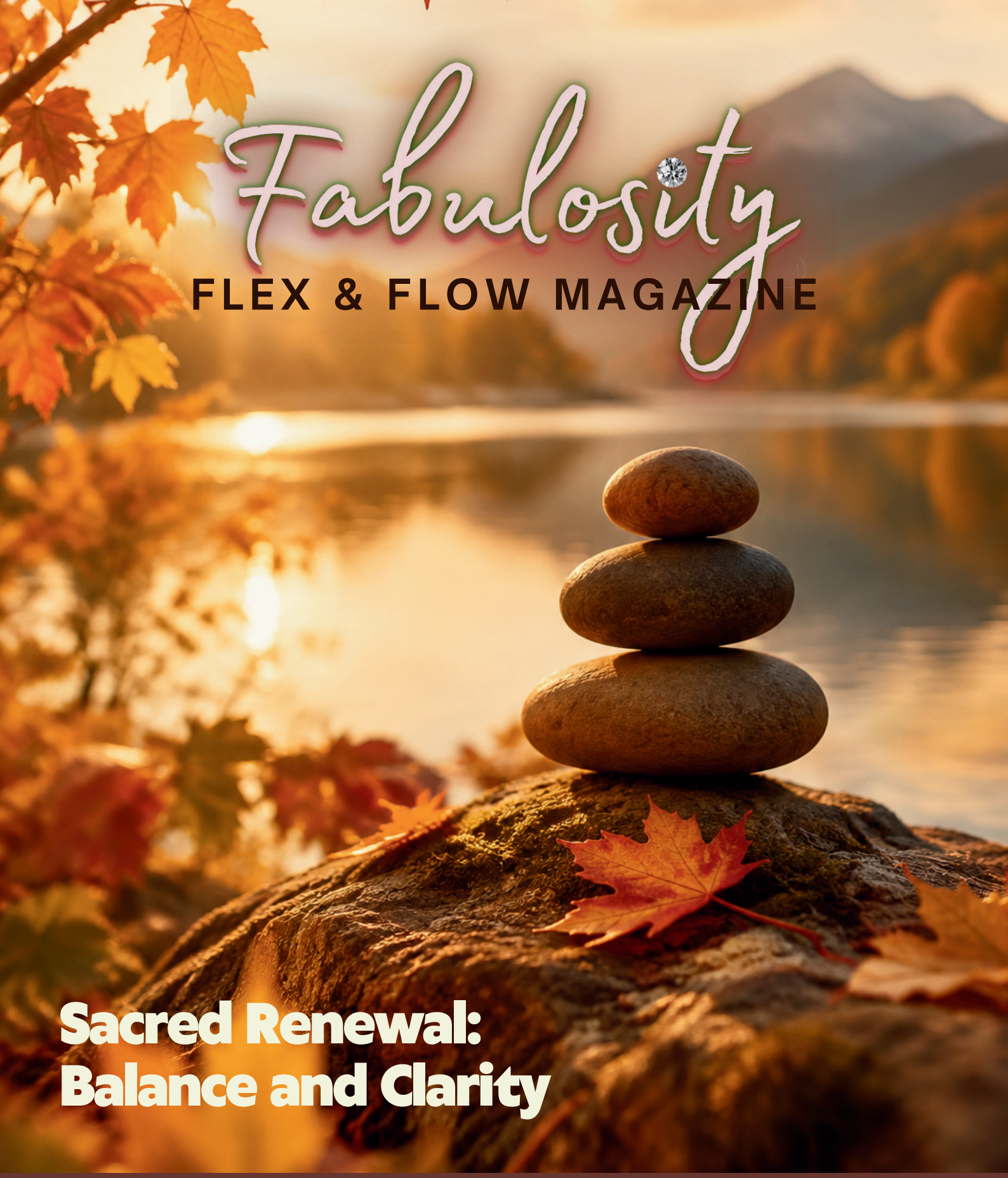

Fabulosity

FLEX & FLOW MAGAZINE

Sacred Renewal: Balance and Clarity

RAINBOW GLO'S
MONTH IN REVIEW

FABULOSITY SPEAKS
ORACLE READING

NOVEMBER 2026
ISSUE NO. 3

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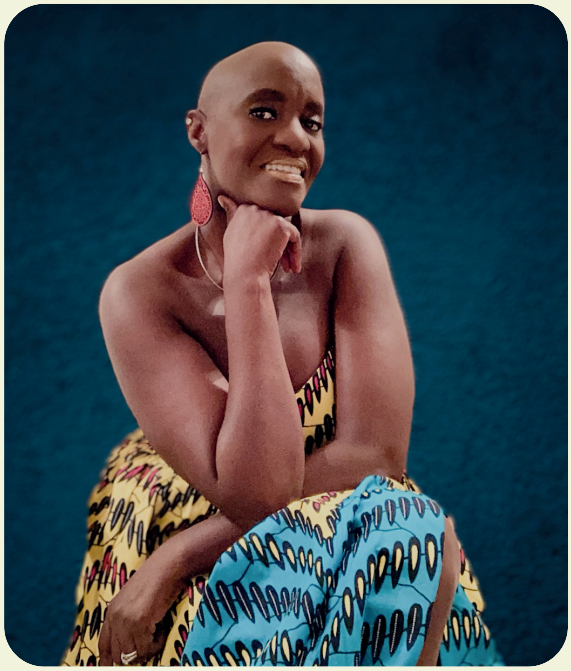

From the Editor

Welcome to November, where we explore Sacred Renewal: Balance and Clarity. As the seasons shift and we move through the harvest into a new cycle, this issue invites us to pause, take stock and pay attention to what is ready to be gathered, released or renewed.

