

Karmic Solutions Review

Diane Toscsno, May 19, 1944 - 06:00 - Lower Hutt, New Zealand



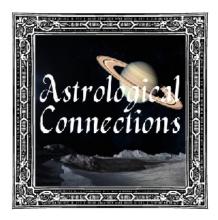


What's not being taken care of in your life, Diane? What are you finding difficult to deal with? This Karmic Solutions Review reading shall address what is happening in your life now to gain an understanding of what's limiting you and how to manage certain challenges or disappointments that have been plaguing your path to greater happiness. If you feel particularly pensive about what you feel is being neglected in your life, then you are definitely feeling the effects of Saturn going Direct! The force of this planetary power is reflected by challenge, contemplation and blockages in your life now. Following on from another recent transit focus of Jupiter Direct, Saturn Direct is an extension of this transit's influence regarding its aftermath and this next step on your personal journey. Each challenge you encounter need not be viewed as debilitating, Diane. Sometimes what feels like a curse, is actually a blessing in disguise. So what is the purpose of the situation you are faced with at this point in time?

Life isn't about waiting for the storm to pass. It's about learning how to dance in the rain.

- Vivian Greene

Change can often be challenging but ultimately welcoming because it takes you in unexpected directions. I shall help you deal with a certain situation in your life so nothing catches you further by surprise! This is the blessing of astrology as it helps you address the subtle forces of the Universe and how you are personally affected. In this reading I combine the power of your personality (your most dominant Archetypes) with the powerful connection you have with the Universe and your destiny (Saturn Direct). After the fortuitous power of Jupiter Direct expanding opportunities in all areas of your life, you must now be prepared for a time of essential confrontation. I do not want to worry you, Diane, as this is not about being concerned for the future, but dealing with what is already present on your life path, the things that you are either consciously or sub-consciously aware of. This is just as important for what you have become complacent with, like a situation you have grown accustomed to but drastically needs to change or be resolved. We are going to look at your external circumstances, taking the time to seek answers outside of yourself. It's time to get out of your head, my dear! Be ready to get more in touch with the tangible, the possible or even the impossible as your Karmic Solutions Review teaches you how to navigate the twists and turns of Saturn going Direct. Let us begin!



Saturn Direct

So what is a planet going Direct exactly? From an astronomy point of view it's when a planet is going at the same speed as the Earth. In regards to astrology however, it symbolizes that whatever has been delayed or been causing you trouble will come into full focus. Depending on which planet is going Direct, your life will be feeling the intense effects of its power. Saturn is the planet of challenge, limitations and time. Since April 2019, Saturn has been in Retrograde and stationed in Capricorn. So what does this mean for you, Diane? It means that since Saturn Retrograde in Capricorn you would have struggled to focus on your goals, with a dire hunger to accomplish what you desired but not sure how to make that happen. You would have been feeling that you were constantly pushing against a wall with certain things just not working in your favor. You have dealt with all of this as best you can, and getting in touch with your innate character traits will help you to understand what aspects of yourself you need to develop more, what karmic situation you must confront now, how to overcome this situation and accomplish a spiritual and personal milestone now!

THE PERFECT STORM

The planet Saturn was named after the Roman God of Time, previously known as Cronus by the ancient Greeks. Saturn going Direct indicates an intense awareness of what you have or haven't accomplished, and what you feel is holding you back. You may feel suddenly and intensely aware of time, the pressure of it, feeling you have too much, too little or that it's wasting away. Aspects of your life might also feel totally out of your control like a runaway train coming off its tracks. I sense that in recent months there would have been some conflict or unrest in your personal relationships, namely with family members or close friends. This would have left you feeling you have been fighting battles essentially on your own. These feelings of emotional isolation are linked to work, personal goals or unfulfilled desires. With Saturn going Direct however, this is finally about to change! You must look back on these last months as opportunities for deep reflection to seek real solutions for what is happening and why. If you haven't gotten the answers you seek, it's perhaps because you were not ready to learn them. Be patient just a little longer, Diane, the answers are coming! It is not a matter of good things come to those that wait, it's about preparing yourself and being correctly informed. Saturn Direct is the perfect storm, but once this trialling period clears, you shall have weathered the time you have been given with wisdom and great mastery. That's because your Karmic Solutions Review is giving you all the most vital information necessary for you to overcome certain challenges before you feel time has run out!

