



Welcome to my world. I'm Marie-Caroline: therapist, coach and passionate about personal transformation.

I accompany people on their journey to help them reconnect with themselves. Find me here

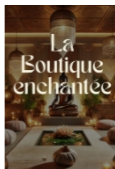
Marika Pava



Reconnect with your energy and liberate blockages.



Explore your potential and give yourself the priority you deserve



Creations that light the way with magic and intention

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PRESENTATION



Welcome to our new cards! These cards have been created from the heart to help you connect with your sacred feminine through meditation.

The Moon, symbol of the feminine, teaches us about impermanence and transformation. Each phase deserves to be honoured.

Light a candle, make yourself comfortable, breathe deeply, then choose one or more cards.

This moment is a gift for you. Enjoy it! ☐

Marie-Caroline



@marikapava

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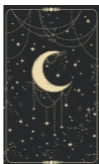
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TYPE OF READING



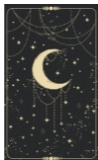
There are several types of reading you can do.

DRAW A CARD



The advice, the message for the present moment

DRAW TWO CARDS



The potential



Guidance



1. New Moon

A fresh start



Key words

Action - Decision - Novelty

When the moon and sun align, their attraction is at its strongest, intensifying the tides. Yang merges with Yin, marking the union of Sun and Moon. The New Moon launches a new cycle, ideal for setting intentions.

It's an opportunity for transformation. The time has come for you to make a fresh start.

Meditation

Do you have a project in mind but are reluctant to take the plunge? It's time to dare and move forward. The energy of the new moon is with you. Light a candle, gaze into the flame, then close your eyes. Set your intentions for today, this week or this month. Write them down.

Then visualise the energy you'll feel when you've completed your project. Feel that pleasant sensation and savour it to the full.

Quote

"Every ending is the beginning of a new chapter".



2. The Alchemist

From shadow to light



Key words

Transformation - Inner wealth -
- Wisdom

Like the alchemist transforms lead into gold, she converts shadow into light and embraces change in order to fulfil herself.

A healer and guide, she transforms sadness into joy, stress into serenity.

It offers you its support. What do you want to change in yourself?

Meditation

Imagine a connection with nature: listen to soothing music or immerse yourself in a place that's full of rejuvenation. Feel your emotions deeply.

Like an alchemist, visualise your shadows and send them love to transform them into light.

If you like to write, note down the aspects you wish to heal. End by blessing yourself and thanking nature for this sacred moment.

Quote

"Alchemy is living each moment as if it were your last."

- Paulo Coelho



3. The Creator

Listening to your feminine energy



Key words

Imagination - Expression - Independence

The Creatrix embodies fertility, bringing projects and ideas to life.

She shapes her visions through art in all its forms, guided by her intuition and invisible forces.

Connected to nature, she draws endless inspiration from it.

How much of your creativity do you want to express today?

Meditation

Create your sanctuary of inspiration: candles, colours, precious objects... Let the magic happen. Put on some inspirational music, close your eyes and breathe.

Visualise a celestial workshop where your imagination dances freely.

Feel, explore, let your visions emerge.

Quote

"The best way to predict the future is to create it".



4. Hecate

The old woman



Key words

Wisdom - Knowledge - Respect

Goddess of the night and of magic, Hecate illuminates the darkness with her wisdom. Triple goddess of the moon, she is the guardian of mysteries and transitions, seeing beyond the visible, embracing her duality with strength and protection. She guides and offers courage to those seeking transformation.

Meditation

Surround yourself with symbolic objects of wisdom. Add some sage or rosemary to anchor your energy.

Visualise a situation where you are looking for clarity and guidance. Inhale deeply, exhale slowly... Close your eyes.

Imagine yourself walking along a dark and winding path, illuminated by the light of Hecate. Feel her benevolent presence and ask her to guide you towards wisdom. Let her light soothe you. Then gently open your eyes. Draw a card from the oracle and meditate on its message. What key does it reveal to you?

Quote

"All I know is that I know nothing".

- Socrates



5. Lakshmi

Goddess of abundance



Key words

Prosperity - Enrichment - Growth

Lakshmi embodies wealth in all its forms, material, emotional and spiritual. Revered for bringing prosperity and good fortune, she is surrounded by gold coins and lotuses and invoked in rituals of abundance. But abundance goes beyond that: it's a state of mind, an openness to receiving with gratitude, love and generosity.

Meditation

Close your eyes, breathe deeply and visualise a golden light around you.

Express your gratitude for every blessing you receive and thank the universe.

You can repeat to yourself, "I am open to receive all the blessings of the universe." Stay in this receptive state and let the abundance flow through you.

