and know that they serve you not at all – for too long you have “practised” and claimed you wished for this moment! Now it is here, it can now be taken! You have more strength, and balance, and ability than you think!

### **DIVINATION:**

It is time for you to seek out and optimise the power of natural cycles, as a great wave of power is gathering, and instead of being a voyeur as it passes by, watching and observing, as you have so often done, you can now catch this wave, rise up high, and find yourself travelling and moving at a great pace through the many changes you have long sought to make. This is a time of triumph, of harnessing and directing, of asserting your will, and knowing what it is you want. The

power is gathering. It will be here soon. Decide now what it is you want – for you can move in the direction of dreams, and succeed, at this amazing, impressive time! Rise up! Because you too have power – and you too are a part of this great cycle. It is a glorious time to participate, and be at the forefront! Feel the force within you match the power that approaches you – together, when fused, there can be a great time of progress and magic!



## 43. ENDURANCE

**Message: Keep going!**

### **THE MERMAIDS SING:**

When a long journey begins, or when a quest is undertaken, be it a pilgrimage, or an ambition or a desire, or a dream that you wish to create in this earthworld you live within, human one, there is the excitement of the beginning...the unknown still lies before you. And it is a thrill, every moment, to take another step forward. But at some stage, just as we tire, you too tire. The terrain can become unfamiliar. Issues arise, challenges greet you, and at this point, too many of you feel that this must NOT be meant for you – for you have told yourself that if it is truly meant to be, it will be simple, it will flow, and it will be...well, easy. We are here to share that for all creatures, and in both the seen and unseen worlds, there are parts of the great journey that require our stamina, our courage and our endurance – our ability to commit, and to stay with the task and dream and promise until we have made it. Do not enter into agreements lightly – enter into them, if at all, wholeheartedly. And be prepared to develop your strength and tenacity, your courage and your honour along the way. Without what you describe as a challenge, there will be no growth. If you work through and into and with the challenges, you will emerge stronger, and more able to realise the next dream. Flee at the first sign of difficulty, and you will be what we call a shore-hugger – one who

never goes deep, who only goes to the places they know. There may be nothing wrong with this. But if this card has come to you, you have sent out the request to the great ocean mother to go on this great journey, to take on a mission. And the time has come for you to build up your endurance. Commit. Practise. Train! We do, although most often you will only hear tales of our beauty and vanity. How else do we live so well within the great power of the ocean? The answer for us, and for you, is that we develop our power – and we endure, when others would give in or turn away. We are stronger than that. And so are you!

### **REVERSED:**

You may believe you are weak, or physically unable to complete a task. You may have committed to believing that there is no way your strength can increase. It is not always about your physicality – so often, it is the amazing endurance of Spirit and your soul and your creative force that requires the ability to go that little bit further, to reach a little harder, to extend yourself, to go well beyond a comfort zone. You may also believe that to become more aligned, powerful and strong physically is to weaken the intuitive self.

### **DIVINATION:**

Like these mermaids, you are reaching an important stage of your journey, and it is essential that you continue. There will be times when you feel you have had enough and you wish to suddenly stop moving...to sink, rather than to swim. But the mermaids are here to ask you to continue to swim, tired though you may be, full of doubt though you may be. The second part of your strength is readying itself, and will come through, just at the point you are ready to give up. Keep going. You are strong. And you will go so much further than

you currently believe you can! This is not the time to run back, or to allow the waters to take you! This is the time to continue the journey you committed to – because you are being tested, and you can pass this test. But you must keep going. Eyes forward. Intention focussed. Purpose clear! Re-commit! And keep going.





## 44. HOMELAND

*Message: Arrival, a journey ends, establishment, building, settled*

### **THE MERMAIDS SING:**

There is a time to journey and explore. There is a time for adventure and uncertainty. There is a time to be a stranger, the foreigner, the one who does not come from that place. And then there is a time to Go Home. Home is not, as so many of you have taught and thought, a heaven. It is not the space that exists after death. It is a place on this earth, and it is the place of your blood and your bone, and where you would swim to now, if you had the endurance of our friends the great blue whales. The turtles know their home – that place where they were born. And you humans have several “homes.” One is the place of your ancestors – the place where your blood comes from. We ask you now – where is that home? Do you know where it is? Because if you do not know, it is time to discover this. The second place is the homeland that is the place of your birth, the first memories this lifetime, the place where your story began to be told and where you began to shape the being you are today. Memories, and lessons, and friendships and delight. It may be time to reconnect with that space and place too – to look back a little, as memories are like water, and do well if they are moved and re-remembered, stirred and pondered at some times. The third place? It is the place where you were reborn,