DESTINY & DECISIONS

There is a certain situation in your life that needs to be reviewed, reexamined and resolved so you can use the intensity of what is happening as Saturn Direct unfolds and turn it into positive momentum. We grow through confronting what challenges us most, and you'll soon see how quickly the storm passes. Are you ready to dedicate and master yourself through this challenging couple of weeks? I know you can, Diane! I have never doubted your potential and immense ability to overcome anything that comes your way. I hope you know how dedicated I am to helping you realize your dreams, goals and desires. This is why I reached out to offer you this reading, because I knew that with just a little of my help, you would get both the answers and solutions you seek. As the potency of Saturn Direct correlates with time itself, I want to make it clear that I have focused the report around the peak of this transit, and to prepare for Saturn's shift into Biquintile True Node in a couple of months. I don't want to confuse you too much with the details of this later Saturn transit because there will be other transits along the way that shall be very important also. All you need to know is that Saturn Direct will encourage you to face some important decisions, ones that shall lead you to a greater destiny in the months to come.



With Saturn going Direct, you shall be more aware of some important choices that you've been avoiding or hesitating to make. Saturn is challenging you to be confident and to not fear making mistakes. In fact, the lesson here is that there are no mistakes, and that you shouldn't hesitate trusting your intuition and taking a leap of faith. Once you realize this you will feel like a huge weight has been lifted off your shoulders. You'll also realize that the things or even people you feel responsible for are no longer a burden, but a blessing. The things that have been getting you down have all been piled on top of each other but you will soon gain the clarity and understanding you seek that make what's happening in your life and around the world make more sense. I sense that you have felt frustrated but remember, you are not alone. Time is not your enemy, it's your friend and you don't have to be racing against the clock. Saturn Direct is also challenging you to raise your awareness and conscious thought so you don't get dragged down into the more pessimistic thoughts that can occur during a Saturn Direct transit. I have chosen a special sound therapy track to invigorate you when you are feeling overwhelmed and to help you raise your consciousness so you are thinking and acting as your Higher Self. It will help you when you are doubting yourself or trying to decide what to do. You can listen to this sound therapy track for as long as you like, and as many times as you like during the next two weeks; you choose, Diane! It is here to use as you wish as a support to strengthen your mind and soul so you are not overwhelmed by external circumstances in your life and make decisions that are right for you and your destiny. This music shall also be useful for the next section of your reading, as you learn about what I discovered in your Soul Card Review! So feel free to listen to it as you are working through each explanation of your cards.

Click here for your RAISED CONSCIOUSNESS sound therapy track!



When I approached you for your Karmic Solutions Review reading, Diane, I asked you to select four Archetype oracle card combinations. It is your own sub-conscious desires or even fears that attracted you to the cards to reveal what needs your attention at this point on your journey. These cards are a review of who you are, what karmic situation you find yourself in and what you need to know to nourish your personal and spiritual growth to move forward. I have reviewed your Saturn progressions in connection with the recent Jupiter Direct, to understand where your path was headed. By taking this into account I was then able to interpret and decipher the hidden messages of your soul cards. You are stronger than you know and your cards confirmed it, my dear! There is a certain situation that needs your attention but you mustn't worry about the future because I have the answers you seek. To make this Saturnian period of growth and profound decision-making easier, I am accompanying a healing task to each of your Archetype oracle card combinations. This is to help you to enforce the positive power of each of your personal Archetypes, the various character traits that may or may not be developed enough for you to notice and utilize to improve your life. This is your chance to confront what challenges you, release the pressure of time and/or decision-making and learn more about who you are as you strive to evolve and create the life you want. It shall get easier, Diane, I promise.

SOUL CARDS: The first card combination you chose indicates the strongest Archetype character trait you need to unearth and embody during this Saturn transit period. It will help you to be more courageous and certain of your next steps.