Through body scanning, we explore the relationship between body, mind and spirit. Through 'The Clairs,' we consider how we receive and interpret what is around us. And through ritual, music and reflection, we make space for balance, clarity and a deeper appreciation of what unfolds when we give ourselves time to notice.

May November bring you the clarity to see, the balance to rest and the space to renew.

Rainbow Glo
Editor-in-Chief

Month In Review



Me Hosting the Black Excellence Event

October has been an emotionally challenging month. I have not handled the change of season with quite as much grace as I would have liked. I've been grumpy, tired and hungry to be honest! And then the clocks went back and absolutely ruined me. That extra hour of sleep might be a blessing for some, but my body and I clearly had other ideas.

What has helped me navigate the month is being able to channel these feelings into my work. Rather than fighting against the shifts I've been experiencing, I've been exploring them, allowing them to inform my creativity and help me make sense of the renewal, clearing and balancing that seem to accompany this time of year. Sometimes, the work we do on the page reflects the work happening within us, and October has certainly felt like that for me.

The month began on a high note on 4 October, when I hosted Pamodzi Creatives's Black Excellence Event at The Wedgewood Rooms. It was a wonderful celebration of Black talent, creativity, culture and enterprise, bringing together fashion, music, art, dance, a jollof rice war, and a symposium featuring experts and business leaders discussing the many benefits of living, working and thriving in a diverse city.

The level of talent on display was immense, and it was a privilege to be part of an event that celebrated so many different expressions of Black excellence.

One of my personal highlights was singing backing vocals for Redemption Soul's Gemma Anderson on their incredible song, *Oh Africa*.

There is something special about music that connects us to something bigger than ourselves, and I thoroughly enjoyed being part of that moment.



Jane & Me

On 8 October, I had the pleasure of supporting my friend Jane Upward at her Finding the Flow exhibition at Gallery Thirteen in Haslemere. It was a lovely evening, complete with a welcome glass of champagne and a wonderful display of her work, much of which centres around water. Water has so many qualities to contemplate: its movement, its stillness, its ability to find a way through, around or over whatever lies in its path. Spending time with Jane's work was a welcome opportunity to pause, appreciate another artist's expression and simply enjoy being in the presence of creativity.

On 17 October, I had a one-to-one session with one of my spiritual guides, Tia Sunlight. Our time together included an amazing sound bath, communing with plant medicine and tuning into ancestral energy. It was a deeply enriching experience, and in the days that followed, I found myself receiving so much clarity about how to approach my work while maintaining a better sense of balance.

I have been leaning into my emotions much more this month, allowing myself to feel what I feel rather than fighting against it or immediately trying to diagnose it. Not every feeling needs to be fixed, explained or given a label before we can learn something from it. Sometimes, there is value in simply paying attention and allowing ourselves the space to experience what is happening.

Month In Review ... Contd.



Me, Chloe and her Patreon Supporters

My session with Tia was a catalyst for this shift in attention. It encouraged me to listen more closely to myself and to recognise that clarity can emerge when we stop struggling against what we are experiencing. I am learning to give myself permission to sit with things for a while, rather than rushing towards an answer. For someone who is continually creating, thinking, exploring and bringing ideas to life, that space can be precious.

Then, on 29 October, my friend Chloe invited me to join a private listening party for her new album, *Balance*, on which I sang backing vocals. We met at Casemates, where I joined Chloe, her husband John and two of her Patreon supporters about halfway through the album. The songs I got to hear were fabulous!

Listening brought back so many memories of our time in the studio, and it was lovely to hear those moments of collaboration come together in the finished work. Some of the songs evoked such strong emotions in us, and that response has been beautifully captured in the music. There is something quite moving about hearing a project you have contributed to take on a life of its own. You remember the people, the conversations, the creative decisions and the moments that went into making it, while also getting to experience how the finished piece came together.

Afterwards, we took a lovely stroll through a nearby wooded area. We chatted, enjoyed the views, took in the smells and listened to the sounds of nature. It was exactly what I needed, especially as I've spent much of this month being a bit of a homebody.

Getting outside, taking in the natural surroundings and sharing in the accomplishment of a friend who has created such a dynamic album was a beautiful way to spend the afternoon.

It reminded me that balance can be found in the movement between things: work and rest, creating and receiving, being indoors and getting outside, sharing our gifts and making space to enjoy what others have created. Sometimes, we don't need to do anything extraordinary. We simply need to give ourselves the opportunity to be present with what is already there.

The absolute highlight of October, though, has been creating this magazine for you.

There is something deeply satisfying about having the space to explore ideas, follow a thought, make connections and see where the process takes me. This magazine gives me an opportunity to bring together my love of music, words, energy and the mysteries of being human, while sharing some of the things I have been noticing, questioning and discovering along the way.

What I share in these pages are ideas. Nothing set in stone. Just thoughts that push the envelope a bit, invite curiosity and perhaps encourage you to look at something familiar from a different angle. I am not here to hand you a script or tell you what to think. I want to create space for exploration, where questions can be asked, connections can be made and each of us can exercise our own agency in deciding what holds meaning.

