

Kaya Oracle – Suggested or possible meanings

By Susan L Whigham

Addiction: Substance use. Behavioral compulsions. Chronic to the extent of causing harm.
Alternate Timeline: Mindful of the impact of our decisions. Making room for new possibilities.
An Unexpected Encounter: A person, idea, or situation taking us by surprise. Serendipity.
Art: Inspired creative self-expression with feeling, imagination, and personal style. Catharsis. Flow.
Ascension: Awakening to Higher Self. Rising to new levels of spiritual enlightenment. Epiphany.
Bloom: Opening heart to greater love. A radiant, vibrant glow. Growth. Warmth. Enthusiasm.
Breakthrough: A sudden, unexpected change in course. Success after hardship. Liberation.
Call to Action: An internal or external catalyst that motivates or inspires. Persuasion. A message.
Cleanse: Detox. Aura cleanse (Reiki, sound therapy, etc). Hygiene. Decluttering. Raising vibration.
Coast: Turning point. Self-reflection. Exploration. Peering into the subconscious. Liminality.
Coin: Gift. Prosperity. Financial security. Stability. Good physical health. Practical. Work ethic.
Comfort Zone: Complacency. Maintaining status quo. Risk-averse. A call to reevaluate goals.
Controlling: Power imbalance. Authoritarian. Manipulative. Passive aggressive. Deceitful. Anxious.
Craft: Developing, using skill, and practicing in producing something of value for the greater good.
Decompress: Leisure. Taking a break from stress and tension. Opening chakras. Unburdening.
Depression: Sadness. Loss of interest. A call for mental health support. Cultivating trust and faith.
Divine Guidance: Counsel via intuition and Spirit team to fulfill Divine will and the greatest good.
Divine Timing: Exercising faith. Patience. Trusting the bigger picture. Fate. Astrology. Letting go.
Echo Chamber: Reinforcing confirmation bias. Narrow-minded thinking. Avoiding challenges.
Embrace the Now: Mindfulness. Releasing overthinking. Releasing focus on past or future. Aware.
Engage the Senses: Experiencing life more richly. Deeper connection with body. Sensuality.
Enjoy: Taking pleasure in the present moment. Cherish. Savor. Relish. Delight. Passions. Pursuits.
Faith: Belief. Trust. Confidence. Embracing uncertainty. Communicating with God through prayer.
Fallout: Aftermath of trauma and/or addiction. Chemical byproducts of substance use. Triggers.
Flow: An effortless sense of ease. Confident and fluid activity. Harmony and connection. Balance.
Grief: Deep sorrow. Loss of a loved one. Feeling numb and emotionally distant. Honoring loss.
Growing Pains: Coming of age. New experiences. Uncomfortable or challenging feelings.
Heal: Feeling in order to facilitate recovery from illness or injury. Rest. Therapy. Medical care.
Heart Blockages: Trust issues. Fear of intimacy. Distant. Guarded. Struggling with feelings.
Holding Space: Creating a safe space where authentic self can be expressed without judgment.
Hope: Cherished desire. Making room for optimism. Recognizing things can always get better.
Hypervigilance: Scrutinizing for potential threats. Paralyzed with caution. Trauma response.
Intuition: Body awareness. Spiritual insight. Inner wisdom. Instinct. Gut feeling. Defying logic.
Leadership: Setting example. Vibrating at a frequency that inspires action. Integrity. Delegation.
Listening: Informing intuition. Strengthening trust. Improving communication. Reducing conflict.
Love: Emotional connection. Removing heart blockages. Radiant heart. Appreciation. Respect.
Manifest: Creating reality from intention. Prayer. Transformative belief. Heartfelt expression.
Meditation: Rest and relaxation. Mindfulness. Connecting to Source or Higher Self. Inner peace.
Nostalgic Depression: Idealizing the past. Grief. Regret. Mental health support. Self-forgiveness.
Observe: Minimize distractions. Slow down. Exercise attention. Look for details and patterns.
Options: Choice overload. Decision fatigue. Fearing regret. Prioritize. Let go of perfectionism.
Overthinking: Call for grounding / self-compassion. Sitting with discomfort. Identifying fears.
Paralysis: Feeling trapped. Vulnerable. Ungrounded. Stress. Exhaustion. A call to cultivate faith.
Perseverance: Resilience. Patience. Allowing space for making mistakes. Undeterred by setbacks.

Perspective: Challenging bias. Cultivating empathy. Improving communication. Holistic view.
Protection: Human, ancestral or spiritual ally who takes action in our defense or on our behalf.
Psychic Telegram: Intending, projecting, focusing on and visualizing nonverbal communication.
Raising Vibration: Aligning with frequencies of love, joy, hope, harmony, faith, and inner peace.
Receptive: Willing to accept gifts, new perspectives, or opportunities. Relaxed. Grateful. Open.
Rest: Making room for relaxation and periods of silence. Allowing the body time to make repairs.
Sanctuary: Refuge from opposing forces. Sacred place where it's safe to heal. Spiritual protection.
Self-Limiting Belief: Restricting one's own potential. Barrier to achieving goals. Negative self-talk.
Shadow Work: Rejected or repressed aspects of self. Spiritual guidance. Revealing subconscious.
Signs and Synchronicities: Recognizing environment as a form of conversation with the Cosmos.
Sinkholes: Symptoms of withdrawal. Low vibration energies vacated. Fertile pockets of potential.
Sleeping Beauty: Passivity. Quiet time, precipitating growth. Enjoying the calm before the storm.
Surrender: Letting go of control. Yielding with intention. Moral high ground. Duty. Obligation.
The Path Less Travelled: Unconventional choices in order to honor authenticity. Led by intuition.
Throat Chakra Activation: Speaking one's truth. Singing. Chanting. Mantras. Journaling. Poetry.
Trauma: Triggers. Need for boundaries. Self-care. Therapy. Transmuting wounds into wisdom.
Ungrounded: Consciousness fleeing body due to intense pain or paranormal attack. Anxiety.
Upheaval: Sudden change. Major paradigm shift. Awakening. Spiritual crisis. Chaos. Disaster.
Visualize: Creating mental images as road maps to help the body navigate toward goals.
Waiting: Fertile restraint. Allowing room for growth. Cultivating character. Self-reflecting.