SITUATION CARDS: The second card combination you chose indicates a certain situation or karmic connection in your life that is being brought to your attention by the Universe. You are struggling to make up your mind, but you must understand the deeper significance of what's happening for your spiritual and personal growth.

ACTION CARDS: The third card combination you chose indicates what action must be taken and how you need to deal with this situation or connection to ensure positive karmic rewards. Confronting this challenge now ensures you don't need to face it again, Diane!

PSYCHIC INSIGHT CARDS: The fourth and final card combination you chose predicts the future outcome of this situation or connection based on your ability to fulfill your potential. You can then move forward without fear or hesitation.

SOUL CARDS





You have chosen The Nurse and The Hercules Journey as your first card combination. What first intrigued me about these cards is the incredible balance between the feminine quality of the compassionate and nurturing Nurse Archetype and the masculine strength and relentless courage of the Hercules Journey Archetype. It tells me that you are indeed finding your inner balance, even if you don't feel that is true, Diane! The Nurse reveals that your true nature is one of unconditional love and acceptance of others for who they are. Your heart may feel blocked in some ways, but as you learn to open it more, you begin to enjoy the time and energy you must sacrifice for the people closest to you. You have felt misplaced and that's because your talents have been wasted. You haven't been able to find purpose in this world or have been trying to follow a certain path.

The Hercules Journey reveals that Saturn Direct is definitely a time of clarity but also resolution or discovery. It is a positive sign that you can overcome what challenges you now by using strength of mind and character. You may have found it hard to maintain positive behavior patterns because you have been functioning with a survivalist's mentality. You may not have realized but to really rise above what's happening in your life, strength does not mean you have to walk your path alone. You must share your woes with empathy and help others to rise up at the same time you do, using your determination, resilience and empathy to strengthen your heart and mind.

These cards in combination ultimately tell me that you must not fear seeking truth nor should you fear being vulnerable. In fact, vulnerability demonstrates great strength and lack of fear to express what ails you or what you hope for. These two very special sides to your personality need to be embraced so you can use them to your utmost ability to make good decisions, not just emotionally driven ones. I see you have a great capacity for growth during this Saturn Direct transit, Diane! Indeed you are entering its peak period but you must think ahead and more broadly than that. As Cronus the God of Time decrees, you must not act out of fear nor hesitate when your heart or intuition is guiding you faithfully. You must become the master of your mind and your heart. This is your path, no one else's and your strengths are not the same as anyone in your life, in the present or the future. Your hidden talent is the ability to use your to adapt to different situations and inspire people. Use it now.

HEALING TASK ONE

It is one thing for me to tell you what aspect of your innermost self you need to embody now during this transformative period of Saturn Direct. It is another for you to realize it for yourself, Diane! I encourage all my clients to enjoy the process of self-reflection that leads to realization. It's those epiphany moments that we seek, the ones that make us feel like we know what to do and they are truly precious. I have devised a short questionnaire for you to complete. Each question is guiding you through the process of self-realization and bringing you the clarity you need now.

Each question looks at the various areas of your life including the obvious and the subtle. They have been chosen to help you tap into your sub-conscious and unearth how you currently perceive yourself so you are more self-aware. Make sure you answer how you truly feel about yourself and not how others perceive or speak about you. I say this because although it can be constructive to listen to how others perceive you, but it is destructive if you form a perception of self based solely on the negative criticism of people's comments or treatment of you!

INSTRUCTIONS

Briefly read the following *Soul Review Questionnaire* below. Without thinking about it too much, get a pen and paper and being answering each of the questions. You can keep record of your answers using your phone, tablet or computer if you prefer, Diane. Wait 5 minutes and then re-read the questions and your answers to ensure you have completed the process of self-reflection and realization as accurately as possible. Re-read your answers in two weeks to reflect on how you may have (or may not have) progressed.