My ultimate aim is truth that we can approach through observation, experience, questioning and a willingness to look a little deeper.

Sometimes clarity arrives in an instant; sometimes it takes time, space and a willingness to sit with uncertainty.

October has reminded me that renewal is not always a graceful process. Sometimes it looks like feeling grumpy, needing more rest, changing direction or allowing an idea to develop before sharing it with the world. Sometimes it is about clearing a little space so that we can see what is already there.

As you explore this month's pages, I hope you find something that resonates, something that challenges an assumption or something that simply gives you pause for thought. And, most importantly, I hope you find some truth in the words that follow.

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Sacred Renewal: Balance & Clarity



October has been about clarity for me. The Autumn air has been clear and crisp. The dawns and dusks have been spectacular, like rhapsodies in blue. The foliage has been deeply colourful, giving the impression of the colours being at the very edge of their depth. Like the orange couldn't be any more orange and the yellows couldn't possible be more yellow. This is the clarity I'm speaking of. Really clear vision, and the freedom that comes with no illusions. The beauty and baseness of seeing straight.

September was all about fine tuning; clearing away the static and tuning into my heart's desire. The noise of trying to fit everything in giving way to the melody of 'aha.' That's how Fabulosity Flex & Flow Magazine was born. I needed to find a way to funnel my life's work that wouldn't be Soul destroying. I had no interest in surrendering to algorithms and endlessly posting into a sea of noise.

This gave rebirth to my monthly newsletter, which by October had become a magazine. A place where my work can be fully expressed and shared on my own terms, and trusting that my work will find who needs it, when they need it.

If I'm being honest, once I had this place to funnel my work, there was a sense of the rug being pulled from underneath me. Let me explain.

When you've been on this endless rollercoaster of living your life out loud, which comes with being on social media, it takes up an inordinate amount of time, both mentally and physically. You get to that space where you're framing and capturing your life for content instead of living and breathing your life for contentment. Now that I know that I'm only posting a couple times a month and sign posting to my magazine, time seems to have expanded.

The 'busy, busy' has left my mind and my body, and the time that this is affording me has lead to a sense of loss having moved away from that hectic place that I was living from, and a sense of renewal in the way that my energy is focused on the sheer joy of sharing my ideas, without being dependent on the results of the work once shared.



Sacred Renewal ... Contd.

With this focused shift, there is a bit of flux happening during the rebalance. With my mind and body free of the urge to frame and present my life, there are moments of 'now what.' I don't always remember to 'capture' a moment, even though I kinda need to for the Magazine, and that's okay. The balance will come.

I'm old enough to remember a time before email and the internet. I remember a time outside of the self-imposed demand to post for views and likes. I'm a grown ass woman, and I'll be damned if I'm gonna remain dependent on this outside validation. Yet, the struggle is real. The struggle to maintain self-agency over how I spend my time and how I share my work.

Autumn is a time of harvest. A time to enjoy the fruits of your labour. It's also a time to take stock of the seeds of that fruit and decide which ones you will sow for the next bloom. It is also a time of renewal and rest. Hibernation even. Going off the grid. Getting quiet and tuning into your heart's desire, and tapping into and trusting your gut instincts.

You get to decide how you occupy your life. There is no debt to society to be paid. You were born free and clear to live out your life's purpose, be it on the beaten path, or paths less travelled. Our attention is our most valuable asset. Billions are being spent to capture yours. What's it costing you?

So get clear about your path. Are you being lead, driven or coerced, or are you attending with intention to your own destiny? When you live on purpose, time will be kinder. You can rest, which is vital to remaining balanced and living with clarity. I am currently reading *Rest Is Resistance* by Tricia Hersey, which encourages us to not live on empty, but to approach our lives with a full tank.

I'm sure you've experienced the clarity that comes after a good night's sleep. Society at large doesn't value rest, it values consumption, which leads to depletion. Prioritising rest will feel radical, because it is. Part of this prioritisation is connected to being satisfied with and appreciating what you already have. When is enough enough? What does wealth mean to you, because wealth is subjective.

I invite you to step into the centre of the storm of the haves and the have nots that is raging around us and find satisfaction under the clear blue skies self-sufficiency. The rat race of endless consumption is exhausting. The ethos of more, more, more is a vicious cycle that can lead to greed.

This is a time to renew your mindset. Is it that of dearth or abundance? Mother Earth provides everything we need to live on purpose. Remember that you are currency, and currency in circulation leads to transformation. Currency hoarded leads to stagnation.

Live from a place of a balanced account. You are free and clear. You owe no one. You might physically be in debt, but that doesn't have to be your mindset. Free your mind and the rest will follow.

When your mother birthed you here on Earth, it was her body that was broken; her blood that was shed and you were delivered free and clear. The Earth's provisions are your birthright, and you have all the tools to be able to forge your own unique way of existence at your disposal.

No matter where you are on the spectrum, you are a one off. Out of eight billion, there's only one you, and you are perfect in your uniqueness. So why not tend to your own soil, plant the seeds of your heart's desire, and bloom as your true self, again and again.

Being true to yourself will always support the greater good. Renew, balance and see clearly, and if you don't like what you see, plant some different seeds.

