



# Butterfly Beacon

Where perseverance meets potential and endurance transcends into elegance

NOVEMBER 2023

## FEATURED TAROT DECK



This beautifully, well-crafted oracle deck was designed for the empathic women on a journey of self-discovery to understand the nature of one's healing and the acceptance to love oneself through the emergence in becoming the truest form of light. The artistry depicts images that allow us to comprehend the transformation taking place in our own lives regardless of our current path. The guidance is provided with tender loving care and speaks to the majority of woman who welcome facing their vulnerabilities, fears, pain, love, loss, and empowerment. This deck will give you a peek inside the soul using the elements of mother earth as tools for grounding, boundaries, reclaiming your body and honoring the journey. Water elements are presented to represent the energy phases to align with sensitivity, intimacy, cleansing and releasing. The fire portion covers where you shine and all aspects of hope, desire, courage, confidence and to be unapologetically free. In addition, air constitutes awareness, when to pause, take a breath and reflect, noting one's mindset and the perspective needed moving forward. As with all magic and manifestation this deck includes a section relating to the cosmos – our divine, spiritual side that speaks to our inner authority as well as the collective. Along with the plethora of stimulating guided messages, this oracle deck includes helpful exercises to help soften areas particularly of interest in the expedition of transcension and where blockages are occurring.

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## SPIRIT ANIMAL

The Spirit of the Kingfisher represents prosperity and agility. This mighty water bird symbolizes leadership that comes with responsibility. Through decision making the importance of infiltrating a sense of calm carries patience for focus and the desired outcome. In comparison the Kingfisher speaks for adaptation, beginnings, boldness, clairvoyance, judgment and peace. They are the elements of both Air and Water.



## SPIRIT FLOWER

The Dandelion is from the French derivative dent de lion meaning lion teeth. Although it is viewed by many as a weed, the dandelion is the symbol of resilience, healing, and hope. This magnificent herbage encourages us to have fun during the stages of learning with limitless possibilities ahead. The greatest attribute of the dandelion is the remarkable adaptability to thrive almost anywhere and the tenacity to persevere. It encourages us to find strength during life's challenges. As a nutrient, the dandelion is filled with antioxidant properties to improve the immune system and aid in digestion as well as managing weight and lowering blood pressure.

Fun Fact: If you blow your wishes upon the dandelion, the seeds carry your heart's desire away to the universe to make them come true.



## November Focal Point

## Give Thanks

### GRATITUDE IS THE ATTITUDE



Join me in being thankful for this wondrous world of creation that God has gifted us. This is a time to appreciate our present moments and circumstances where we experience the tremendous honor bestowed upon us to live in harmony with all walks of life. Let us be more mindful, courteous, less judgmental and provide for those less fortunate than us. November is a time to live with humility giving thanks to the ones who played a role in our successes as those who participated in the teachings of forgiveness, compassion, love, and truth. We are not alone in this universe, and it is through our connections with the divine we understand the meaningful purpose of our existence. Thank Mother Nature for all her beauty and providing us with food, shelter, and beauty. Gratitude enriches the soul and removes disappointment from the ego. I wish you all the harvest of goodness life brings that which money can never purchase.





# Angels Among Us

## ARCHANGEL GABRIEL

Action  
Annunciation  
Birth  
Expression  
Information  
Motivation  
Skills  
Truth

This month features Archangel Gabriel (*although not labeled as an Archangel in the bible*) who is noted as the divine messenger. Gabriel is known for announcing to the Virgin Mary she had been chosen to bear the son of God. Over the years Gabriel has been identified as a male figure, but for me, she appears as a female with blonde hair and a long flowing white gown. The symbol of the trumpet and scrolls reminds us to call upon her to provide the breakthrough we need to overcome troubling situations or when our inability to think clearly requires sudden insight. As the message bearer, Gabriel transmits with sparks of inspiration, nudging us towards new beginnings, decoding the way as if dissecting the truth for our own vision. As an influencer behind the curtain, Gabriel leads us to our authentic self-expression guiding us in our writing, teaching, articulation, composing, painting, sculpting, and designing all things creatively which help landscape our means to paint a future that is relevant & more fulfilling to which we are destined to share in this world. Find a nice quiet place where you can lay or sit in a position of surrender. Concentrate only on your breath. Close your eyes and imagine Gabriel sitting beside you. Thank her for spending time with you to raise your awareness. After a few minutes, ask her to show you an object that you will recognize as her presence of being nearby. Allow Gabriel the space to connect with your higher self without the demand for an immediate response. In the coming hours or days, Gabriel will use her scepter, scroll, and trumpet to lead the way. When you receive her loving guidance, Gabriel will show you the object selected during the meditation to confirm her attendance.

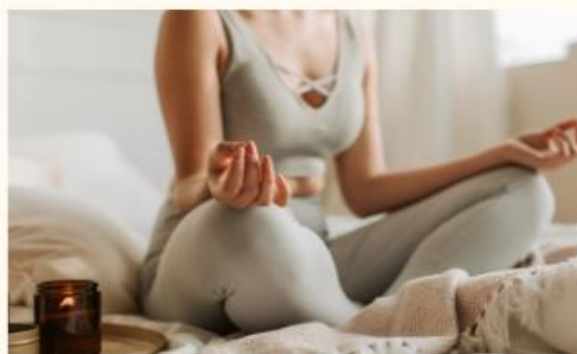
## Self-Care Tips



### Food for Function

#### THE AVOCADO

Known as the superfood, avocados are filled with antioxidants, such as folic acid, Omega 3, magnesium, potassium, lutein and fiber. Avocados are rich in A, C, D, E, K. They balance cholesterol and hormones, aid in weight control & are easy to incorporate into your diet. Yum! Yum!



### Meditation

#### LEARN HOW TO DO IT YOURSELF

Being in stillness benefits your emotional well-being and overall health. The art of relaxation reduces stress and provides a calmness to return to a centered state.

HOW DO YOU MEDITATE?

# Sharing is Caring

## POETRY CORNER



### Writers Block

If I had no work  
and took away the money  
would I live for just the splendor  
of nature's bees and honey

Could I glance amidst the sky  
and see the birds of choice  
to take away my stress  
and give words a book, a voice.

For that which I most dream of  
lead my pen and pad to story  
to feed my soul of void  
and blanket thy heart with glory.

It is just a thought for now  
a goal to haunt my night  
when courage becomes strength  
I shall find my time to write.  
~ Deirdre Bonett

## TO BE OF SERVICE



'Where can I help?'  
a question we should all ask ourselves.

Regardless of your current circumstances,  
there is always a greater need than that of our  
own. Giving back, paying it forward, donating  
time, and resources are the many ways in  
which we can be of service to others.

As we move in the direction of improving upon  
being the best versions of ourselves, let us  
remember we are  
all divinely  
connected and  
share a love thru  
our spiritual bond.

Where can you  
make an impact  
today?



## Community Contributor

### JOIN IN THE FORUM AND BECOME PART OF THE FAMILY

If you would like to have your poetry published, have a tarot / oracle deck reviewed,  
provide self-care tips or share an inspirational message in the monthly  
Butterfly Beacon, please email [spirit@deirdrebhealing.com](mailto:spirit@deirdrebhealing.com).  
Email must include full name, and phone number and will remain private unless authorized.

LET'S CHAT!

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