CHALLENGE

(optional)

If you want to take your experience of self-realization to another level, you can complete the following optional exercise. This is what I refer to as an *Ideal Self Visualization*. Find somewhere comfortable to sit, relax, breathe easy and close your eyes. Imagine yourself, as the person you are now, standing at the bottom of a grassy hill. Imagine yourself slowly walking up the hill. As you are walking you see a figure at the top of the hill. As you get closer you realize it is you! But not you as you are now, it is your ideal self that waits for you at the top. Keep imagining yourself walking until you reach the top of the grassy hill facing your ideal self. What does your ideal self look like, what expression is on their face, what kind of personality traits do they have that you don't? Imagine embracing your ideal self in a large hug, smiling and connecting with who you can be.

When you're ready, open your eyes. Add your observations or reflections about who your ideal self was to the

answers you noted for your *Soul Review Questionnaire*. With your Healing Task One and this challenge combined, you will have a stronger sense of self, and clarity as to who you want to become. Self-awareness is the key to a happier and more successful life. Being in touch with who you are and where you want to go puts you on the path you were destined for, Diane!



Do you enjoy being in social situations or do you prefer spending time alone?

What is your most dominant mood on a daily basis?

What do you enjoy studying? Or what do you wish you had studied?

What is the greatest lesson you've learnt in life and how has it helped you to be happier?

What virtue is the most important to you? E.g. Honest, patience, generosity. etc.

What do you think is your best physical feature?

What is your greatest asset?

If you could be anyone who would it be and why?

SITUATION





Your second card combination reveals the karmic situation or connection that is causing you disdain or is challenging your ability to enjoy life. By choosing The Painter I know that there is a conflict in your life, and that constructive communication and a more creative solution has been eluding you. This conflict in a certain situation or with someone in your life has made you question yourself, your ability to succeed in life and thus you feel incapable of making decisions that would actually improve your lifestyle and how you perceive yourself. I sense that you are repressing this issue because you feel you have enough to deal with. The problem is that if you don't confront this situation, then you will only suffer more later and regret not having done or said something. You truly are unique and you need to let your true self shine, as your first card combination has explained. The Martyr card tells me that you already know all this, even if only on a sub-conscious level. You are contemplating your choices, but are indeed getting stuck. You are sometimes overcome with feelings of helplessness and are even physically tired or lethargic. It's not easy to look beyond your problems, Diane, and it can blind you to what is going good in your life. You must indeed be careful of emotionally isolating yourself and thinking that you are the only one that cannot cope. Your heart is strong and it's time to see life in a more expansive way.

There are more creative solutions and a different way of seeing things. By choosing these two cards together I sense that the situation or connection that is troubling you is one of your closest relationships. You said something or they said something and it brought up all kinds of hidden resentments and criticism. This conflict however can be healed and resolution can be found. Things are actually not as bad as they seem and although conflict is emotionally stressful, it doesn't have to take your heart or mind into dark places. Although we are all connected, we are also independent soul's choosing our path in life. You don't have to suffer from anyone's reactions or misconceptions of you. You should keep in mind that there is not a large target on your head! The Universe will only ever send you what they think you can handle and these cards strongly indicate positive change in the future. You're allowed to feel sad or frustrated, just be careful of being consumed by these feelings as this won't improve the situation. There is always another way of doing things, and your next card combination shall reveal what that is, Diane!

HEALING TASK TWO

The many challenges throughout our lives shape us in certain ways, and nothing shapes us more than the way we communicate with each other. Think about it, Diane. When someone says something nice about you, it makes you feel good about yourself. If someone says something negative or critical about you, your emotional response will normally be negative too. The intent and the power behind the words that we choose has an immediate and lasting effect on how we feel about others and ourselves. Let me give you an example from my own life. When I was a young girl, I had a teacher that always encouraged and reminded all of her students that they will get better at reading and writing if they practiced. She saw our potential and rather than giving us false praise as if we were already incredible students, she helped develop our desire to achieve our potential. And what happened, Diane? We all enjoyed learning and indeed excelled in her class. The following year, I had a different teacher, one who was more authoritarian and didn't connect with us as my previous teacher had. This teacher would criticize and focus on our mistakes rather than when we would improve. Consequently, none of us truly enjoyed learning and indeed we all struggled in our own way. I chose to ignore this teacher's criticizing comments and began to practice positive thinking!