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RENEWAL SEEDS

1. 1 Tablespoon -St. John's Wort
   Light, Illumination, Clarity
2. 1 Tablespoon Elderberry
   Renewal, Discernment, Transformation
3. 1 Tablespoon Thyme
   Courage, Resolve, Healing
4. 1 Piece Chicory Root
   Freedom, Insight, Empowerment
5. 1 Tablespoon Mint
   Clarity, Energy, Abundance
6. 1 Piece Hawthorn
   Protection, Wisdom, Transformation

RENEWAL SEEDS



Six seeds of renewal, each carrying its own invitation to clarity, discernment, courage, freedom, energy and wisdom.

St John's Wort brings the light of illumination; elderberry invites renewal and transformation; thyme speaks to courage and resolve; chicory root opens the way to insight and empowerment; mint awakens clarity and abundance; and hawthorn brings wisdom and transformation.

Together, these herbs offer a moment to pause, reconnect and find your own natural rhythm. Renewal is not always about beginning again. Sometimes it is about seeing what is already here with fresh eyes, finding balance in the movement of life and creating the clarity to choose your next step.

The pouch offers ways to bring these herbs into everyday rituals, too. Elderberry and mint make a lovely, relaxing tea. Make sure the elderberries are food-grade. The brand I use is Hatton Hill. I like to add lemon or lime and honey to taste.

Thyme can be burned as part of a reflective ritual or brewed into a tea. Ground chicory root is a great coffee substitute if you want to cut down on caffeine. The brand I use is Forest Whole Foods Organic Roasted Chicory Root.

Let the herbs meet you where you are. Take a moment to notice what draws your attention, what settles, and what begins to come into focus. This is your invitation to explore renewal in your own way — finding balance, making space for clarity and allowing the next chapter to unfold.

If you're able to make your own pouch, sleep with it under your pillow, or carry it in your pocket. When I hosted the Black Excellence Event, my pouch was in my pocket.

Or, download the PDF or write down these ingredients and carry them with you for inspiration.

***

PDF



Music

Sacred renewal begins with the recognition that your life is yours to live. *Agency Boo* is a declaration of self-determination, a refusal to surrender your voice to someone else's script. Rooted in the ethos of Rainbow Global, the song honours our capacity to choose, to remain sovereign in relationship, and to move through life in our own rhythm. Its unapologetic spirit invites us to find balance in our own authority and clarity in the truth of our own knowing. No strings, no chains, no borrowed permission. Just the freedom to be fully, fiercely and fabulously ourselves.

***



Sensing Straight

Have you ever had a moment when something suddenly becomes clear? Perhaps you see something you hadn't noticed before, hear a truth in a familiar song, feel a shift in your body, or simply know something without being able to explain how you know it.

Those moments of recognition invite us to pay attention to how we perceive the world, how we interpret what we experience, and how we come to trust what we know.

These ways of perceiving are often explored through The Clairs: clairvoyance, clairaudience, clairsentience, claircognizance, clairalience and clairgustance.

Sensing Straight ... Contd.

Each offers a different point of entry into the experience of clarity.

For me, this connects directly to this month's theme: Sacred Renewal, Balance and Clarity.

Seeing Clearly: Clairvoyance

Clairvoyance is commonly understood as clear seeing, particularly intuitive or inner seeing. It can be associated with mental imagery, symbolic pictures, visions or the sudden appearance of an image that carries meaning.

My experience of clarity this October has been wonderfully visual. The autumn air has been crisp, the colours spectacular.

There is something about seeing a thing in its fullness. The colours are not trying to be anything other than what they are. They don't need to compete for attention or convince anyone of their worth. They simply are.

Sometimes clarity comes through noticing what is already there. Sometimes it comes through seeing a familiar situation from a different angle. And sometimes what we see challenges the picture we have been carrying in our minds.

Clear seeing includes the beauty and the baseness of what is before us, free of delusion.

Hearing Clearly: Clairaudience

Clairaudience is commonly described as clear hearing: intuitive hearing or the experience of receiving words, sounds or messages inwardly. It is often distinguished from ordinary hearing.

September was my month of fine-tuning. I was clearing away the static and tuning into my heart's desire. The noise of trying to fit everything in began to give way to the melody of 'aha' made audible through stillness.

I needed a way to gather and share my life's work without surrendering to the relentless demand to post, perform and feed algorithms. I wanted a place where my ideas could breathe and find their expression on my terms.

Once I made room for that possibility, I could hear myself think.

There is a difference between being surrounded by sound and being able to hear what matters to you. The constant demands for our attention can make it difficult to distinguish our own thoughts and desires from everything competing for a place in our minds.

Sometimes we need to turn the volume down. Sometimes we need silence. Sometimes the answer arrives through a song, a conversation or a phrase that lands differently from the way it did before.

Sensing Clearly: Clairsentience

Clairsentience is often described as clear sensing or feeling. In intuitive practice, it can refer to impressions experienced through the body or emotions, including a felt sense that something is significant.

Our bodies are part of how we experience life. We register the pace at which we move, the environments we inhabit, the tension we carry and the relief that comes when something changes.

When I moved away from the constant cycle of framing and capturing my life for content, I noticed that time seemed to expand. The busy, busy began to leave my mind and body.

And yet, there was a sense of loss.

When you've been living at a particular pace for a long time, a change in rhythm can feel unfamiliar. The absence of the familiar demands leaves space, but that space can bring its own questions. There are moments when I find myself wondering, Now what?

