

The eLearning Course

Study Guide



WORDS ARE THE MAGIC WE SPELL

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Lexicon

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Study Guide

To Accompany The eLearning Course

A Warm Welcome to those who would like to better understand their intuition. My intention whilst collating this simple study guide is that the reader can develop it, as a personalised and valuable resource to interpret the hidden language of our intuition. You'll find space left blank for you to add your own words as you go on. Enjoy your journey.

OBJECTIVES:

Learn how to notice the signs & symbols around you and to interpret them using all available means.

Information and wisdom is available directly from our environment; our ancestors knew how to interpret it, but these days many of us have forgotten.

To survive and thrive in this world it is necessary that we remember how to be aware of and translate the energy and information around us; making good use of helpful information and discarding that which is unhelpful and mind numbing.

This Study Guide is designed to give a head start in extracting meaning from 'THE SIGNS' the universe has to offer us . Signs include our random scribbles, dreams, feelings that get our attention, colours, artworks, symbols, numbers, animals, super-natural elements. Also our homes, vehicles, clothing, the media, life events and even the aches and pains in our bodies.

This glossary lists words that may come up as you progress. It is with many years experience of working with, and teaching creativity along side metaphysics, that I have produced this 'hands on' guide. It's a reminder that interpretation can become a rewarding source of world wide wisdom and knowledge, if we begin to understand the language of intuition, rather than overlook it.

GLOSSARY

A

Air – *Essential ingredient for life.*

Also it can become essential to air your views, before you explode. Pressurised air reacts forcefully. Wind is air under pressure. Perhaps it's time to air your opinions; vent your anger. Out of air, means you can't go on in the same way. You have to take care of your- self, come up for air.

Ant – *Team work.*

Take heed these tiny creatures work together as a team, with patience, order and discipline. United we are stronger.

Apple – *Represents knowledge of the choice of duality, such as love and fear.*

The metaphor of the apple; contains the promise of something enlightening, and yet also giving rise to consequences of duality. The 'Trojan horse situation' may be at hand, i.e. a program that appears desirable but actually may contain something harmful.

Arms – *Give and receive.*

Is your giving and receiving in balance? Do you give too much? Do you need to give more? An old anec-

dote we use is 'Right to leave left to receive'; this can be used as a rule of thumb. Our right arm to give and left to take in. The arms are used to embrace in the

moment, have and hold, achieve tasks or simply to block and protect.

Aura – *The energy field around a living being.* Often seen as a lighter extension surrounding the body, or sometimes even as multi-colours.

B

Back/Spine – *Support, security and courage.*

The idea stems from the spine as support structure for the entire physical body. The position on the spine ranges from the base (childhood support) up to the top (more current or newer issues) You may ask, is someone 'stabbing you in the back' or has the person you thought was 'watching your back' let you down? Are you supporting your own actions, do you have courage to take charge of what you do?

Bathroom – *represents your emotional health. How you cleanse and nurture yourself and your emotions.*
Water=Emotion.

Bat – *See beyond the obvious.*

These highly sensitive creatures can alert us to changes that may occur they remind us not to fear the unknown. Instead, using intuition we can learn to see beyond the obvious and turn our perspective up- side down.

Battery – *Energy store.*

How are your reserves; savings; do you have lots in reserve or are you drained? Is a relationship draining you?

Bedroom – *Condition of your bedroom equates to self-love.*

Rest, rejuvenation, privacy; how are you sleeping? Sleep is essential for the human body to stay well. How do you treat your own space? Are you taking care of your needs? Do you feel safe?

Bee – *This busy insect is the ultimate in productivity.* It brings our attention to the sweetness in life if we are willing to do what needs to be done. Measure our productivity.

Bliss – *Inherent good within spirit*

Black – *A hidden source or root, mystery, potential, innate metaphysical talents or original thinking.* High potential, but fear of the unknown if multi sensory ability is under developed. Alternatively able to embrace the unknown because of heightened sense of curiosity and heightened innate ability. Individuality, secretive; mystic.

Blue – *Emotional, calm or else stormy deep or light; communication, masculine aspect, throat Chakra brings information and clarity.*

The deeper the colour the deeper the emotions. Blue is linked with water energy and the ability to flow. Emotional situations in the areas you see blue; can mean tears of laughter or sadness. They say Earth is the blue planet and certainly she will communicate with us, as we are one with her. Walking barefoot on Earth helps this communication/connection.