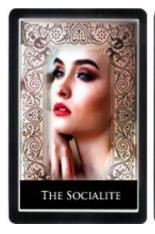


This was a breakthrough moment in my life. Someone's perception of me didn't have to change the way I thought about myself. I also realized that the power of words should never be underestimated. I wondered, if someone's words could be so powerful, then their thoughts should be even more so. For your Healing Task Two, I want you to embrace the power of positive thought. How you think about yourself and others manifests itself in the words you speak. If you want to improve the way you communicate, you just need to shift your perspective in your own mind. For example, when you are angry with someone you will have negative or critical thoughts. Changing your negative thoughts into positive ones, automatically improves the way you communicate in your own mind and with them. If you only react emotionally, you'll only be left even more emotionally distressed. Let's change that now, Diane.

INSTRUCTIONS

Think of someone or something that is bothering you right now. Say how you feel out loud in front of a mirror. How does this statement sound? How does your face look when you speak? Then try to say the opposite of what you just said with a positive spin! Again, note how this statement sounds and what your face looks like, but also how does this new statement make you feel. Do this every day for the next 7 days and make note of any change in attitude toward this situation or person. You can then use this same method at any time in the future when you are struggling to maintain positive thoughts about anything occurring in your life. Positivity leads to change so consider constructive thoughts the seeds of positive transformation!

ACTION





So now that you have more details about what innate potential you need to embody and what the reasons are behind the challenges you face, I can now reveal how you need to act to bring resolution. You have chosen The Socialite and The Foreigner which directly aligns with the message of Saturn Direct; overcome your challenges with grace and humility to enjoy a renewed sense of existence. The Socialite card indicates that you need to become the person that people look up to. You need to integrate this into every aspect of your life, being tolerant and understanding of other's mishaps and being the person that is compassionate to everyone. Your community of loved ones and even your neighborhood are essential in gaining outside objectives and feeling supported. Communication is a two way street, so listen before you speak and you may just learn something very important. When we listen to others that your own ideas become a lot clearer. In combination with The Foreigner I know that you are yet to find your balance between the energy you give others and the energy to keep for yourself to do the things you need or want to. This card is also revealing something about you needing to be more comfortable with yourself whether you are around people or not.

Reflect on this a moment, Diane. Do you act the same around others than you do when you are alone? Do you unapologetically express yourself without worrying about what others will think of you? In line with the first card combination you chose, is that you need to not fear opening up and expressing your true thoughts and feelings. This could be adding to the conflict you are experiencing in life and it is effecting your internal thought patterns. Pay attention to your inner dialogue, is it self-critical or critical of others? You must find a way to bring yourself inner calm and to maintain how you think and feel without being effected by your external environment. Perhaps you feel society and people in your life are too demanding of you emotionally or otherwise? I know it can be emotionally draining to have to take care of others as well as yourself but it doesn't have to be. A transit like Saturn Direct you will resist being too responsible but this is not the time to procrastinate. You must act with positive intent, and not take up more of your precious time hesitating or agonizing over what to do. This is why you must find that balance between time for yourself and time dedicated to the people that rely on you. If people need you, that is a blessing, not a curse.

HEALING TASK THREE

Apart from your Archetype oracle cards, you were asked to select a *Karmic Healing Color*. I was able to meditate and deeply explore the profound significance of the color your chose, and it revealed something quite fascinating about your life path now, Diane. Before I share with you what that is. I want to explain why color therapy is such a useful healing tool. Otherwise known as chromotherapy, I have been using color therapy in many of my readings throughout the decades. Each color has a specific healing vibration but it also reveals your sub-conscious emotional and mental state. So often we wonder what is going on in our lives and color therapy is one of those handy tools that give insight but also provide a direct healing experience. Color has been referred to as the language of the soul and is expressed in different external ways. What your *Karmic Healing Color* means for you will not mean the same for someone else!