This is part of the rebalance.



Sensing Straight ... Contd.

I am learning to recognise the difference between the energy required to keep up with an externally driven rhythm and the energy available when I have room to live my life.

What does your body register when you have space to breathe? What do you feel when you are moving in a rhythm that belongs to you?

Knowing Clearly: Claircognizance

Claircognizance is commonly understood as clear knowing: the experience of knowing or recognising something without an obvious chain of reasoning in the moment.

I knew I needed a different way to share my work. I didn't need to have every detail worked out before I began. I needed to find a way forward that felt right for the work I wanted to do and the life I wanted to live.

That recognition led to the rebirth of my monthly newsletter, which became a magazine by October.

There is a particular freedom in allowing an idea to emerge without demanding that it arrive with a complete set of instructions. We can recognise a possibility before we know exactly how it will unfold.

Not every answer arrives fully constructed. Sometimes we arrive at a decision through a process we cannot readily articulate, even though we can recognise the moment when things fall into place.

For me, that aha was the beginning of a new way of working. Instead of feeling the burden of posting everyday, I knew deep down that there was a better way for me to honour rest while sharing my work. The on-line newsletter turning into a tangible Magazine was a process of clear knowing that having a 'topical' magazine would focus my work, allowing me to pinpoint the ideas that are most important to me, and freeing up time for me to do deep dives and explore these ideas.

What do you know that you have not yet given yourself the space to explore?

Smelling Clearly: Clairalience

Clairalience is the term commonly used for clear smelling, particularly the experience of perceiving a scent intuitively or without an identifiable physical source.

Smell has a distinctive relationship with memory and recognition. A familiar fragrance can transport us to another time or place before we have consciously worked out what it reminds us of. A scent can bring an experience into awareness, sometimes with remarkable immediacy.

Autumn has its own sensory character: damp earth, fallen leaves, crisp air and the changing scents of the landscape. These experiences can draw our attention back to the present moment and to details that might otherwise pass unnoticed.

In intuitive practice, an unexplained scent may also be experienced as meaningful.

Clairalience invites us to consider smell as another way in which an experience can come into focus.

I had a one to one session with one of my spiritual mentors, and she gifted me a cinnamon stick. During our session, she burned a cinnamon stick which made a familiar sent slightly 'edgy.' I later experimented with cinnamon, water and ash noticing how a familiar smell took on other attributes when introduced to other elements. I also burned the gifted cinnamon stick which made the entire house smell like burning wood. It made me think of sitting around a fire roasting marshmallows.

Clairalience also brings to mind knowing them by their fruit. Knowing how to smell the bullshit before it gets on you.

What scents bring you into the present? What memories, associations or recognitions arise when you encounter them?

Tasting Clearly: Clairgustance

Clairgustance is commonly described as clear tasting, particularly an intuitive taste or a taste experienced without an identifiable source.

Taste is also closely connected to the experience of nourishment, enjoyment and satisfaction. We know the difference between eating in a hurry and taking time to savour a meal. We know what it is to consume something without really experiencing it.

This brings me back to the harvest.

Autumn is a time to enjoy the fruits of our labour, gather what has grown and consider which seeds we want to sow for the next bloom. It is also a time for rest, reflection and renewal.

How often do we move so quickly towards the next thing that we barely taste what we already have?

The demand for more can make satisfaction seem perpetually out of reach. More content, more views, more likes, more money, more possessions. Yet the question remains: when is enough enough?

We each have our own relationship with wealth, and what constitutes enough will differ from one person to another. Clarity gives us an opportunity to examine that relationship for ourselves.

What are you already enjoying? What is nourishing you? What would change if you allowed yourself to savour what you have cultivated rather than immediately searching for the next thing?

The Space Between the Senses

The Clairs offer six different ways to explore perception: seeing, hearing, sensing, knowing, smelling and tasting. They give us language for experiences that can feel immediate, subtle or difficult to explain.

They also invite us to pay attention to the relationship between what we experience and what we make of it.

We can notice an image, a sound, a feeling, a sudden recognition, a scent or a taste. We can explore what it brings to mind and consider what, if anything, it asks of us. We can remain curious while allowing meaning to emerge in its own time.

Clarity does not require us to have everything figured out. Sometimes it begins with noticing that the way we have been living no longer gives us the space we need.

For me, the renewal has been practical as well as personal. I have changed how I share my work, how I spend my attention and how much of my life I make available to the demands of online visibility. The balance is still finding its feet, and there are moments when the old rhythm calls me back.

But I have more room now. More room to create, to rest, to think, to experience my life without always turning it into something to be presented.

Our attention is valuable. Where we place it shapes what we notice, what we nurture and what we make possible.

So perhaps the invitation this season is to become curious about your own ways of perceiving. Notice what catches your eye, what reaches your ears, what you feel, what you know, and what comes to you through smell and taste, and allow yourself enough space to explore these experiences.

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Book a Fabulosity Oracle Reading Today!



Energy: Cinnamon Ritual

There is something fascinating about encountering the familiar through a different medium. Cinnamon is instantly recognisable, yet burn a cinnamon stick and its aroma changes. The familiar becomes unfamiliar, inviting us to pay closer attention to what we are actually experiencing.

My own exploration began while clearing a cup on my altar that had held water, salt, feathers, rainwater and other remnants for months. I felt led to clear the vessel for a clean slate.

