

## Kwen 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.  
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.  
Ascension: Awakening to Higher Self. Rising to new levels of spiritual development. Enlightenment.  
Balance: Mindful of energy vs activity levels. Self-care. Time management. Boundaries. Pacing.  
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.  
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.  
Drought: Emotional burnout preceded by intense stress or chronic challenges. Keeping faith.  
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.  
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.  
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.  
Paralysis: Feeling trapped. Vulnerable. Ungrounded. Stress. Exhaustion. A call to cultivate faith.  
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.

Receptive: Willing to accept gifts, new perspectives, or opportunities. Relaxed. Grateful. Open.

Release: Deciding to move on. Cultivating acceptance. Forgiveness. Faith. Love. Trusting karma.

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

Rhythm: Recognizing cyclical patterns in our bodies / environment, and aligning for optimal results.

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.

Solitude: Enjoying alone time. Affirming authentic self. Processing emotions. Cultivating creativity.

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.

The Thaw: Recovery from trauma, addiction, or dissociation. Increasing capacity to feel. Self-care.

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

Turbulence: Emotional turmoil. Unexpected obstacles. Instability. Upheaval. Conflict. Confusion.

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

Vigilant: Alert. Watchful. Paying attention. Proactively aware of issues and potential solutions.

Visualize: Creating mental images as road maps to help the body navigate toward goals.

Vulnerability: Cultivating trust. Keeping heart open in spite of risk of getting hurt. Emotions exposed.

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