Practise regularly to open your heart to receive.

Quote

"Abundance does not come from what you have, but from who you are."



6. Séléné

Protective mother



Key words

Kindness - Love - Protection

Selene embodies the light that illuminates the night, a symbol of stability, power and fulfilment. Goddess of love, guidance and intuition, she offers an unconditional love, guiding you gently through trials. She invites you to welcome your imperfections and changes, reminding you that, like the Moon, life is a cycle in perpetual transformation.

Meditation

Treat yourself to a moment of love and reconnection: a bubble bath, a dance, a stretch or even a gift for yourself. Visualise Selene surrounded by light, enveloping you in her benevolence. Feel the softness of the full moon soothe you.

Form an intention linked to unconditional love. Let this light nourish your inner peace and fill you with love and serenity.

Quote

"A mother's heart is an abyss at the bottom of which there is always forgiveness."

- Honoré de Balzac



7. Kundalini

Sacred energy



Key words

Power - Energy - Sensuality

Kundalini is a spiritual force located at the base of the spine. When it awakens, it flows through the chakras, bringing warmth and profound transformation. Considered to be a dormant divine energy, it enables us to connect with the Universe and our spiritual essence. Linked to the sacred feminine, it embodies a creative, nourishing and transformative energy.

Meditation

Imagine a warm, brilliant red light, the symbol of your inner power. Visualise it radiating from your heart, illuminating your whole body. You can now repeat to yourself: "I am strong, powerful and worthy of success. Aligned with my truth, the energy is awakening within me." Listen to your emotions, welcome them without judgement. Feel the warmth growing inside you.

Quote

"In every being lies a dormant energy, a powerful force ready to awaken and illuminate our inner path: this is Kundalini."



8. The Choice

Creating your destiny



Key words

Destiny - Alignment - Fulfilment

Each choice is an invitation to take back the reins of your destiny and assert your autonomy. Choosing means expressing your free will while taking sacred responsibility for your decisions.

Through them, you reveal your true nature and co-create your reality with the universe.

What choice will you make today? Listen to your intuition, it already knows the answer.

Meditation

Bring to mind the decision you have to make. Explore each option by listening to the sensations and emotions it awakens in you. Feel each choice fully, its implications and consequences. Then inhale deeply and exhale slowly, releasing all doubt.

Thank yourself for listening. Which choice resonates best with you?

Quote:

"Every choice we make can change the course of our lives."



9. Harmonisation

Chakras



Key words

Energy - Balance - Harmony

The chakras are 7 energy centres that regulate the circulation of prana, influencing our physical, emotional and spiritual well-being.

1/ Root Chakra (Muladhara) - At the base of the spine, it embodies security, stability and anchoring.

2/ Sacral Chakra (Svadhithana) - Located in the pelvic region, it reflects creativity, passion and emotions.

3/ Solar Plexus (Manipura) - Located in the stomach, it embodies willpower, personal power and self-confidence.

4/ Heart (Anahata) - In the centre of the chest, it symbolises love and compassion.

5/ Throat (Vishuddha) - In the throat, it governs communication, expression and authenticity.

6/ Third Eye (Ajna) - Between the eyebrows, representing intuition, clairvoyance and spiritual perception.

7/ Crown (Sahasrara) - At the top of the head, it connects to spirituality and universal consciousness.



9. Harmonisation

Chakras

Harmonious alignment opens the way to balance and inner awakening.

Meditation

Visualise each chakra illuminated by a warm, vibrant light, purifying and balancing your energy.

Start with the crown chakra and work your way down:

Third eye → Throat → Heart → Solar plexus → Sacral → Root

Feel each energy centre harmonising, bathed in light.

Stay in this luminous energy for as long as you like.

To finish, take a few deep breaths and savour the harmony that flows through you.

Quote

"The chakras are the energy centres of our being, connecting the physical body to universal energy."



10. Sorority

The sacred bond of women



Key words

Altruism - Mutual aid - Benevolence

Under the light of the moon, a sacred bond is forged, where feminine souls become one. In this space, they share stories and emotions, supporting each other through trials and triumphs. United, they celebrate the sacred feminine, healing, uplifting and reinventing themselves together. Driven by intuition and creativity, they dance together, rising towards better days.

Meditation

Share this ritual with a woman close to your heart. Close your eyes and visualise a light of love enveloping you in warmth and gentleness. Mentally repeat to yourself, "I am worthy of love." "I am loved." Then imagine this light reaching out to the other woman, sending her love and kindness. End by expressing your gratitude for this sacred bond as well as this beautiful connection.

Quote

"Women, united in sisterhood, are like stars in the sky, each bringing her own light and beauty."