Brakes – *It's all about slowing down or stopping.* Check you are able to stop whatever you are doing; is something or someone stopping you?

Brown– *grounded, practical, earthed – Blending in, solid foundation, reliable source.*

Tendency towards a logical conclusion, objective reasoning and abundant potential for growth.

Butterfly – *Encapsulates the energy of extraordinary transformation.*

The caterpillar crawls along eating his fill of energy and information until he enters the cocoon, to emerge after a period of letting go, into a beautiful butterfly. Are you ready to transform?

C

Cat – *Curiosity, agility and self-reliance and regal are the messages of cat.*

The feline energy always falls on its feet and has the reputation of nine lives.

Chakra – *Sanskrit origin, meaning spinning wheel.*

Chakras are akin to the spinning Torus with a central point (maybe a 'black hole' portal to the realm of creator). Chakras can be translated as empathetic bridges between the physical and spiritual realms; they are subjective rather than objective. It is said we have many chakras, therefore names and positions may vary from wisdom school, to wisdom school. Generally the main chakras are spaced along the spine from the base to the top of the head, although some are positioned towards the left side also in the hands and feet.

Channelling – *is the act of allowing spirits or other dimensional souls to inspire speech, writing, art, movement or healing.*

Is practised in many cultures and religions.

Cherry – *symbolises something to be sort after and cherished.* The 'cherry on the top' is the best bit. Cherry picking is to choose the best of something.

Chest – *communication, heartache.*

Sometimes chest pain or a cough can bring our attention to our need to speak and be heard. From the saying, 'get it off your chest'. Are you choking back what

needs to be said? Or are you saying too much? The lungs are also associated with grief, lung issues can indicate suppressed heartache we haven't expressed. There is a point in the centre of the chest, where sensitive people can feel emotional pain when feelings are hurt.

Coat – *How we appear to others in public; also our protection from the elements; is it appropriate? What colour is it? What first impression does it give? A white coat for example has become synonymous with the medical profession, what colour and style is yours; what does it 'broadcast' about you? Is it time for a new coat/image?*

Colours – *Please note - the depth of colour is an indication of the depth of the meaning. Look for colours alphabetically.*

Curse – *Build up of negative energy around a person or place.*

Can be deliberately placed by an enemy to create bad outcome, or inadvertently created through a person's own negative thinking.

Chant – *To repeat a mantra in an elongated form, using the chest voice and thereby vibrating and regulating our energy.*

As we practice chanting we find our personal note; it's often deeper than you may think. Your note can change daily and each note is attuned with our different chakras, and may change to suit our energetic state.

Chi – *Life force energy; in Sanskrit Prana.*

Cortisol – *is a stress hormone released in response to fear or stress by the adrenal glands as part of the fight-or-flight mechanism.*

Elevated cortisol levels can interfere with learning and memory, lower immune function and bone density, increase weight gain, blood pressure, cholesterol, heart disease and premature ageing, the list goes on and on. More here on how to reduce Cortisol safely. Should the link break - search title if you are interested to read it.

<http://www.psychologytoday.com/blog/the-athletes-way/201301/cortisol-why-the-stress-hormone-is-public-enemy-no-1>

D

Déjà vu – *from French, literally means "already seen"*

The phenomenon of having a strong sensation that an event currently being experienced has happened before, whether it did actually happen or not in the timeline.

Dharma – *can be thought of as our true path or the way through in our journey of life.*

Sanskrit origin meaning, natural law or way. There is no single word translation for *dharma* in western languages.

Dog – *The guardian energy bringing unconditional love, friendship, loyalty and protection.*

Dogs help us to be strong of spirit when we need uplifting and mirror our behaviour, when we don't realise how we are being.

Dolphin – *Playfulness, non-verbal communication; intelligence and wisdom.*

Sharing and awareness of our deepest emotions are just some of the gifts that dolphin energy can teach.

Dopamine - *Dopamine is a chemical produced by our brains that plays a huge role in motivation.*

It's released when we eat delicious food, when we have sex, after we exercise, and also, when we have successful social interactions. Its evolutionary role is to reward us for beneficial behaviours and motivates us to repeat them.

