

## Kiz Oracle – Suggested or possible meanings

By Susan L Whigham

Addiction – Substance use. Behavioral compulsions. Chronic to the extent of causing harm.  
Aggravation – Stress. Burnout. Triggers. Feeling ill. A call for mental health support. Boundaries.  
Alternate Timeline – Mindful of the impact of our decisions. Making room for new possibilities.  
Anger – Strong feelings of injustice. Cycles of helplessness and frustration. Vengeful acts. Aggression.  
Art – Inspired creative self-expression with feeling, imagination, and personal style. Catharsis. Flow.  
Authenticity – Sincere, heartfelt and genuine about our values, feelings, hopes and convictions.  
Boundaries – Advocating for our needs. Holding space for self. Processing feelings. Healing. Self-care.  
Breathe – Improving flow and circulation. Calming. Relaxing. Releasing the old. Welcoming the new.  
Buried Treasure – Unblocking repressed body memory to improve intuition and inner wisdom. Map.  
Cleanse – Detox. Aura cleanse (Reiki, sound therapy, etc). Hygiene. Decluttering. Raising vibration.  
Codependency – Prioritizing needs of others over own. Excessive giving. Little sense of self. Clingy.  
Cognitive Dissonance – Internal conflict. Rationalizing a decision or action. Feeling shame or guilt.  
Coin – Physical or financial health. Good fortune. A windfall. A gift. An opportunity for advancement.  
Complacency – Not wanting to disrupt status quo with legitimate concerns. Risk-avoidant. Apathy.  
Complications – Facing challenges with layers of difficulty or complexity. Unraveling. Untangling.  
Depression – Sadness. Loss of interest. A call for mental health support. Cultivating trust and faith.  
Desolation – Emotional exhaustion. Hopelessness. Despair. Rock bottom. Things can only get better.  
Divine Timing – Exercising faith and patience. Trusting the bigger picture. Fate. Astrology. Letting go.  
Drought – Emotional burnout preceded by intense stress or chronic challenges. Keeping faith.  
Embracing Diversity – Fostering empathy. Supporting global community. Innovative problem-solving.  
Embracing the Now – Mindfulness. Releasing overthinking. Releasing focus on past or future. Aware.  
Feminine Energy – Emotionality. Spirituality. Sensuality. Heart over mind decisions. Raising vibration.  
Flow – An effortless sense of ease. Confident and fluid activity. Harmony and connection. Balance.  
Forgiveness – Holding boundaries instead of grudges. Cultivating love, empathy and inner peace.  
Gratitude – Seeking and acknowledging the good in our lives. Appreciation. Not taking for granted.  
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. Transition.  
Healing – Feeling in order to facilitate recovery from illness or injury. Rest. Therapy. Medical care.  
Hope – Cherished desire. Making room for optimism. Recognizing that things can always get better.  
Indra's Net – The interconnected nature of events. Butterfly effect. Being the change we wish to see.  
Influx – A flood of information from higher consciousness. An epiphany. Going viral. Sudden success.  
Intend – Making conscious and proactive choices that support our desired goals. Plan. Strategy.  
Joy – Taking pleasure in the present moment. Cherish. Savor. Relish. Delight. Passions and pursuits.  
Karma – Consequences of actions, toward learning greater empathy. Life lessons. Cause and effect.  
Leaving Comfort Zone – Taking risks. Leaving the safety of the familiar. Growing in awareness.  
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.  
Message of Concern – An internal or external catalyst that motivates or inspires. Persuasion.  
Misunderstanding – Poor listening. Ambiguous communication. Assumptions. Needed context.  
Paralysis – Feeling trapped. Vulnerable. Ungrounded. Stress. Exhaustion. A call to cultivate faith.  
Parasite – Inequitable energy exchange. Abuse of power. Manipulation. Exploitation. Trolling.  
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.

Relativity – Ethical dilemmas. Avoiding the idea of thinking in absolutes. Embracing gray area.

Releasing Judgement – Allowing authenticity. Acceptance and mindfulness instead of intolerance.

Rest – Making room for relaxation and periods of silence. Allowing the body time to make repairs.

Restraint – Moderation. Avoiding extremes. Managing impulses and emotions. Maturity. Strength.

Sacrifice – Suffering, or surrendering time or resources in favor of spiritual advancement. Discipline.

Sadness – Disappointment. Loss. Melancholy. Crying. Allowing unhappy feelings to run their course.

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. Uncovering subconscious.

Signs and Synchronicities – Recognizing our environment as a form of conversation with the Cosmos.

Snow – Sense of alignment clouded by health issues, fatigue or substance use. Chemical byproducts.

The Way Out is Through – Steering toward challenges instead of away, leading toward growth.

Trauma – Triggers. Need for boundaries. Self-care. Therapy. Transmuting wounds into wisdom.

Uncharted Territory – Relying heavily on intuition. Trusting trial and error, learning from mistakes.

Unexpected Encounter – An opportunity to reassess the connection. Synchronicity. Telepathy.

Ungrounded – Consciousness is fleeing body due to intense pain or paranormal attack. Anxiety.

Upheaval – Sudden change. Major paradigm shift. Awakening. Spiritual crisis. Chaos. Disaster.

Waiting – Fertile restraint. Allowing room for growth. Cultivating character. Self-reflecting.

Withdrawal – Irritability, pain, anxiety and fatigue that accompanies cessation of self-medicating.