11. Full moon

The energy of manifestation



Key words

Achievement - Dreams - Goals

The sun fully illuminates the moon, amplifying the tides and our energies. Some people may feel scattered under this influence. This is the perfect time to purify your crystals and connect with Selene, the goddess of the full moon.

The moon illuminates your life and offers you a powerful portal for manifestation. Shine, assert your power and manifest what you desire.

Meditation

Close your eyes and feel the soft silvery light of the full moon forming a sacred circle around you. Let this light purify your body, mind and soul. Formulate your intentions for the month ahead, expressing them with conviction and positivity. Feel the energy of the moon flowing through you. Remain in this luminous vibration, then, with gratitude, thank the m o o n for its support and guidance.

Quote

"Under the benevolent gaze of the full moon, our intentions are amplified and our desires come to life."



12. Compass inside

I follow my intuition



Key words

Trust - Guidance - Introspection

At the heart of your soul lies an invisible compass, a shining beacon that lights your way. It whispers to you the echo of your deepest truth, inviting you to listen for its subtle signs. In its gentle melody, you'll find clarity and direction, guiding you confidently through life.

Are you ready to follow its light and let it guide you?

Meditation

Close your eyes and visualise a light symbolising your inner compass, ready to reveal new keys. Formulate a clear intention: ask it to guide you along the right path. Remain in this receptive state, listening to the whispers of your intuition, taking 21 slow breaths. Then come back gently, open your eyes and feel the clarity within you.

Quote

"Listen to your inner compass, for it knows the way even in life's darkest moments."



13. Renaissance

Metamorphosis



Key words

Freedom - Renewal - Phoenix

In the darkness of the night, a new moon lights up, heralding a new beginning. The scars of the past fade away, giving way to lightness and freedom.

In the garden of the soul, the flowers of hope blossom, revealing the grandeur of a new cycle. Every sunrise is an invitation to be reborn, to fully embody your light and beauty.

Meditation

Close your eyes and visualise a messenger animal. Feel its light pass through your body, dispelling the shadows of the past and filling you with new energy.

It helps you to free yourself from fears, doubts and limitations. Feel light and free.

As your future lights up, this animal shines brightly and opens the way to new possibilities. Thank him for this renewal.

Quote

"Every fall is an opportunity to be reborn with greater strength".



14. Moon Waning

Let go of what you no longer need



Key words

Release - Letting go - Introspection

As the moon wanes, so does the energy. Don't blame yourself if you feel the need to slow down. This is the perfect time to take a step back and analyse what's in front of you. Use this phase to meditate, cleanse and release unwanted energy. Let go of what no longer serves you: fears, regrets, stagnant relationships. Forgive yourself and lighten your heart. Prepare to welcome a new cycle.

Meditation

Close your eyes and visualise the light of the moon. Take a moment to identify what no longer serves you: thoughts, emotions, habits... With each exhalation, let them go, feel them dissolve, creating space for renewal. Feel the relief and lightness as you let go. Gently open your eyes and reconnect to the present moment, grounded and at peace.

Quote

"The waning moon invites us to throw off the shackles of the past."



15. Your body is

a sacred temple



Key words

Self-love - Respect - Care

Your body is sacred, the temple of life and a channel for creative energy.

Like the Moon, it follows cycles of growth and waning, inviting you to introspection, healing and transformation. Take care of yourself in every way: eat healthily, rest, exercise, explore yoga, meditative walking or sound healing. By honouring your body, you strengthen your connection to your soul and cultivate more respect for yourself.

Meditation

Visualise a light in your heart, radiating through your body. Feel it illuminating your body. Thank him for everything he gives you every day and send yourself love. Listen to its messages and affirm your commitment to caring for it with respect and kindness.

Quote

"The body is the vehicle of our experience where life unfolds in all its splendour, a sacred embodiment of divinity."



16. The warrior of light



Key words

Hope - Courage - Perseverance

At the heart of his soul lies a conviction: light must be spread at all costs.

She battles storms to illuminate the darkness. The Warrior of Light fights both the outside world and her own fears. Through her actions, she inspires others to embrace their light and defy the darkness. She e m b o d i e s hope and reminds us that, even in t h e darkness, the light always remains.

Meditation

Close your eyes and breathe deeply. Feel the flame inside you, your strength, your determination.

This light is your essence, growing, indomitable. Visualise her radiating, bringing peace and power to those around you.

Stay connected to this force. Breathe, open your eyes.

You're a warrior.

Quote

"The Warrior of Light is the one who believes in the impossible, persists in adversity and finds the courage to follow his heart." - Paulo Coelho



17. Honour your little one

inner daughter



Key words

Spontaneity - Lightness - Wonder

The little girl inside is a precious key to self-love and creativity. She embodies innocence and authenticity, waiting to be cherished.