E

Eagle – *King in the air, eagle medicine shows us a birds' eye view of a situation.*

Can you rise above the emotion of the problem and use clarity and vision to resolve it?

Ears – *Listening, hearing, sound .*

what can you hear and what don't you want to hear? Is someone being kind or unkind? Are you too opinionated? Is it a good idea to listen more and speak less? Two ears, one mouth, maybe it's a hint? Right ear, (left-brain) practical listening; Left ear, (right- brain) spiritual listening. What are you listening with? Are you listening to hear, or just waiting so that you can reply?

Earth (also see Brown) – *The planet, our home, and our connection, the 5th and slowest vibration of the 5 elements that make up the universe and the most stable; dirt or soil as potential for growth.*

To earth yourself is to calm down and think practically; just as electricity needs to be earthed so as not to give off a shock. It is often referred to as the blue planet because of the sea/sky interaction. (Also see blue if that feels right)

Ether (Aether) (Akasha) *It is said to be the first and most subtle of the five elements that make up our universe and everything in it.*

Ether forms air, which in turn forms fire, which in turn forms water and finally Earth. It is related to mind, intelligence and the state of deep sleep as well as sound.

Ether is the first matter that is set in motion by Prana, which is the life force.

Elephant – *Related to remembering; they say ‘an elephant never forgets’.*

She also brings compassion, caring and the removal of obstacles. Honour the matriarchal feminine power and strength within. The primal memory of woman relates to the feminine roll as the gatherer in the hunter/gatherer partnership. The woman can re-member where to find all that they need.

Enlightenment – A **Buddhist** concept that means being illuminated by acquiring wisdom or complete understanding.

A cornerstone of religious and **spiritual** understanding, in many religions.

Ectoplasm – *is a term coined by Charles Richet to denote a whitish ethereal energy formed by physical mediums.*

It's said to be 'cloud like', in that it can be seen and dispersed by touch, yet feels damp. Ectoplasm is said to form the appearance of spirits. It was popular in the early 1900 however since the 1950's reports of ectoplasm phenomena have declined and many psychical researchers doubt it can stand up to scrutiny.

Exhaust – *Check your anxiety and stress levels; if not in control they can be exhausting.*

Are you able to let off steam when you need to/ or do you let off too much and need to take control?

Exorcism – *is the act of removing or overwriting entangled energy, which can be adversely influencing*

a person or place.

The idea has ancient roots, and is still practised in some religions. Literal meaning - binding by oath (of an entity to obey universal law) from Greek exorkismos

Eyes – *Vision, seeing, watching.*

Are you seeing clearly? Is there something that maybe you don't want to see? Eyes are windows to the soul and can give an inner view into others, as well as an external view of the world from our perspective. Is your external perspective helpful? Do you need to look within? If you are short sighted, what is under your nose that you don't want to see? Long sighted, what's out there you don't want to see? Astigmatism, Is your view of the world distorted? The brightness of our eyes is related to our energy and general health. Do you sparkle or are your eyes dull?

F

Face – *Reputation; how you face the world.*

Are you hiding and trying to avoid something? Is it a challenge to maintain your boundaries and say no? Are you anxious or comfortable about how people see you or what they think of you?

Fear – *The fear response arises from a perceived danger, leading to confrontation or escape from the threat (also known as the fight-or-flight response).*

All too often though, our fears when imagined are; **false evidence appearing real**, this blocks our creative potential and damages our well-being, by producing the hormone cortisol. When society is kept in constant fearful situations, as we witness in the world today, people become ill and therefore it is essential to wake up and pick the sense from the constant barrage of fear!

Feet – *Career, vocation, life journey.*

Our feet connect us to earth through small heart chakras, they are the platform on which we stand, our foundation or base. Are you wearing the right shoes, i.e. does your career fit you well? Are you looking after your way forwards? Is time to change direction, relationship or location? Did you put your foot in it? – Means to say or do something inappropriate and embarrassing. Barefoot walking connects us to Earth wisdom. Reflexology shows us that the feet are mirrors of the whole body.