YOUR KARMIC HEALING COLOR



You have chosen PINK which tells me you have struggled to identify your purpose in life. In fact, you seem to attract certain people into your life that exhibit some of the traits you wish you had. Take a moment to reflect on all the people you admire. What do they have in common? By choosing PINK I see you must find a way to express yourself with a creative outlet. This could be singing, dancing or writing or any way for you to reconnect with your feelings in a positive way. Instead of focusing on how great other people are, indulge in activities that you feel you are good at, to remind yourself of how unique and talented you are. You have a lot to offer the world, Diane and a lot more people admire you than you know. PINK also suggests that you can learn a new skill that will help you to fight for your dreams. This will give you renewed confidence to take calculated risks with successful outcomes! PINK represents achievement, determination and creativity.

INSTRUCTIONS

Color has been referred to as the language of the soul and is expressed in different external ways. You will need to find a PINK colored object at home, something that reminds you of the person or situation you are being challenged with now. Keep this totem close to you for the next 7 days to benefit from its healing power. PINK will protect you from negative people or places, cleansing your life of negative energy.

PSYCHIC INSIGHT





Your last card combination has allowed me to predict the future outcome of the situation or connection you must confront now based on your ability to fulfill your potential. So what have I seen in your future, Diane? By choosing The Gardener and The Wanderer cards in combination, I know that things have not gone as planned, but as you dedicate yourself to what you really want, you shall very soon share the fruits of your life with love and generosity. I can see also that a new path shall present itself or a new perspective that gives you a sense of freedom and open expression. This is also related to your current situation meaning you shall experience a welcome relief due to a long awaited resolution. As Saturn Direct evolves over the coming weeks, you will have greater mental clarity and intellectual capacity. Your renewed sense of love and courage gives you the time and energy to make new social connections which shall enrich your life. At the same time you shall feel more comfortable with spending time alone without being overwhelmed by loneliness. You shall makes some new plans based on the resolution I mentioned, which I sense are related to some kind of binding contract or administrative issue. The recent Jupiter going Direct has led into this Saturn Direct period of direction, clarity and endurance. The disorder or inability to accept the vulnerable aspects of yourself as assets and to love yourself for that will no longer a problem. I can see if you follow the guidance of all your card combinations, then you are going to enjoy the following karmic rewards:

LOVE: You shall be inspired to focus on love and discover a deeper understanding of what you want in relationships without fear asking for it. You will also feel more emotionally independent and will be released from a karmic emotional bond that has been holding you back.

PROSPERITY: Any financial hindrances or lessons you have not learnt from the past will come into focus now. You need to confront and deal with them if you want to be more independent, especially in regards to ongoing financial responsibilities. This shall lead to improved prosperity in the future.

AMBITIONS: Reflect on your current physical surroundings. Something needs to change as there is an energy block. Is there something that has been bothering you? Change it! The lack of energy you have been experiencing will change once you do this. You shall gain greater focus and the enduring energy you shall benefit from gives you improved confidence, living and making the most of the moment.

HEALING TASK FOUR

Your fourth and final task is a special extended healing section that takes a closer look at the connection with your inner energy centers and your life force field; otherwise known as your Chakras and your Aura! I chose to introduce this spiritual approach to healing for your last Archetype oracle card combination as ultimately those cards were strongly attached to your fate. Don't forget, Diane, you were drawn to the cards you chose by your sub-conscious desires. All the answers you seek are within you, and I am helping you to identify and explain them using such valuable tools as astrology, oracle cards and healing tasks. There are some things that only science can explain and sometimes spirituality makes more sense. I combine the two, the practical and the incredible so you have holistic overview and the direct guidance to know what to focus on and how to improve your life.

In your, Karmic Solutions Review, I want to indeed focus on the connection between your Chakras and Auras and how this intertwines with what is happening around you and with the people in your life. Already I have explored the power of thoughts and words, but I want to take your understanding of this one step further to the more subtle aspects of yourself. This is also in correlation with your first card combination as you try to embody your ideal self. Seems complicated, Diane? It's not I promise! Let me explain.