By reconnecting with it, you rediscover your spontaneity and wonder.

Offer her love and attention and you'll heal your wounds. Let your imagination and unique vision of the world be your guide.

Meditation

Imagine yourself beside a stream, lulled by the murmur of the water. By your side, your inner little girl is playing, carefree. Talk to her, reassure her, take her in your arms. Thank her for her presence, her creativity, her spontaneity and her look of wonder.

See her laugh, dance and light up your heart. Feel your deep bond. She'll always be there, loved and supported, at every moment.

Quote

"Let your inner child play and explore. It holds the key to y o u r joy and creativity." - Alan Cohen



18. Your time

is precious



Key words

Present moment - Gratitude - Patience

Time is precious and sacred.

Every moment is a blessing, an opportunity. Choose what resonates with your values and aspirations. Time teaches patience and perseverance in the face of challenges. It reminds us of the fleeting beauty of each moment. Savour it with gratitude and honour its magic.

Meditation

Close your eyes and ground yourself in the moment. Think about how you use your time, what your real priorities are. Sing "OM" and feel its soothing, regenerative energy. Let gratitude fill your heart for every moment. Open your eyes, aware of the value of time and your own power.

Quote

"Time is the only real luxury. You can always get more money, but you can't get more time."



19. Gaia

Goddess of the earth



Key words

Strength - Anchoring - Regeneration

Gaia is the living conscience of our planet, a benevolent mother who watches over all her children. She reminds us of our interconnection with nature and the importance of living in harmony with her. By connecting with Gaia, you will find healing, strength and wonder. Honour her cycles and reconnect with your own nature to find peace and inner joy.

Meditation

Sit comfortably, barefoot on the floor. Visualise a warm light rising from the Earth through your feet, filling you with energy. Imagine roots extending beneath your feet, deeply anchored. Feel their stability and let this connection soothe you. Thank Gaia for her support, then gently open your eyes again. This meditation helps you to put down roots and reconnect with her nourishing energy.

Quote

"We are not separate from the Earth, we were born of it, live in it, and will return to it." - Thich Nhat Hanh



20. Take

the height



Key words

Objectivity - Wisdom - Clarification

This card invites you to rise above the challenges of everyday life.

With hindsight, you'll gain clarity, wisdom and discernment. As you rise, you'll detach yourself from superficial concerns and cultivate a balanced state of mind. You have within you the ability to remain calm, even in the midst of storms.

Meditation

Visualise yourself at the top of a mountain, contemplating the horizon in peace. Feel the stability of the ground beneath your feet, anchored to the earth. Look down on your thoughts, observing them with detachment. Let serenity wash over you. Thank yourself for this moment of clarity and reconnection.

Quote

"Mountains remind us that sometimes, to find answers, we need to gain altitude."



21. The woman wild

The indomitable



Key words

Instinct - Freedom - Raw energy

Within every woman lies an ancestral force, a wild essence that defies limits. She embodies freedom, dancing with the cycles of life, from the mystery of birth to rebirth. She accepts herself fully, light and shadow together. Her energy is untamed, her beauty raw. A free spirit, she will never be caged. Guardian of the mysteries, she invites you today to assert yourself and embrace your strength.

Meditation

Imagine yourself out in nature. The ground is soft beneath your feet, the air caresses your skin. Breathe deeply and feel the wild woman inside you. Her energy flows freely, connecting you to the earth and the sky. Dance with life and let its power flow through you. Her fire guides you towards your power.

Quote

"In every woman lies a wild force, an indomitable energy that burns with the passion of life." - Clarissa Pinkola Estés



22. The master

des Astres



Key words

Joy - Success - Optimism

In many cultures, the Sun is a venerated deity, a symbol of Yang energy and perpetual renewal. Its path embodies the cycle of death and rebirth, bringing hope even in the darkness. It teaches us to embrace our inner light and shine. In the Tarot, the Sun card symbolises joy, growth and self-confidence. It invites you to believe in yourself and follow your light.

Meditation

Breathe deeply and feel the benevolent warmth of the Sun above you. Its rays warm your being, dispelling tensions and doubts, giving way to peace. Its power radiates within you, reflecting your own inner light. Embrace your beauty, power and wisdom. Keep i t s warmth and light within you.

Quote

"Look to the Sun and let its light guide your path. In its rays you will find strength, joy and truth."