Fire (also see orange) – *Said to be the third element of reality; associated with transformation. Heat and light are created and burning takes place.*

Fire can be creative and or destructive depending how it's used. Firing a gun, could be a warning shot, or an aim to kill/transform someone. Also to remove someone from their position is to fire them.

Floors – *Relate to the foundations and principals on which you stand. Ancestral patterns.*

it's your bottom line or the truth that underpins your life.

Food Allergy – *Encouragement to find out what would be best to avoid. Is something not sitting well with your vibe, what or who is irritating you?*

Do you need to make changes in your life, life-style? Are you listening to your 'gut feelings'? Look at where the allergy appears on the body and use body parts and colours to help interpret.

Frog – *Metamorphosis (change) is the calling card of frog energy.*

This watery totem signifies personal power, the agility to leap from negative emotions and escape to a better place. If you turn up the heat slowly they say you can boil a frog alive and he will not jump out. Look carefully at your situation, and jump out if need be.

Front Door – *Relates to security and safety.*

The entrance point of who you allow to enter your life/space. It also gives a first impression of your home and your persona.

G

Garden – *Relates to your outer boundaries.*

How do you relate to people? How do you appear to the public?

Ghost – *is the non-physical perception of residual energy, which is left behind normally after an Emotional event.*

It can be thought of as an energetic video recording of that event. It can cause an illusion of the event to reappear over and over again through time. Sometimes ghosts are entangled with an area or a building; people witnessing this energy can describe it as a haunting. Sometimes this residual energy is entangled with a person, caused by an emotional experience during the lifetime. This personal 'ghost' can cause habitual subconscious behaviour, and eventually form an addiction, which can sometimes be passed down through the bloodline. When the 'habit' caused is unhelpful, it can be labelled as a 'curse'.

Green – *New growth, healing, lover of nature, can be envious.*

Can indicate naturally emotional and caring person. Loves nature and being outside. May need healing or/ and have a healing gift. On a traffic light, green light means go!

H

Hands – *Connections, holding, letting go and feeling.*
Check if you need to hold on or let go of something.

The hands also contain small heart chakras in the palms used for sensing energy. We feel, touch and connect with others through the hands. Are you feeling or touching with awareness? Physically touching with right hand in order to explore or give something to someone, or intuitively feeling with left hand in order to receive energy and non-verbal communication?

Head – *Strength of character; thoughts and Ideas, leadership.*

Look at the nature of your thoughts and ideas. Are you too busy? Are your thoughts positive or negative? Do you need to rewire old patterns of behaviour that no longer serve you? Have you taken in too much information? Are you head strong, or do you need to be more so? Pain in the head can also highlight a dietary mistake, as the stomach and head are connected. You could also look at how you may be 'leading', we tend to think of the 'head' as the leader, as is head master, or head boy etc. Is it your turn to lead or follow?

Hat – *Our way of thinking and acting, we may ask, which hat are you wearing today?*

In other words, what is your thinking style now; your thoughts affect your whole demeanour.

Haunting – *The memory of an emotionally evocative event that has been absorbed by a location or a per-*

son, which recreates the atmosphere of that event.
If something is haunting you, is it a sign of something you repeating from the past? Do you need to find new places to go, has visiting your old haunt (hang- out) become an unhelpful habit?

Horse – *Horse brings power and signifies adventure and independence.*

Once man tamed horse, he could travel faster. Transport and strength are then key words for horse energy.

Although domesticated, there is a spirit with- in horse that longs to roam free.

I

Illumination – *To throw light onto something.*

Can be used as another phrase for enlightenment. Illumination in theological terms, is spiritual information or wisdom, as transmitted through spiritual means such as through divine presence.

Inspiration – *To breathe in. Incoming spiritual wisdom, via the empathetic bridges (Chakras).* The spark of an idea, creativity; the in breath of 'prana' or life force energy that carries messages from the 'Zeitgeist'. (Spirit of the times)

Intuition – *Internal wisdom, the inner tuition.*

Helps us to distinguish the sense from the nonsense. Our 'gut sense' that we simply know something, such as discerning honesty and authenticity from dishonesty.

Imagination – *Formation of a mental image of something that is not perceived as 'real' and is not present to the 5 senses.*

Imagination reveals what the world 'could be'.