CHAKRAS & AURAS



Each of our bodies has a natural energy system. Albert Einstein discovered that on an atomic level, everything that exists in our world and indeed the Universe is made up of energy! You may be familiar with some of these energies such as light, sound or even radio waves but this also applies to your own electromagnetic energy field. Your body has its own frequency, or energy that runs within and around it. This is what your Chakras and your Aura are! You have your own unique frequency, one that is physical (electromagnetic energy field) and one that is spiritual (universal life force energy). Many spiritual leaders say this is how we bridge our physical selves with our souls. If your brain is

spinning don't worry, I used to find it confusing too! If you look at the image above you will see where each of your seven Chakras is located below. Your first Chakra (or Muladhara) is located at the base of your spine, then you can follow your second Chakra (or Svadhisthana), your third Chakra (or Manipura), your fourth Chakra (or Anahata), your fifth Chakra (or Visuddha), your sixth Chakra (or Ajna), and finally your seventh Chakra (or Sahasrara) at the very top of your head.

Each of your Chakras needs to be flowing upward with positive energy, so when you find yourself struggling to express yourself, or are feeling heartbroken, you'll find that one or more of your Chakras may be 'blocked'. I often include Chakra cleansing exercises in my readings and shall indeed include one in this reading! First, I want to tell you more about how your Chakras are connected to your Aura.



Auras consist of different frequencies or layers made up of the physical (first layer closest to your body), astral (emotional layer), lower mental (thought layer), higher mental (higher beliefs layer), spiritual (connection to Universe layer), intuitional (celestial layer) and absolute (outermost protective layer) aura plane. Each frequency or layer needs to be in balance for you to emit good energy and to positively impact your immediate environment and the people in it. So similar to your Chakras, all your energies need to be aligned for you to emanate positive energy and thus attract blessed good fortune in all areas of your life, Diane! Your Aura is effected by the state of your Chakras, so you need to ensure that there is free flowing, positive energy between all of your energy centers both within and around you.

As the current transit of Saturn Direct is examining how you have been challenged or blocked from progressing, I felt this was the perfect opportunity for me to read your Chakras and Aura by picking up on your unique frequency!

YOUR ENERGY STATUS

When you made your official request for your Karmic Solutions Review, I meditated deeply to psychically connect with your Chakras and Aura. What I picked up on was also clearly defined in your cards and your astrological progressions so it confirmed my initial insights about your current energy status. I can indeed tell you that there are some slight blockages in your Chakras, namely your second Chakra (or Svadhisthana) and your seventh Chakra (or Sahasrara).

SVADHISTHANA



Astro/Chakra connection: The Sacral (or Svadhisthana) Chakra is ruled by the planet Venus. This signifies your sensual and sexual self, and/or whether you are feeling creatively inspired. It is the WATER Chakra, and so it is closely connected to your emotions and fear of change. This Chakra helps you to be fearless and to use your emotions positively, rather than being victim to them. It also ensures sexual/hormonal balances on a physical level, so you can express yourself without holding back.

Blockages: This Chakra is not so much blocked as it is imbalanced and needs to be activated so you can break-up any negative thought patterns that are distracting you from gaining clarity and expressing yourself honestly and openly, Diane. Healing this Chakra will help you improve your relationships, your ability to self-validate and to make decisions confidently.

SAHASRARA



Astro/Chakra connection: The Crown (or Sahasrara) Chakra is ruled by the planet Jupiter. This Chakra signifies expansion and personal evolution. It is the most powerful Chakra of them all, because it is the ultimate source of understanding and perception on a spiritual level. It is the THOUGHT Chakra, and helps you to realize that the world is in fact (despite what experiences you've had) a beautiful place and that you were destined to relish it. This Chakra ensures that you have a life full of love, faith, prosperity and joy! When you use your Crown Chakra correctly, you are an unstoppable force of light, passion and enlightenment.

Blockages: This Chakra seems to be underdeveloped but it is activated, Diane! This tells me that you can reach your potential as you focus more and more on your personal and spiritual development. You will find it easier to do that when you rise above mundane daily issues and are able to function as your Higher Self.