23. The Queen

Natural authority



Key words

Power - Determination - Model

The Queen embodies inner strength and leadership. Strategic and determined, she fully embraces her choices and moves forward without fear. Every day, she takes on new challenges, navigating life with grace. Protective and charismatic, she inspires with her kindness and resilience. Today, she invites you to awaken the Queen within you.

Meditation

Visualise a golden crown on your head, symbolising your sovereignty. Feel your connection to your strength and your ability to guide yourself. Repeat in your heart: "I am the queen of my life, sovereign of my kingdom. Remain in this energy, then open your eyes, keeping this certainty within you: you are a Queen.

Quote

"A queen does not seek perfection in others, she inspires perfection in herself.



24. The Shaman

The guardian of the sacred fire



Key words

Healing - Nature - Love

The shaman is the guardian of the mysteries of nature and the elements. Her hands heal, touching hearts with infinite tenderness. Accompanied by wolves and ravens, she walks between light and shadow, guiding souls towards liberation. The embodiment of wild beauty and divine grace, her presence lights your way.

Meditation

Visualise yourself in the heart of the Amazon rainforest. Take a deep breath and call the shaman within you. Feel her protective energy enveloping you, releasing tension and welcoming every emotion. Stay in this state of meditation for as long as you like.

Quote

"The shaman is a weaver of dreams and a healer of souls, awakening sleeping spirits and rekindling the fires of life".



25. Amphitrite

Goddess of the seas



Key words

Purification - Treasures - Introspection

Amphitrite, sovereign of the seas, embodies the sacred union between strength and gentleness. In her underwater kingdom, she protects life and forgotten mysteries. Guardian of hidden treasures, she guides those who dare to explore the depths. A source of purification, she invites you to dive deep inside yourself, in search of your inner riches.

Meditation

Visualise yourself at the water's edge, the waves caressing your feet. Let their murmur soothe you and anchor you in calm. Invite Amphitrite in and feel her protective love envelop you. Confide in her your deepest thoughts and fears. Listen to the whispers of your heart and let your inner voice guide you.

Quote

"In the depths of the ocean, Amphitrite watches over sea creatures and protects the souls of lost sailors, her presence is as comforting as the sea breeze."



26. Impermanence

Everything is change



Key words

Change - Movement - Evolution

"I learnt to stop resisting what is, to accept impermanence. That's how I found peace. Cycles come and go, but without attachment, fear disappears. External happiness is only a pale reflection of the deep joy we find within ourselves, in t h e total acceptance of the present moment. Even if everything falls apart, a core of inner peace remains. We may not always be happy, but we are at peace." *Eckhart Tolle - The Power of the Present Moment*

Meditation

Close your eyes and remember: everything is temporary, like the waves of the ocean. Difficulties pass, giving way to transformation. Accept impermanence as a force for growth. Every challenge is an opportunity for evolution. Feel the lightness of letting go and the freedom it brings.

Quote

"Change is never painful, only resistance to change is." - Buddha



27. The Triple Goddess

Selene, Hecate, Artemis



Key words

Wisdom - Vitality - Protection



Selene, Hecate and Artemis embody the lunar cycles and the many facets of femininity. Selene, the full moon, symbolises peace, manifestation and protection. Hecate, the black moon, guides transformation and wisdom. Artemis, the new moon, embodies freedom and vitality. Together, they form the sacred triad, reflecting the cycles of life. They invite you to embrace this cyclicity within yourself.

Meditation

Selene offers you her unconditional love, a gentle, comforting light. Hecate invites you to explore the mysteries of your being and welcome her wisdom. Artemis awakens your vitality and creativity. Let their energy flow through you. Stay in this space for as long as you like. Then thank the triple goddess for this moment.

Quote

"In every woman dwells the triple goddess: the maiden, the mother and the wise woman."



28. The universe speaks to you

Listen for the signs



Key words

Synchronicities - Mirror hours -
Coincidences

Signs remind us that we are never alone. They guide us, answer our questions and validate our choices. To recognise them is to embrace the magic of existence, to open your heart to the infinite dance of the universe. Be grateful for these gifts from the cosmos, these moments of grace. If you were waiting for a sign, here it is.

Meditation

Open your heart to signs and synchronicities. Feel the confidence of being guided and supported by invisible forces. Each sign is an invitation to listen to your intuition. Meditate for a moment, welcoming these messages with gratitude. Then gently open your eyes. Stay alert to the signs that will come to you in the days ahead.

Quote

"Signs are merely echoes of destiny, subtle clues in the ballet of chance."



29. You are protected

You're never alone



Key words

Protection - Love - Untouchable

You're never alone. Beings of light watch over you, enveloping you in love and kindness. Their gentle energies encourage you to listen to your intuition and move confidently forward on your path. They remind you that we are all connected by a universal bond. In the dark, remember: celestial beings are watching over you. Their love protects you, their light guides you. You are strong, protected and loved.