Imagination is simply the ability to form mental images of things or events. If a creator made us 'in his own image' we could easily conclude that to

'imagine' or 'image in' something is to be 'a creator'. What if our imagination is actually our connection to 'God' within us?

J

Jewellery – *Adornment used to highlight and supply energy to a specific area of the body.*

Interpretation of specific items of jewellery can be determined by colour, material and placement on the body. Gemstones in particular have individual significance and benefit to the wearer.

Japa - (Sanskrit: *+) A chant or incantation of words repeated over and over is known as Japa Mantra. The energy of this mantra is said in time, to manifest whatever it is you focus on with your attention.

K

Kitchen – *Transforming your sustenance.*

Where you transform energy, how and what you cook as food for yourself represents the life force you take in to nurture yourself and your loved ones.

Knees - *Connections or relationships with supporting figures.*

Right knee often indicates challenges with father, older male or your practical foundation; left knee often is concerning challenges with Mother, older female or spiritual connection. The term 'weak at the knees', suggests we feel as if we might fall down because of a sudden strong emotion about something or someone.

Know - *When we get a sense of knowing without doubt, we are almost certainly being inspired.*

That sense spiritual knowing is attained more clearly through practice using feedback as validation.

L

Left side of body is usually controlled by the right brain hemisphere.

Generally indicates spiritual and inspirational issues, the feminine side.

Legs – *where and how we stand, success, and ability.*

Our legs carry us from place to place, our means of traveling through life. Right leg indicates practical matters along our journey need our attention, left spiritual matters. Are we able to go in the right direction? Is there a resistance to move on? Are we stuck in a habitual cycle? Are we walking the talk and doing what we say we will do? Do we have 'the legs' (ability) to finish what we started.

Lemniscate – *The perpetual motion/interaction of energy and matter and its indestructibility; the symbol is a geometrical representation depicted as the Torus.*

The “symbol of infinity” a figure “8” turned on its side is also called the “Lemniscate” From the Greek root meaning “adorned with ribbons”. Infinity normally representing all time – past, present and future, centred in the present moment of “NOW”. I have been inspired to use the infinity symbol to represent meta- physical time travel.

Lift/Elevator – *signifies changing levels or frequency. As our personal vibration changes we change our capacity to interact with others. Upwards – exploring thoughts to*

a spiritual plain. Downwards – exploring thoughts into the subconscious plain.

Liver – *Are we processing what we take in? Is it useful or are we taking in toxins? If the liver is getting our attention, we check, both physically and emotionally*
Are we eating well, are we choosing useful energy and information? Is our ability to break down energy and information working; can we understand what's happening? Are we taking in too many toxins, unhelpful energy and information? Are we building a healthy body/mind/life-style?

Living Room/Lounge – *represents our way of life.*
Are you calm and at ease in this space. Is it clean and comfortable? What are the main features of the room and what do they tell you? Do you have space?

Love as an emotion - *It is the most connective of all the emotions. Close-knit human bonds - whether it be family, friendship or a romantic partner - are vital for our physical and mental health and therefore for our survival.*

It is a mechanism we have evolved to promote long-term relationships, mutual defence and parental support of children and to promote feelings of safety and security The “tend-and-befriend” response is triggered by love, is the exact opposite to “fight-or-flight” response triggered by fear. It is a contract and in healthy relationships a two-way flow.

Increases oxytocin and reduces cortisol. In loving

attachment and bonding, the brain can release a whole set of feel good chemicals: pheromones, dopamine,

norepinephrine, serotonin, oxytocin and vasopressin that are essential for good health.

Love as a lens - *This is an internal love, a way of being and seeing rather than a contract with others. When we look through this lens things look very different. We become more peaceful and cooperative. It's a way of looking at the world that it would be beneficial to cultivate. Doesn't mean we are blinded by emotions, rather we see clearly beyond emotions in a way that doesn't change when the emotions change.*

M

'Mangry' – a slang term *sometimes used to describe woman who are angry with men, but also refers to man style anger that's shows outwardly with banging of fists on tables, or to be fighting mad.*

Normally caused by misunderstanding; society provides couples with unreasonable expectations of each other. Woman may think that men are just bearded woman with an insensitive manner, or men may think woman are emotional men out of control; of course both are farthest from the truth.