Almost simultaneously, the thought of cold water and cinnamon came to me. I tried to dismiss the cinnamon, but the impulse persisted. Learning to trust my instincts, I followed it.

I sprinkled ground cinnamon into the water twice. One sprinkle spread evenly; the other gathered into clumps. Over the following days, the cinnamon spread across the surface, the water developed a beautiful amber colour, and its aroma remained deep and present.

Later, I added two shakes of ash from a burnt cinnamon stick. The ash rested on the water's surface, appearing to be supported by it.

I am allowing the experience to unfold, noticing the relationships between clearing, transformation, balance and what remains. The burning of the cinnamon offers another dimension: its aroma changes, yet I recognise its source.

This is where the clair associated with smell becomes part of my exploration. Smell connects us to recognition, memory and our immediate sensory experience. Yet recognising a familiar scent does not mean we have exhausted what there is to perceive. Sometimes, a change in how we encounter something allows us to discover another aspect of it.

The Ritual: The Scent of Renewal

Choose a cinnamon stick and take a moment to notice its familiar aroma before burning it. Notice the difference in the aroma when you burn the cinnamon stick. What do you recognise, and what surprises you?

Cinnamon reminds me of Thanksgiving and Christmas, so it’s deeply connected to Autumn and Winter for me. I think of baking sweet potato pies with my mother, and big family gatherings.

What memories does this familiar smell bring up for you?

If you choose to burn it, use a suitable fireproof holder, keep it attended, and ensure good ventilation.

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Fabulosity Speaks

November brings five invitations: take action, learn to scan your body, let love in, rejuvenate your body, and connect to body, mind and spirit.

Together, these cards invite us to explore the relationship between awareness and action, between what we perceive and what we do with what we perceive. Sacred renewal is the space in which we can pause, notice, adjust and begin again. Balance allows us to find our footing; clarity helps us see where we are and what is unfolding around us.

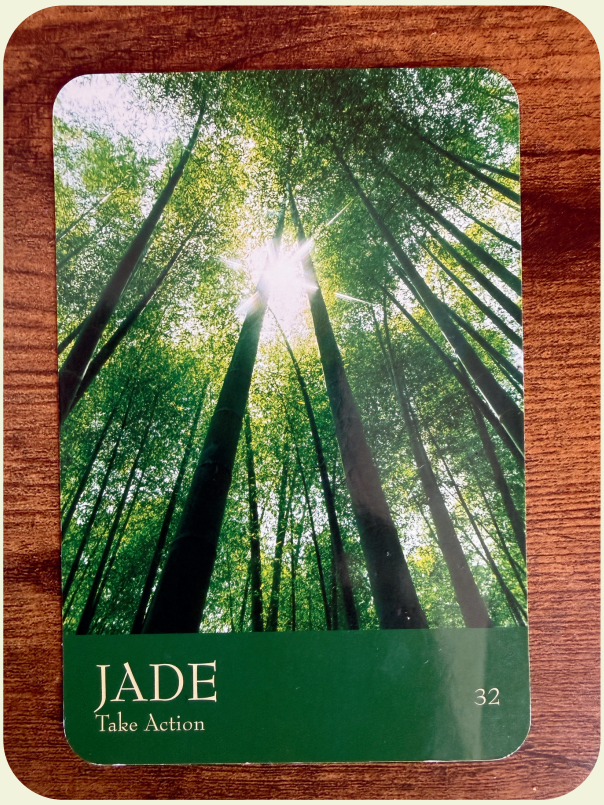
The changing season offers its own reminder. As autumn deepens, the trees reveal their structure, the air becomes crisp, and the changing light brings different details into view. Nature continues to move through its cycles, each expression belonging to the same living process. There is an order to be discovered in the change, and space to be found within it.

The Oracle:

Take action, learn to scan your body, let love in, rejuvenate your body and connect to body, mind and soul.

How I See It:

Take Action — Jade (32)



Clarity can change the way we move. When we begin to see something differently, new possibilities open up. What once appeared tangled may reveal a point of entry; what seemed overwhelming may become a series of smaller movements.

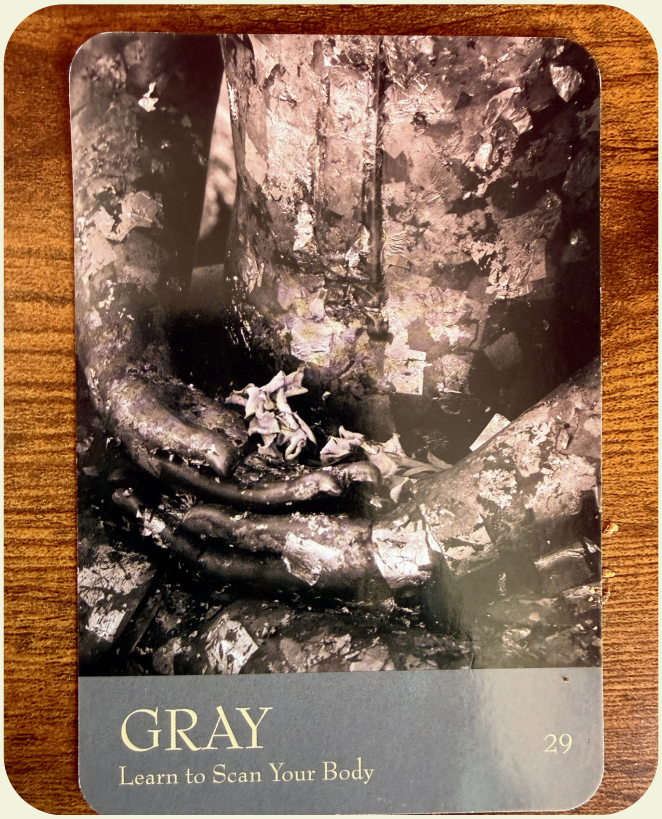
Take action invites us to participate in that unfolding. Agency is the ability to choose, to respond and to move in a direction of our own making. It is not necessary to see every turn in the path before taking the next step.