Meditation

Feel your body relax with each exhalation. Visualise a descending white light, surrounding you in a cocoon of security and benevolence. Feel the presence of your protectors: angels, guides, loved ones... Feel their love spreading around you. Express your gratitude for their support.

Quote

"When we open our hearts to the light, we can feel the benevolent presence of the celestial beings who surround, protect and inspire us."



30. The tree of life

The guardian of the secrets of the universe



Key words

Growth - Healing - Interconnection

The Tree of Life embodies age-old wisdom. Its roots connect us to the earth, while its branches reach for the sky. It symbolises growth, strength and resilience. Like the Tree of Life, you can regenerate and grow. The Tree of Life brings healing, revealing that nature offers its remedies to those who listen. It teaches you a b o u t universal interconnectedness and reminds you that, even without your leaves, your essence remains intact.

Meditation

Visualise a majestic tree reaching for the stars. Feel its stability. Place your hand on its bark and feel its powerful energy. Close your eyes and merge with it: your feet sink into the ground, your arms stretch towards the sky. Give thanks to the Tree of Life.

Quote

"Like the branches of a tree, we grow in different directions, but our roots remain united in the soil of our common humanity."



31. You are shadow, you are light

You are what you are



Key words

Acceptance - Self-love - Compassion

Acknowledge these dark places where fear, doubt and pain lurk. Accept them with compassion; they are as sacred as your light. Free yourself from judgement and self-criticism, and make room for love for every aspect of yourself. Celebrate all of yourself. Rediscover your capacity to love, heal and manifest your dreams. Honour every part of yourself, without good or evil. You are whole, light and shadow, perfect as you are.

Meditation

Turn your attention to your dark side, without judgement. Welcome them with tenderness, like an old friend. Repeat to yourself: "I am what I am. With each exhalation, release the fears and watch them dissolve into the light. Recognise your own beauty and creative power through your shadows. Stay in this space of connection for as long as you wish.

Quote

"Light exists only because of shadow; duality is the very fabric of existence." - Carl Jung



32. Love

Our true nature



Key words

Unconditional - Compassion - Kindness

Love is a universal force that unites all beings beyond the ego. It is unconditional, without attachment or expectation. It reminds us that we are all interconnected, coming from the same source. Cultivating love means cultivating compassion, benevolence and respect, towards others and towards yourself. It invites you to abandon fear and seek trust. Love is a return to your true, luminous and loving nature. Live this moment in gratitude and joy.

Meditation

Visualise a pink light emanating from your heart, the light of love. Let it warm you, guide you and heal every part of you. Welcome every emotion with tenderness. Love transmutes everything. Extend this light to all living beings. Stay in this space of love for a few moments.

Quote

*"Love is the most powerful force in the universe". -
Mahatma Gandhi*



33. I connect to divine

He lights my way



Key words

Response - Light - Meaning

Connecting with the divine enlightens our path and gives meaning to our joys and suffering. It is a sacred dance between the soul and the universe, a gentle and loving guidance. In dark moments, it becomes a beacon of light, dispelling fears and doubts. It envelops us in unconditional love, reminding us that we are infinitely loved.

Meditation

Light a white candle and let peace settle inside you. With each breath, feel love fill your heart, dispelling fear and anxiety. You are a sacred spark in the universe. In the silence, listen to the voice of your intuition. It will guide you on your path. Express your gratitude for this precious moment.

Quote

"In the silence of the soul, we find the key to connection with the divine." - Eckhart Tolle



34. Introspection

Your hidden treasures



Key words

Treasure - Wealth - Courage

Introspection is a courageous plunge into yourself, the key to an inner treasure. Every thought is a precious gem, revealing the richness and complexity of your being. It allows you to discover your deepest passions, the flames that drive you. But it's also an inner sanctuary, a refuge of peace. Remember: you are much more than you imagine...

Meditation

With each breath, let the light of introspection dispel the shadows. Let thoughts and emotions emerge, like gems to be discovered. Explore your feelings without judgement. Welcome everything you encounter with love. Express your gratitude for this courageous exploration. Congratulations.

Quote

"Life is a journey of inner exploration, a quest to unearth the hidden treasures of our being, and discover the infinite richness that resides within us, waiting to be revealed and celebrated."



35. The key is already at .

Listen to the whisper of your heart



Key words

Solution - Intuition - Inner guidance

All the answers are within you. When in doubt, it's easy to forget your truth. In the silence of your heart, you find clarity and guidance. As you reconnect with your essence, you realise that you are already complete and that everything is within you. Open your heart, embrace your truth, and watch the magic happen. What's your question?