Mantra – *A sacred, meaningful word or short phrase that is used to focus the mind during meditation.*

A chant or incantation of repeated words is Mantra Japa. The energy of a mantra Japa can in time manifest whatever you are focused on.

Metaphysics – *Literal meaning; (meta) that which is behind, (physics) natural philosophy of matter.*

Can be described as the science of the soul and spirit.

Mouse – *Asks you to see what is right before your eyes and to take action accordingly.*

Look at the small details, or conversely look at the bigger picture. Are you being too timid? Does the challenge seem too big?

Mudra – *Ritual hand movements and positions with specific meaning, often sacred, used widely in Indian dance.*

Sanskrit Origin, to mean sign or seal.

N

Namaste – *A humble greeting exchanged between like-minded people.* Sanskrit meaning - The Divinity in me bows to the Divinity in you. The silent hand mudra of palms together at the chest and bowed head also means Namaste.

Names – *What's the hidden message in a name?* Your name is a very important energy signature, and the name you enjoy answering to, need not necessarily be your given name. Even nicknames have an impact on your life. It's a very beneficial exercise to chant the name you prefer in a chest voice; to elongate the name as you sing it and discover the most comfortable range will help you discover your own personal note. Done slowly three times in the mornings can be beneficial to balance the mind and body. This site gives the hidden meaning of 970,660 names by using the Mathematical Principle as explained by the Kabalarian Philosophy.

<http://www.kabalarians.com>

Search meaning of names It is a free service and well worth exploring.

You could of course add any significant names to your interpretary for easy reference.

Neck – *The power to change direction in life .*

Our neck supports the head and turns it to face in another direction; are you stuck? You may be feeling

strangled by a situation or a person. Is someone being 'a pain in the neck' or 'breathing down the back of your neck'? Are you supporting other people's ideas too much and do you need to turn your attention to something else.

Nerves – *Sensitivity in life .*

Our nervous system is in control of how we respond to our environment. It's how we negotiate through life; a kind of safety mechanism set up in the formative years. If something were 'getting on your nerves' it would be wise not to ignore it. Nerves send signals of pain if the body is being harmed by something we are doing. A nervous breakdown is a huge signal to change your life style.

Nose – *The sense of smell affects our responses and is part of our intuition.*

If your nose is getting your attention, be careful; it lets us know if a situation smells right or else it smells 'fishy'. The right nostril blocked, increases Prana into the right brain highlighting a need to be more intuitive. Left blocked suggests a need to be more practical. Also check if you are minding your own business, or pushing your nose where its not needed.

Numbers

Basics 0 to 9

0 Potential, Creator, God within us all, everything and nothing, holism, complete.

1

2

3 Trinity

- **4** Stability, foundation, cornerstones
- **5** Changes, midway, travel

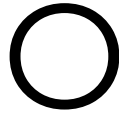
Leader, independent, new beginnings
 Duality, interdependent, relationships Creative, past/
 present/future, mind/body/soul,

6 Balance between male and female aspects,
 cooperation and peace.

- **7** Magical, fortunate, unity
- **8** Lemniscate; infinity, circles in time line,
 momentum, energy, what goes around comes
 back around (karma)

9 Fullest number, completion, satisfaction, manifested
 reality.

DOUBLE OR TRIPLE NUMBERS STRENGTHEN THEIR
 MEANING



Om – In Sanskrit  is said to denote the first sound of the universe.

Used as an empowering sacred Sanskrit Mantra (chanted in elongated 'chest voice' as auuuuummmmm) calms breathing and the nervous system, also re-calibrates the glands and organs in the body. Believed to mean the root of the universe and every- thing that exists, also that which continues to hold everything together.

Orange (also see Fire) – *Transformation, creativity, warmth, excitement, fiery.*

Often signals changes in circumstances, letting go of old habits, self-awareness and intuition. Could mean fierce attitude or sharp wit. Physical energy. Potentially creative person.

Owl – *This silent night hunter offers clairvoyance, prophecy and connects to ancestral wisdom.*

It asks you to read between the lines and look beyond the illusion.