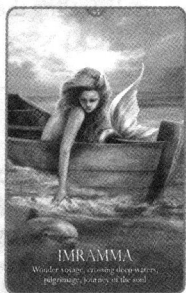
and will be reborn again and again this lifetime. That place where you came home to your true self. Where you noticed that you felt comfort, and happiness. It may be a moment, something that seems so very small. But we all have them, these homelands within. And now it is time for a homecoming for you – to know the places, people, thoughts and stories that have shaped your soul. Know them. Come home. Visit a while. And know who you are again, before your next wonder voyage begins.

### **REVERSED:**

Although you know in the bones of your soul that it is time to journey back to the beginning, to reconnect with the place of origin, the family of origin, and with the stories, events and people who shaped you, you are avoiding this and instead you are moving forward, with no thought to how the past is still creating your present, and will go on to shape the future. There is a sense of not wanting to settle, or that only in wandering is there any real satisfaction. It is time to create and acknowledge the craving for home that you have. It is time to reshape your story and soul, by knowing more of the past. And it is time to stop running from some of the aspects that you fear gazing into.

### **DIVINATION:**

There is wisdom in the homelands, there is part of you that belongs there, and part of you that needs to reconnect at a deep level. Traditions, or ancient practises, or simple things, like recipes, ways of doing day-to-day activities, will come to you now. Incorporate them into your life, and there will be a deep sense of being Home, wherever you are, because all the parts of your own self are within you, acknowledged, known, and expressed in healthy ways. Find a place you can call home, settle somewhere for a time, and make some



## 45. IMRAMMA

*Message: Wonder voyage, crossing deep waters, pilgrimage, journey of the soul*

### **THE MERMAIDS SING:**

You may have heard in the great legends and stories of the Celtic people this word, Imramma...and of the many islands and seas that must be crossed, of the ninth wave and of the places that you can journey to. We come to sing to you of your own soul voyage that must take place now, and urge you to take our hands and swim, swim with us, sail next to us, paddle alongside us, and we shall show you the way to navigate the great currents and to traverse the world of the air and the world of the water. You have long divided yourself into your parts: your emotions you keep so separate from your head. On Imramma, the lines you have so cleanly divided all into will blur, and you will at times no longer know what is real or unreal. But all the while we will sing you onwards, calling you forth, so you continue to follow the journey of the soul. Prepare for sights that are wonders, creatures who defy your imagination, and discoveries about who you are. You will gather so much, and experience such awe, that you will feel at times you may be dreaming. But you are not. You are embarking on an Imramma, and all that you encounter is the Unknown. Lands of strangers will teach you, and you will be akin to Odysseus as he voyaged. And you will discover that the mermaids are not those sirens of that myth, but the navigators of the emotional underworld,

who will help you reach the other side, extending yourself, feeling the wind in your hair...

### **REVERSED:**

An insistence that you can learn and know all that you need by staying put. Not leaving home, or even certain rooms – engaging with the world and with yourself through the written word, or by stories others tell you of their travels. A feeling that all you may have the opportunity to do is your own armchair travelling, expecting to meet new people, find what you are looking for without actually making any moves to head outward. Turning inward, over and over, relying only on yourself, not seeking out the new lands, people and places your soul is thirsting for! Planning trips and adventures but not following through to make them happen. Feeling that reading about something is the same as doing – feeling that the soul journey is something that has already taken place in your life, making excuses and finding ways to make sure you cannot do something. Staying in familiar territory to the point where it has become stale. Feeling pushed to make a great change, urged by your own spirit to go on a journey, but continually avoiding this possibility.