Meditation

Let the gentle rhythm of your breathing anchor you in the moment. This bubble of tranquillity calms your mind and invites you to listen inwardly. When you're ready, listen to your heart and what it has to say.

Ask your question and feel the emotion that emanates from it. Is it light? Or tense, hesitant? Only you know what's right for you. Trust yourself.

Quote

"Every problem you encounter is an opportunity disguised as a challenge.

Look inside to find the solution that lies dormant within you."



36. The healer

The magic of transformation



Key words

Love - Soul - Wisdom

In her eyes shines the wisdom of the ages. Her hands, filled with unconditional love, release blocked energies and soothe the soul. She dances with the elements, listening to the stories of plants and stones, drawing on the earth to offer comfort and relief. But her mission goes far beyond the body: she is the guardian of the soul. She teaches you that true strength lies in gentleness and that healing comes from love.

Meditation

Close your eyes and feel the presence of the Healer beside you. Her ancient wisdom flows through you, illuminating your being with her light. With each breath, her energy flows freely, comforting, soothing and regenerating you. Your heart opens to healing and transformation. It invites you to honour yourself and your ancestors.

Quote

"The Healer is a guardian of hope, a messenger of love and a magician of transformation."



37. Waxing moon

Get out of your comfort zone



Key words

Progress - Realisation - Revealed potential

The waxing moon invites you to explore your creative potential and nurture your projects. It's a time of action and realisation, when your ideas can come to life. Like the evolving Moon, you're called to grow and transform. This phase symbolises progress, encouraging you to get out of your comfort zone. It's the perfect time to visualise your goals and take aligned action. The waxing moon accompanies and supports you on this wonderful journey.

Meditation

Visualise the silvery glow of the waxing moon. In this state of calm, think about your plans and watch them grow, carried by its energy. Feel your confidence grow and repeat: "I'm in line with my aspirations. You have all the power within you to make your dreams come true."

Quote

"Under the waxing moon, we are guided forward, each phase of growth bringing us a little closer to our most cherished goals."



38. Action

Turn your dreams into reality



Key words

Empowerment - Commitment - Alignment

Turn your thoughts into reality. By taking action, you affirm your trust in life and recognise your power to co-create. This card invites you to explore your potential: every step you take surpasses your limits and reveals your inner strength. To act is to love yourself. Every action opens the doors to manifestation. Embrace every opportunity and move forward with awareness. The magic of existence lies in movement.

Meditation

Connect with your deepest intention. Imagine yourself moving towards your dreams, firmly anchored to the earth, carried along by unshakeable determination. You're strong, ready to overcome every challenge and embrace the infinite possibilities. Take a deep breath, open your eyes and remember: everything is within you to make your dreams come true.

Quote

"Action is the fundamental key to success". - Pablo Picasso



39. Peace inside

Journey to liberation



Key words

Exploration - Acceptance - Being

Finding peace means discovering a treasure within yourself. It starts by letting go of the burdens of the past and choosing serenity, despite the chaos of the world. Peace lies in the silence of your mind, where you connect with your being. You cannot control events, but you have the power to choose how you react. Accept without resistance, forgive, and free your heart from resentment. This card invites you to cultivate gratitude, even in the shadows.

Meditation

Visualise yourself walking along a peaceful path, the wind caressing your skin, bringing you a breath of freedom. Leave the past and worries about the future behind you. Anchor yourself in the moment, savouring every sensation, every sound, every smell. Feel the peace emanating from nature, thank the universe for being alive. Let go, and let serenity illuminate you.

Quote

"Inner peace is not something to be achieved in the future, but rather a state of mind to be cultivated in the here and now."



40. Visualisation

Giving birth to the future



Key words

Manifestation - Connection - Power

Visualisation means weaving the threads of your destiny and creating your reality. By visualising, you become a magician of the future, the architect of your destiny. It's a connection with your creative force, a commitment to your power. So dream big, it's time to make your dreams a reality.

Meditation

Close your eyes and breathe deeply. Visualise your dream life: an inspiring place, fulfilling relationships, a fulfilling career.

Feel the joy and gratitude wash over you.

You are worthy of this life and you have everything within you to make it manifest.

Believe in yourself and your dream will come true.

Quote

"Visualisation is the key to success. If you can see what you want to achieve in your mind, you'll find the strength to do it in reality."

- Arnold Schwarzenegger



42. Masculine Sacred

The perfect balance



Key words

Strength - Power - Vitality

The sacred masculine embodies strength, stability and creative power. Balance with your sacred feminine is essential for deep harmony. Honouring these two aspects of yourself allows you to shine fully. This card invites you to embrace your sacred masculine to move forward with confidence and power.