Oxytocin – *is thought of as the love hormone.*

Much of the calming impact of close social interactions is attributable to oxytocin. Moreover, this single hormone is the most plausible explanation for the health benefits of intimate social interactions. Mothers release more oxytocin when they tend to

infants and they experience a direct health benefit from the interaction. Oxytocin also plays an important role in the physiology of both breast-feeding and orgasm.

P

Pink – *Sensitive, loving, feminine, soft, empathy and intuition.*

Can mean quick to tears and oversensitive nature, yet it also channels wisdom, removes blocks and shows a need for support.

Prana – *Sanskrit word meaning life force energy. In Chinese it's Chi.*

Purple – *Religious, spiritual, royal or noble, sovereign and self-assured.*

Connection to higher self and spiritual guidance, intuitive. This could indicate potentially an old wise soul, although they may not yet know it yet.

Public Baths or spa – *Cleansing with others, a shared journey of release.*

Using facilities available to many can bring attention to sharing - either to share more, or stop sharing as much, depending on context and feeling.

Q

Queen – *Royalty, sovereignty.*

Someone who stands in their power, a ruler, dignified.
Can also refer to an alpha female.

R

Rabbit – *Transform your fears into courage and abundance.*

It brings us the energy of vulnerability and vigilance; he must flee and hide, yet at the same time he signifies fertility, creativity and good luck.

Red – *Excess energy, passion, life force, power, blood link, stop, danger, anger.*

Could indicate a blockage or build up of energy; where strength is needed, or sometimes strength is abundant. Red can also highlights areas of activity.

Rings – *which fingers do you wear rings on? It's an outward sign of our personality or ritual.*

Also look at colours section if rings have stones. Thumb is creative, independent and unusual.

First finger is to gain wisdom and share wisdom, leadership skills.

Middle finger is all about our worth, karma, balance.

Ring finger is connection to love and optimism. Little finger shows communication and unity consciousness.

Roof – *shelter and independence.*

Protection from the elements, privacy and security.

S

Shoulders – *Responsibility or perceived responsibility*

Stemming from the adage ‘carrying the weight of the world on your shoulders’, look at what type of responsibility is apparent.

Right Side – Material responsibility – ask do you need to look more closely at material gains or losses and notice any imbalances. Also who may be relying on you too much.

Left Side – Spiritual responsibility – ask do you need to look more closely at spiritual knowledge and wisdom, can you benefit from a perspective change.

Shoes – *Our life path, on what we stand, how does the shoe fit us?*

Our shoes may disconnect us from earth, they may pinch us, or they simply may ground us in protection. Our shoes can transform the way we feel and how we walk. The phrase “a man should not criticise me, until he’s walked in my shoes for a day.” Gives us a sense of the reflection of our lives, our shoes can carry.

Squirrel – *teaches us to conserve our energy for times of need.*

Ensure you are not too busy seeking goals to play; take time to stop and listen to your inner guide. It teaches us the balance between giving and receiving, saving and sharing.

Snake – *highly adaptable, it sheds the skin it has outgrown, and is renewed and healed.*

Are you ready for the transitional changes ahead, to have courage to be the change you want to see?

Spider – *Offers us creativity, dexterity, patience and persistence.*

As the weaver of the great mystery, the keeper of the primal alphabet. Weave the words of your intention creatively and simply wait for your reward to fly onto your web.

Stairs – *Connecting levels together.*

Our ability to ascend or descend between different aspects of life.

T

Teeth – *chewing it over* – how we understand.

Is there something elusive that you can't get your teeth into? Are you neglecting your personal needs? Have you taken on too much, bitten off more than you can chew?

Throat – *Look at speech and communication.*

Are you speaking clearly and asking for what you need; do you even know what you need? Do you need to be clear with yourself as well as with others? You may want to increase self- confidence and self- worth, in order to speak up. Or else, are you saying too much, is your communication too critical of others. Are you asking too much of yourself and others. Some things are to be said, some things are not to be said. "If you speak too much, it makes your ears deaf."

Tiger – *Unpredictability and stealth is the energy of tiger.*

The night hunter triggers our primal fears and gains our respect. He calls on us to find courage within to be bold and fierce; stand up for our rights. Show your teeth and you may not have to use them. Boundaries.


Toilet – *Privacy and intimacy.*

Related to how much of your private life you expose; could also be related to intimate personal and sexual relationships. Water is usually regarding emotions.