CLEANSING YOUR ENERGY

So Diane, finally I can teach you how to cleanse and unify your Chakras and Aura! I have selected four easy methods for you to choose from so you have the freedom to complete the healing task that suits you best. Review the four methods described below, then depending on the time and resources you have available, choose one of them to complete. You can also try any of these methods in the months to come, even after this Saturn Direct period has come to pass. These methods are especially useful when you feel emotionally distressed or confused about a certain situation in your life. Use them as handy reset buttons so you can gain clarity, understanding and feel reconnected with the purest and innermost aspects of who you really are. Enjoy!

METHOD ONE: Take a cleansing bath to expel negative energy and reset your inner energy centers and thus realign your Aura. Fill a bath with warm water and add sea salt and a few drops of lavender oil. If you don't have a bath you can rub your body with a mixture of salt and a few drops of lavender oil in a warm shower. As you are lie in your bath, or enjoy your shower, imagine the water washing away and cleansing all the negativity energy.

METHOD TWO: Listen to the below Chakra healing music for approximately 10 minutes every day for the next 7 days. You can do this at any time of the day when it's most convenient for you. Try to close your eyes when listening to this music and envision your ideal self and ideal lifestyle. By cleansing your Chakras you are likewise cleansing your Aura and preparing your future for positive transformation!

Click here for your Chakra Healing music!

METHOD THREE: Refer back to the *Karmic Healing Color* that you chose earlier in the reading. Then find somewhere to sit or lie down comfortably. Close your eyes and take a couple of slow, deep breaths. Then imagine all seven of your Chakras and your surrounding Aura (as seen in the images earlier in the reading) pulsing brightly in your *Karmic Healing Color!* Do this for as long as feel comfortable or to the point that you feel a sense of clarity or contentment.

METHOD FOUR: Try this mantra affirmation every morning for the next 7 days. Before you head out of your house for the day, or as a second option before you go to bed at night, close your eyes and say this Saturn Direct affirmation out loud:

I am calm and confident in the face of challenges.
I am beyond the judgmental opinions of others.
I am stronger because of what I have and will face on my journey.
I am growing.
I am learning.
And I shall move forward on my path now.

These are just some of the methods you can use, and of course I shall expand on these and other more profound methods in more readings at another time. I know your time and energy is precious, Diane, so just do the best you can with any of the tasks and exercises I prescribe you in any of your readings!

A REFLECTION OF TIME

Now that you have come to the end of your Karmic Solutions Review, Diane, I want you to dedicate yourself to an important moment of reflection. In fact, taking a moment to yourself to reflect and reset your thought patterns and refocus what you are trying to achieve is crucial during this Saturn Direct period. Time can indeed feel like it's slipping away and that's there's never enough of it, or other times there may even be too much. You must consistently make the time to devote yourself to improving yourself and your life, and by completing your reading you are doing just that! I know it may not always seem very evident just how much my readings are helping you, but like life, it is a process. Each section in your reading was designed to take you through a journey of self-discovery and prophecy. It is now up to you to fulfill what I have foretold. Take a moment to consider the below questions so you can track how useful your Karmic Solutions Review reading has been.



Which sections of your reading were the most engaging?

What is your most dominant personality trait as explained by your Soul Card combination?

What is the challenge you must overcome now and how will you overcome it?

Do you have a strong sense of who your ideal self is?

Which question from the Soul Review Questionnaire did you identify with the most?

Do you feel you can reach your potential?

Who is the one person you know is as devoted to you as you are to them?

Did you have a positive reaction to the message of your Karmic Healing Color?

Can you envision a more positive future for yourself after learning everything included in this reading?

I hope you enjoyed your Karmic Solutions Review, Diane! It has been both a pleasure and an honor to piece together the complex combination of your natal chart progressions, your chosen Archetype oracle cards and your *Karmic Healing Color*. I am impressed at the choices you made because they really emphasized just how great your potential is during this Saturn Direct transition period. I am here if you have any questions or need additional guidance. Keep in touch!

Much love and many blessings, Claire