

The Spider Web - The Ocean + The Vow

This month the 2 cards were stuck together .. as is the case lately. More information is needed. This duo took a little time to navigate since one card speaks to the vastness of the deep blue and the other a more grounding element about promises to self. The Ocean arrives when it is time to explore your relationship to the abyss. The Ocean cannot be contained or held..and yet we are also made of the very same water that circulates this earth. We are both OF it and yet cannot hold it. The dichotomy of being expansive and also a container. The Ocean is asking us to plunge into the unknown depths; of ourselves and the world. There is limitless space and potential in the vastness.. are you willing to enter the water? The Vow, as companion to The Ocean, is a sometimes harsh mirror to the places where we have abandoned our promises to ourselves. We often make profound oaths to ourselves in those 'ocean' moments.. when we are ready to make a plunge or as protection against the abyss. But, these vows are sometimes the easiest to break. When the ocean waves toss us around or the tides change. However, when we make a vow, to ourselves or others.. whether spoken aloud or internally, it is a spell. Are you good at keeping those promises? Especially the ones to yourself? The internal ones? Or do you let the ocean toss you around, frightening you into breaking your own heart?

This month, I am inviting you to think about the times you have sworn something to yourself and quickly abandoned yourself. What made you turn your back on this promise? Did you find yourself too deep into the 'ocean' of the commitment and swam back to shore out of fear? I encourage you to think of 1 (and only 1) vow to yourself that you let go of. This can be big (I am moving to the city!) or small (I will take myself to a movie once a month) but think of one that you wish you had not left behind. What happened to encourage you to let go of this? Were other people behind your decision? Did you feel you were not ready/good enough/worthy of this vow? Did the ocean swell of the vow change your mind? This month.. can you recommit to this promise? If not exactly the way you started.. an adapted version? Write this vow on a piece of paper. Say it aloud to yourself. Put your paper in a prominent place, that you will see daily (inside your medicine cabinet?). Each time you see it. Say it. Make small movements toward this goal. If the 'ocean' of obligations, speed bumps, others' expectations arise.. acknowledge this and simply slow down. Can you ride the waves and stay determined?

And as you revisit or create new promises to yourself, a mantra to affirm:

The Vows I create today are lasting. The Ocean will not take me over, I am OF it.

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