This is where The Clairs enter the reading. Clairvoyance, clairaudience, clairsentience and the other forms of intuitive perception offer different ways of noticing. We may see an image, hear a sound or an inner voice, feel a sensation, or simply know something without being able to explain how we arrived at it.

The experience of perception is one thing; what we make of it is another. Paying attention to how we perceive, and becoming aware of how we interpret what we perceive, gives us more to work with when choosing our next move.

Sacred renewal begins wherever a fresh understanding creates room for a different response.

Fabulosity Speaks ... Contd.



Learn to Scan Your Body — Gray (29)

The body is a place to begin finding balance. Before we look outward for clarity, we can turn our attention towards what is happening within us.

A body scan invites us to notice sensation: the movement of the breath, tension in the shoulders, warmth in the hands, the rhythm of the heart or the feeling of our feet against the ground. These observations bring us into contact with our immediate experience.

Our senses are continually gathering information. The Clairs extend this exploration into the language of intuitive perception, where an impression may arrive through feeling, imagery, sound, taste, smell or a sudden sense of knowing.

What interests me here is the relationship between perception and awareness. We receive information, recognise patterns, make associations and develop an understanding of what we have experienced. Metacognition gives us another point of attention: the ability to notice our own thinking and consider how we arrived at an interpretation.

This does not require us to dismiss an impression or accept it without question. It gives us space to examine it.

Balance and clarity are found in that space between receiving and responding. We can listen to the body, acknowledge what we notice and allow ourselves time to understand it.

Let Love In — Pink (4)



The heart introduces another dimension of balance: our capacity to receive.

Love is often expressed through what we give, what we do and how we show up for others. Let love in turns our attention towards the experience of being met. It invites us to notice where there is room for affection, connection, tenderness and the simple pleasure of allowing something good to reach us.

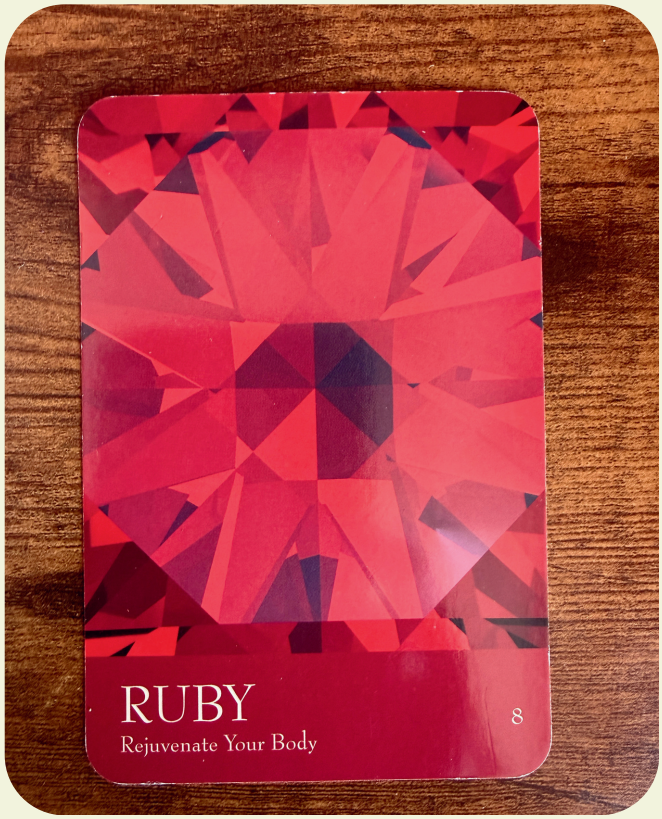
There is a kind of clarity that comes through relationship. We learn through what we feel, what we communicate, what we share and what happens between us. The heart is not separate from our perception of the world; our experiences of love and connection become part of how we understand ourselves and others.

In my numerical language, four represents the divine: the double vine, two and two. It speaks to the meeting of elements, seeing the same thing from different perspectives, and the relationship through which something takes shape.

Here, balance is not a fixed position. It is something we experience and explore through relationship. We give and receive, speak and listen, approach and make room.

The question for November is simple: what might change when you allow yourself to receive as well as give?

Fabulosity Speaks ... Contd.



Rejuvenate Your Body — Ruby (8)

Renewal is a living process. The body changes, responds and replenishes itself. Our energy, needs and capacities shift, and our care for ourselves can shift with them.

Rejuvenation invites us to pay attention to what restores us. It might be rest, movement, nourishment, music, time outdoors or the pleasure of doing something that brings us back into contact with ourselves.