Tongue – *Sense of Taste, first impressions, distinguish whether we want to have something or not.* According to Ayurveda we need all six tastes to remain healthy,

Salt, Sour, Astringent, Pungent, Bitter. We tend to like bitter least and Sweet the most. Our physical condition can be seen, by inspecting our tongue. A clean even colour and texture tongue is most healthy. If the tongue is coated, discoloured, uneven, sore or swollen, it's a sign we are taking in something that isn't good for us. It is probably food related, but just as possible, information, impressions and/or unhelpful energy around us. Alternatively it may be that we are speaking about some things that are unhelpful.

Transliteration – *Interpretation of one language into another, when there is a different alphabet.* This can account for various different spellings of the same word, because transliteration denotes the sounds rather than letters. E.G. in Greek π is transliterated to pi or p in

English. In Sanskrit the word  Agni

when transliterated is translated to mean fire, letter r, gold, digestion, God of fire, number 3 and so on depending on the context it's used in.

Turquoise – *Safety, protection or protector.*

A combination of blue and green interpretations can also help.

U

Umbrella - *Shield or protection from rain/ natural emotions.*

Rain is water which signifies emotions. If your umbrella lost or broken? Pay attention to your emotional state.

Unicorn – *Represents all that is good, innocent and pure within humanity.*

We can find Unicorns depicted in chains on coats of arms for certain families and also on British passports. These enchained Unicorns represent humanity enslaved for the benefit of the few at the top of the pyramid, such as the monarchy; but unchained Unicorns symbolise awakening humanity and shifting consciousness. The most recognisable element of a Unicorn is its spiral-shaped horn. It is a metaphorical representation of the concentrated lemniscate power of pure love that connects it with humanity. The horn is positioned midway on the Unicorn's brow at the 'first eye' some refer to as third eye position, denoting its ability to connect to alternative spiritual dimensions.

V

Veins – *vessel for life force and flow of energy throughout the body.*

Representative of a network working together for the good of all.

W

Walls – *Framework and condition of boundaries.* If we don't set healthy personal boundaries, when others cross them, we may become angry and resentful.

Watch – *Represents your personal relationship with time and your timing.*

Are you marching to your own beat or trying to keep to someone else's schedule? Are you early, late or right on time? Is your watch discrete or obvious, practical or a fashion statement? What is it telling you about your general personality and behaviour?

Water supply – *water relates to emotions, the context offers more detail.*

Emotions affect us on a deep level ie water hidden in pipes around the house. If the pipes are getting our attention (water hammer) we need to check who or what is causing the pressure. For air in pipes, look up Air. Burst pipes; the emotion has to be expressed or else you will burst. Maybe you need to cry. Leaking water relates to emotions trying to come out. No water, lack of emotion.

White – *Open to receive, pure, empty, light, colourless, soft.*

Radiance, spiritual focus, reflective interaction. Contains all the colours and offers potential in many areas.

Windows – *Our outlook on life, how much light and clarity is available.*

How do we view the world; is our view open or hidden, how much can we see?

Wolf – *traditionally (s)he is the teacher of spiritual teachers.*

The wolf energy understands the earth, the moon and nature; (s)he can find new ways to become whole. Wolf asks are you ready to learn or teach what your heart already knows?

X

X – often used to represent kisses in writing, but also to indicate a mistake.

Xray - the view inside our body, exposing something hidden.

Y

Yellow – *Wisdom, teaching and learning through study.*
Can mean sunny/happy disposition, or else cowardly,
possibly a liver disorder – Limiting intuition behind
intellect and may be too logical. Practical wisdom.

Z

Zebra – *Black and white means look for the point. It's telling you everything is a simple choice.*

It's asking you to be balanced and individual. Also look at meaning of horse, remembering zebra is wild and free! The Zebras colouring of black on white, or white on black implies there are 2 perspectives, dark and light, yin and yang; it also highlights occult knowledge both the seen and unseen, dimensional shifts, new journeys and worldly endeavours are all aspects of Zebra. As a herd they run in zig-zags to confuse predators with their stripes.

Zeitgeist – *spirit of the age, or spirit of the times.* The energy and information that surrounds and affects us at different stages of life and different periods of time.

Notes