Meditation

Take a deep breath and feel the energy inviting you to act with confidence.

Honour your inner strength with kindness and visualise yourself bathed in power and courage. Feel the certainty that you can overcome any obstacle.

Express this energy through actions that inspire you and align you fully with your power.

Quote

"The sacred masculine is the force that drives us to act with courage, integrity and compassion, guiding our path towards realising our full potential."



43. The Sacred Elephant

Ancestral Wisdom



Key words

Wisdom - Protection - Perseverance

The elephant symbolises power, protection and wisdom. It teaches inner strength combined with benevolence, memory and perseverance. Every little step counts and leads to great achievements. Its message: persevere, move forward with confidence, and honour nature.

Meditation

Visualise a majestic elephant at your side, enveloping you in its strength and benevolence. Feel its energy flowing through you, bringing you protection and courage. Know that you are strong and capable of overcoming any obstacle. Savour this feeling of security, filled with gratitude.

Quote

"The greatness of the elephant lies in its gentleness, strength and intelligence, a lesson for us all."



44. Artémis

Goddess of nature



Key words

Independence, nature, Mother Earth

Artemis invites you to embrace your independence and follow your own path. Free and sovereign, she encourages you to honour your beauty and live in harmony with nature. A protector of women, she watches over you with tenderness and guides you to listen to your inner voice. Associated with the waxing moon, she symbolises new beginnings and the energy to take action.

Meditation

Visualise Artemis before you, majestic and benevolent. Her presence is comforting, offering you her support. Connect with the nature that surrounds you, feel the strength of the earth beneath your feet. Artemis invites you to explore your inner power, to follow your own path and listen to your heart. Let the gentle breeze soothe you and envelop you in serenity. You are sacred, worthy of respect and love.

Quote

"Artemis, goddess of nature and protector of women, guides our steps with her ancestral wisdom".



45. Lotus Sacred

The emergence of purity



Key words

Purity, Beauty, Transcendence

Imagine yourself rising from the mud, blossoming in the sunlight. Like the lotus, you transcend trials to radiate purity and wisdom. A symbol of spiritual awakening, it invites you to find clarity and balance in the midst of challenges. Shine, illuminate the world with your beauty and infinite potential.

Meditation

Set your mind free. Imagine yourself beside a lake, caressed by a gentle breeze, lulled by birdsong.

Visualise a lotus floating on the water, its petals slowly opening before you. Admire its beauty and feel its message: let the light within you emerge. It's time to shine fully. When you're ready, gently open your eyes. Take this pure energy with you.

Quote

"The lotus teaches that even in the darkest places, light and beauty can blossom."



46. Mojo

The Guardian Angel in disguise



Key words

Purity, Beauty, Transcendence

In the great theatre of life, some souls shine like suns, guiding us with love and light. These beings, whether human or animal, are gifts from heaven, guardian angels in disguise. Mojo, my faithful companion, has offered me patience, kindness and wisdom. This card is an ode to the sacred bonds that transform us. Celebrate this unconditional love and the magic of these precious encounters with someone dear to you.

Meditation

Imagine a loved one, human or animal, who has offered you love and joy. Feel their love shining through you. Let their peace and patience gently envelop you.

With each breath, absorb this loving, caring energy. Give thanks for this moment.

Quote

"The greatest treasure in life is love. It is the one thing that cannot be bought, and never loses its value."



47. Diamond

Purity and eternal beauty



Key words

Purity - invincibility - Immortality

A symbol of purity, diamonds reflect the light and truth within you. Harder than any other stone, it embodies resilience and invincibility. It encourages you to overcome every challenge with strength and determination. It's also a reminder of your inestimable value. You are a precious diamond, unique and pure. Nothing can break you. Shine brightly.

Meditation

Visualise a magnificent diamond inside you, sparkling with a thousand lights. Its facets reflect your strength, your purity and your inner beauty. Let this light illuminate you.

Feel its clarity, its power and its vibrant energy. Then imagine this light spreading around you, radiating into your environment. You are a unique, precious, shining diamond. It's time to shine fully and reveal your light to the world.

Quote

"Diamonds may shine in moments of light, but it is in darkness that they reveal their true brilliance." -



Cassandra O'Donnel



Thank you very much!

Thank you so much for choosing this Moon Goddesses oracle.

I hope that it will accompany you for a long time on your path to inner peace and that, thanks to it, you have been able to find all those magnificent treasures hidden within you.

Remember, you ARE perfect just as you ARE and you already have all the keys within you.

You are the

treasure. Yours

affectionately,

Marie-Caroline