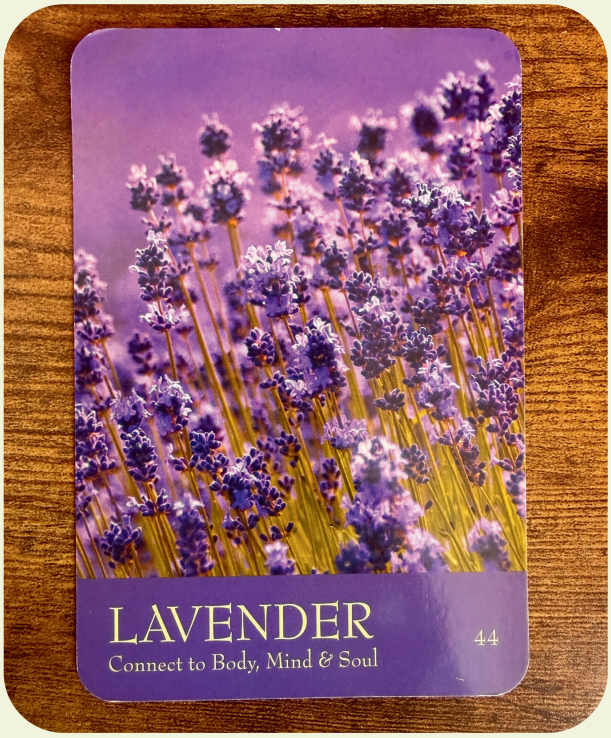
The Clairs can be explored here, too. What do you notice when you enter a space? What happens in your body when a particular sound reaches you? What images arise when you close your eyes? Which impressions remain with you, and which change as you give them attention?

Clarity can emerge through observation. We become more familiar with our own responses and more able to distinguish an immediate sensation from the meaning we attach to it.

The number eight represents transformation in this reading. Rejuvenation is part of that movement: a change in condition, a renewed relationship with the body, a different use of energy or a return to a rhythm that serves us better.

Self-care is one way we participate in our own renewal. We notice what needs tending and make room to tend it.

Connect to Body, Mind & Spirit — Lavender (44)



The final card brings us to connection, drawing the reading's threads together through body, mind and spirit.

I have chosen spirit in place of soul because soul is already represented by the mind. The distinction allows each term to occupy its own place in the relationship.

Body, mind and spirit invite us to consider different dimensions of experience and how they meet. The body gives us sensation and movement. The mind engages with thought, memory and meaning. Spirit brings another dimension to our experience of being, the unseen elements. Ether and aura.

The Clairs offer a way to explore perception across these dimensions. We may notice what we see, hear, feel, smell, taste or know. We may become curious about the relationship between a sensory impression, an intuitive response and the understanding that follows.

There is room here for the mystical and the observable to meet. An impression can be meaningful to us while remaining open to exploration. We can honour what we experience and remain curious about how we experience it.

The number 44 doubles the four, returning us to the double vine and the relationship between elements. Connection is the point of attention: how the parts meet, what passes between them and what becomes possible through their relationship.

This is where balance and clarity continue to unfold. Not as a final destination, but through the ongoing experience of being, noticing and relating.

Fabulosity Speaks ... Contd.



The Number Nine: A Branch of Possibility

The numbers of the five cards are 32, 29, 4, 8 and 44.

32 + 29 + 4 + 8 + 44 = 117 / 1 + 1 + 7 = 9.

In my numerical language, nine represents a branch. A branch extends, reaches and creates possibilities for further growth. It carries movement outwards, opening space for what may develop next.

The reading moves from action to bodily awareness, from receiving love to rejuvenation, and finally towards connection. The nine gives us an image of extension: what we notice can influence how we move; how we move can change what we experience; and what we experience can open further avenues of understanding.

This also brings us back to The Clairs. The ability to notice an impression is one part of the experience. Our attention, interpretation and response shape what follows. As we become more aware of that process, we have more room to explore what we perceive and how we choose to work with it.

The branch does not have to grow in only one direction. It can extend, turn and reach into new space.



Scan the QR Code for a 15-Minute Body Scan Meditation

Sacred Renewal: Finding Balance and Clarity

Rainbow Global brings together music, words, energy and Fabulosity™ to encourage personal agency, sovereignty, integrity, self-care and freedom.

These values meet naturally in this month's reading. Agency gives us room to choose. Sovereignty brings us back to ourselves. Integrity concerns how we remain whole in relationship with ourselves, others and the Divine. Self-care is the tending of what is ours to tend. Freedom gives us space to live from that wholeness.

The five cards offer a way of exploring these values through our relationship with perception and renewal.

Take action where movement is possible. Scan your body and pay attention to what you notice. Let love in. Make room for rejuvenation. Explore the connections between body, mind and spirit.

And as you move through November, give The Clairs your attention. Notice how you perceive, how you interpret and how your understanding changes when you look again. Sometimes clarity comes through a new impression; sometimes it comes through seeing a familiar thing differently.

Nature continues to offer us examples of change, balance and renewal. The trees reveal their branches as the foliage changes. The light shifts. The air carries different sensations. Life continues to move, and there is an order to be found in the movement.

Perhaps this month is an invitation to discover where that order meets your own experience: the space to notice, the freedom to choose and the possibility of beginning again.

Take action, learn to scan your body, let love in, rejuvenate your body and connect to body, mind and soul.

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Oracle cards used: The Secret Language of Colour by Inna Segal.



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