



SAMPLE

INSPIRATIONAL WISDOM

FROM ANGELS & FAIRIES

Written by Frances Munro
Artwork by Judy Mastrangelo

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INTRODUCTION

By Frances Munro

Inspirational Wisdom cards are simple to use and can help you to identify different areas of imbalance, so that you can focus on them, address them and move on. Once healed, each part of your Mind-Body-Soul structure is then able to be in the best possible balance, allowing you as a whole to be better synchronized, more positive, and achieve more in all areas of your life.

The *Inspirational Wisdom from Angels and Fairies Cards* have been blessed with the beautifully inspired artwork of Judy Mastrangelo, who is known the world over for her exquisite paintings. Her magical beings come to life in your hands and are complemented by the wise insights of Frances Munro, author of *Woodland Wisdom Oracle Cards*. (U.S. Games Systems, Inc.) The cards contain wisdom, loving guidance and a magical quality of fun. You will be drawn to the gentle characters on each card for a journey of exploration, healing love and even forgiveness. In this deck, color adds another key dimension to the visual elements of these cards.

Each card carries its own message in this guidebook as well as an exercise, prayer or affirmation. You will find that by allowing your soul the freedom to choose, you will be drawn to the angel or fairy that best answers your need. We hope you enjoy the journey.

USING THE INSPIRATIONAL WISDOM CARDS

There can be days where you feel more in control than others, but at times there may be elements that challenge your inner balance. You may have been affected by anything from stress to a digestion problem or even a serious illness.

The angels and fairies are here to help you heal and balance your mind, body and soul so that you can better deal with whatever you are facing. Your challenges in life have long been chosen, but even though there are certain elements you cannot change, you can put yourself in a better place to deal with them. Through belief and your own actions you can take steps to heal areas of your being, and develop your understanding. The more you attend to your personal needs, the stronger you can be for the future, which is important for you and for those people around you.

Although it's not always possible, you will benefit most if you can be in a place of calm when you use the *Inspirational Wisdom from Angels and Fairies Cards*. By allowing yourself quality therapy time it affirms that you take your well-being seriously and that is what this whole exercise is about.

You should also be ready to invest the time needed for regularly saying the affirmation, reciting the prayer or doing the exercise. It's all part of your discipline for a better life, and you will benefit from the commitment.

Maybe you wonder about the value of an affirmation? Your mind may not understand how powerful you are but your soul does. Your mind is often the voice that you base your decisions on because you have been educated to think and reason, but not necessarily to trust your feelings. An affirmation, when said regularly, can turn the thinking of the mind from 'I'm not' and 'I can't' to believing 'I am' and 'I can'. You may question the value of prayer. When you speak words you create energy with that sound, which then attracts an appropriate energy in response. Sincere, truthful words send out a positive signal and attract positive energies in return. They may not always be the answers you expect but they will often be the responses you need. At



APPLE BLOSSOM FAIRY

You need to act now to ensure that the wisdom of the Universe is all around you and empowering you. Too often you are content to allow others to shine and take center stage instead of you. It is time now to believe in your own strengths, which are many, and not diminish them. You need to embrace a new and empowering force that will help you gain confidence for the journey ahead. Do not give your power to those who may put you down. This is your pathway and your life, not theirs. Believe that you now have the wherewithal to do the things that you need.

Exercise: Sit quietly, focusing on your heart area. Ask for the enhanced wisdom and energy that will help you carry out all your good intentions.



AUTUMN ANGEL

Enjoy the magic of serenity. When you allow yourself to feel pulled by chaotic thoughts you can lose control. You cannot flourish when this happens so step back to a more purposeful and peaceful stance. Breathe deeply and gently. Summon your Autumn Angel and she will bring you serenity and restore calm around you.

Exercise: Imagine yourself in a garden full of fragrant flowers. Feel at peace as the colors wash over you. Hold this feeling for a minute or two until calmness fills you.