### **DIVINATION:**

There will soon be a great voyage for you, where you travel over water to come to a place that your soul has longed to journey to. There will be so much that is wonderful for you to explore, and to come to know, but you will be called on. You will not stay in these places – for they are not home, but they are places your soul must taste to know more of the experience of life. The Imramma or the pilgrimage over water is one that is watched over by the mermaids – and one that we all must make during our lifetimes. You are now being asked to

prepare – to save, plan your travel, purchase your tickets and have your passport ready! You can plan all you like – because the trip will, ultimately, be taking you! Be ready – this will be a wonderful voyage, and you will always be glad you listened and made your pilgrimage of the soul! The mermaids will help you on your way – and oh, what beauties there shall be! Say yes, for now is the time to voyage forth, and return only when your Imramma, your soul journey, is complete.





## ABOUT THE AUTHOR

**Lucy Cavendish** is an internationally acclaimed spiritual author and intuition expert. She exhibited strong extra-sensory abilities as a child, and with no answers from school or mainstream religion, Lucy set out on a personal quest to understand and develop her magickal gifts. Lucy grew up in Sydney, Australia, and she has lived in Paris, London and the United States. When she's

not writing or speaking, you'll find Lucy surfing in the ocean, wandering deep within a faery forest, or dancing with the spirits in an ancient stone circle.

Today Lucy is an exciting, enchanting voice in the field of inspiration, noted for her breadth and depth of knowledge on sacred rites and sites, magickal history, witchcraft, folklore, alternative spiritual practices and intuitive traditions. Lucy shares her knowledge and gifts to inspire intuitive people to break through their conditioning, open up to their potential, discover their own personal power and dare to live brave, bright, authentic lives. Lucy is about spirited self-development and her intuitive training embraces both our shadows and our light. Both in person and in her publications, she is remarkable for her vision, compassion, wisdom, humour and insight.

Lucy lectures and teaches around the world – her books and oracle card decks are available in many languages, and she's a popular guest on television programs such as *Studio Ten*, *The Project* and *The Morning Show*. Her work has struck a chord with contemporary seekers ready to create lives of courage, spiritual adventure and enriching magick.

Lucy's books include *Witches and Wizards*, *Spellbound: The Secret Grimoire of Lucy Cavendish*, *The Lost Lands: A Magickal History of Lemuria, Atlantis and Avalon*, *White Magic: A Guide to Living an Enchanted Life*, and the trilogy *Witchy Magic*, *Faery Magic* and *Mermaid Magic*, co-authored with Serene Conneely. Her best-selling oracle decks include *Blessed Be: Mystical Celtic Blessing Cards to Enrich and Empower*, *The Faery Forest: An Oracle of the*

*Wild Green World, Oracle of Shadows and Light, Oracle of the Mermaids, Oracle of the Shapeshifters, Les Vampires, Wild Wisdom of the Faery Oracle, Oracle of the Dragonfae, Alice: The Wonderland Oracle* and Hay House's first ever tarot deck, *The Oracle Tarot*, published in 2002.

You can find out more about Lucy by visiting her website:

**[www.lucycavendish.com.au](http://www.lucycavendish.com.au)**



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## ABOUT THE ARTIST

**Selina Fenech** was born in 1981 to Australian and Maltese parents, and lives in Australia with her husband, unnamed cat, and a lorikeet who's far too clever. During her life Selina has found ancient Roman treasure, survived cancer, had knights joust at her wedding, earned a living from her art, written a novel and eaten every bizarre and wonderful food put in front of her.

Selina's art has been published in books and magazines worldwide, and is available on licensed products ranging from t-shirts to stationery, figurines to jewelry. Her art has been purchased by customers and collectors in over 35 countries around the world, and she has lived off her art since she was 23 years old.

Her work is mostly mixed medium, as she always tries to choose the best medium to match her painting concept, and is always experimenting. Normally her paintings are based in either watercolour or acrylics on paper, to which she also adds inks, pencil, pastels, and even digital elements to create whatever effect she desires.

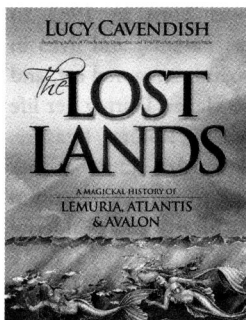
"As an artist, I paint because of a true, driving need to create beauty and magic. It is an inner need which I fulfill by putting brush to paper. But there is no magic there until it is shared, no joy to be found in the forms and colours until it is seen by another. So I want to thank you, for looking upon my artwork and allowing its magic to become real, for making the image I have captured in paint and pencil come to life in your eyes and mind. I hope that my artwork can be an inspiration to you".

Selina's also artwork is featured in the Lucy Cavendish sets *Wild Wisdom of the Faery Oracle* and *Oracle of the Dragonfae*.

**[www.selinafenech.com](http://www.selinafenech.com)**

Also available from Blue Angel Publishing®

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## The Lost Lands

A Magickal History of Lemuria,  
Atlantis & Avalon

by **Lucy Cavendish**

In this daring new book, Lucy Cavendish invites you to shed your doubts and join her on a wondrous soul pilgrimage, travelling through time and space to the planet's most mysterious and powerful lands, psychic

societies and secret spiritual communities.

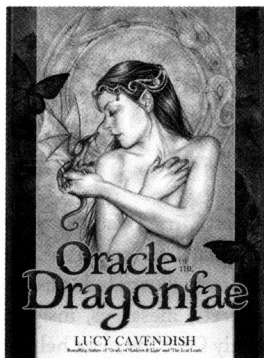
Share the fire dances and the water worship of the shapeshifting tribes of Lemuria, learn the secrets that lay deep beneath the crystal temples of sophisticated Atlantis, and feel the deep green peace as you speak the language of trees in the Priestess and Druid groves of Avalon. As you uncover the secrets of each Lost Land, you will remember your connection to their ancient magicks, lessons and mysteries, awaken your life's purpose, and discover past life lessons of great power and import.

Featuring stunning cartography and extensive interviews, *The Lost Lands* includes: In-depth quizzes on determining which Land you most resonate with; amazing new discoveries on the associations between dolphins, whales, mermaids, elementals and ascended masters; Lost Land sacred sites, ley lines and energy vortexes and illuminating new insights into our own galactic origins. With its clear guidance and fascinating lessons on connecting with the unique energy and powerful beings of each realm, *The Lost Lands* is both an inspiring, otherworldly adventure and a magickal handbook for every evolutionary soul in these times of profound change.

*Paperback, 296-pages.*

Also available from Blue Angel Publishing®

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## Oracle of the Dragonfae

New edition!

by **Lucy Cavendish**

*In the not so faraway past, we were Gods and Goddesses...we dwelt in dimensional lands...Eden, Avalon, Ys, Atlantis and Mu... we were fully alive and fully magickal. We worked, loved and lived with all the elemental beings...but as time wore on, we were torn away from our strongest, most protective kin, the Dragonfae. Now they are returning to help us heal ourselves and save this sacred planet. This deck is a dimensional portal to allow them to re-enter our realm and deliver their powerful messages of love, healing and protection for a new generation of magickal beings...*

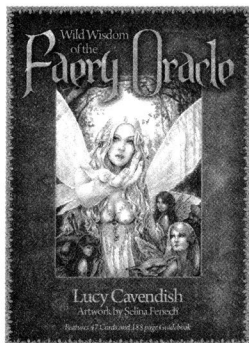
Welcome to this journey through a world that has for too long been hidden from all but the most courageous of searchers and mystics. Within these pages, and on each of these magickal cards, you will be introduced to and given messages and wisdom from the boundless world of the Dragonfae, a world which is now ready to be seen by your eyes and experienced by your heart.

When we connect with the Dragonfae, we reconnect with the lost parts of ourselves, allowing us to fully explore the gift of life on this beautiful planet. They help us to access knowledge from deep within and reconnect us with the knowingness that we are all one.

*Features 43 cards and 164-page detailed guidebook, packaged in a hard-cover box set.*

Also available from Blue Angel Publishing®

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## Wild Wisdom of the Faery Oracle

by **Lucy Cavendish**

Artwork by Selina Fenech

*Wild Wisdom of the Faery Oracle* is your doorway into the magickal realm of the Faery. Each gloriously illustrated card is brimming with secrets, messages, insights and guidance directly from the most helpful

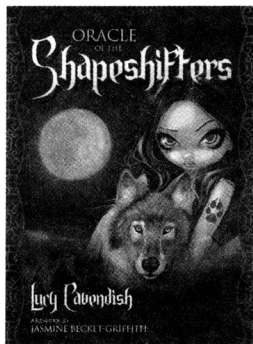
and wise of nature's guardians, delivering clear messages and direct and loving guidance. Easy to read, yet deep, mystical and rich, the Oracle includes an in-depth guidebook revealing the secret lore of the Faery realm as well as clear lessons on how to connect, create and nurture deep relationships with your own Faery guardians and allies. The included card layouts allow you to give powerful, insightful and accurate readings for yourself and others.

When you connect with the Fae, their powerful natural magicks can assist with healing and enhancing your health, activating vivid psychic abilities, gaining insight and direction within your relationships and awakening your innate connection to abundance. Your life then becomes an inspirational experience, full of meaning and joy. Your own ability to see, sense and feel the Fae accurately will grow stronger and clearer each time you work with this enchanted, inspiring deck, steeped in authentic, deep Faery magicks.

*Deluxe, large-format set features 47 cards and detailed 188-page guidebook.*

Also available from Blue Angel Publishing®

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## Oracle of the Shapeshifters

by **Lucy Cavendish**

Artwork by Jasmine Becket-Griffith

*Are you ready to change?*

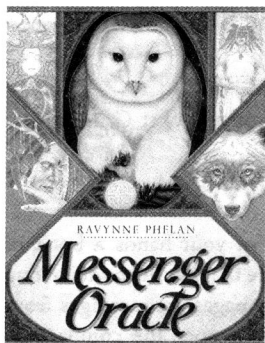
You now hold in your hands a book of great secrets, one that has been shut a long time. Within its pages are messages from magical familiars, once the companions of shamans, witches, wizards and wise ones – and now, they are here for you. These mystical allies possess the hidden knowledge of shapeshifting, camouflage, change, invisibility and metamorphosis. They are ready to share their very honest, truly instinctual guidance for personal and planetary times of transition. These trustworthy companions will lend you their courage, point out new paths, help you make fresh discoveries, spark your creativity, inspire you with encouragement and teach you to develop abilities to adapt and change not only for survival – but in order to thrive and find peace, joy, accomplishment and satisfaction in a changing world.

With a 164-page guidebook by Lucy Cavendish revealing the history, legends, lore and magick of the Shapeshifters, including practical spreads for accurate readings, and stunning art by Jasmine Becket-Griffith, the *Oracle of the Shapeshifters* is truly a unique and empowering deck.

*Features 45 cards and detailed guidebook, packaged in a hard-cover box set.*

Also available from Blue Angel Publishing®

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## Messenger Oracle

by **Ravynne Phelan**

***Reconnect with the Magic of the Universe***

There was a time when we 'humanity' could see and feel the Divine within each other and all around us. We were one with nature and moved in harmony with the seasons and cycles of life. We honoured and accepted the signs and messages

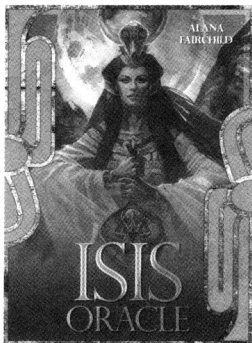
sent by Gaia and Great Spirit. This deck is for those who yearn to re-ignite their connection with Gaia, Great Spirit, the natural world and its creatures.

*Messenger Oracle* strengthens our ancient bond with nature and spirit. These cards are infused with the magic of ancient dragons, elemental fae, mystical trees and their wild animal kin – they are 'the messengers' who are here to guide us back to our true nature and power and to help us reconnect with and express our inner-most truth.

*Features 50 cards and detailed guidebook, packaged in a hard-cover box set.*

Also available from Blue Angel Publishing®

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## Isis Oracle

by **Alana Fairchild**

Artwork by Jimmy Manton

### *Awaken the High Priestess Within...*

The High Priest or Priestess within you walks the path of divine love, power and wisdom. This is the path of spiritual self-mastery where we are initiated through the darkness of struggle into the light of love.

Learn to apply the Ancient Mystery teachings of Isis in practical ways to help you navigate through the experiences and challenges in your daily life. Allow the Goddess, this sacred priestess, initiate, magician and healer to help you reactivate your own soul talents of healing, magic and more as you journey with her from darkness and uncertainty into light, love and power.

*Features 44 cards and 220-page detailed guidebook, packaged in a hard-cover box set.*



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