



Sea soul blessings
may the sea be your guide

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Sea Soul Blessings are a gift from the sea to your soul: a breath of fresh ocean air, a moment of peace, the revitalising reset of a clear horizon.

Quiet and potent guides, they can connect you more deeply to your intuition and to the magic of the sea. As prompts, they encourage personal reflection and growth, and support you to nurture a regular self-compassion practice.

You could draw a card to set a theme or intention for a special event, or for the day ahead; to choose a meditation mantra or prayer; or as a prompt for discussion and journalling.

Use your Sea Soul Blessings to create space for tender connection in your day: a small but powerful reminder that you are worthy of rest and affection, you are loved, and you are not alone.

To support you as you explore further, this booklet accompanies each card with a deeper interpretation and a circle of additional blessings.

But there is no single 'correct' interpretation of each Sea Soul Blessing: trust your intuition to understand what you need. The blessings will flow in whatever way you choose to use them.

a single card reading

- Take a moment to make space: to settle and breathe. You might like to visit or imagine the sea.
- Lay the cards out face down, identifying a question or area in which you would like guidance.
- Choose a card in response. You can select a card instinctively, or roll a pebble or shell over the cards and notice where it comes to rest.

- Explore your initial reaction to the blessing on the card: what does your intuition say? How does this feel? Where are you experiencing this in your life? Where is this more challenging?

- As a self-compassion practice, you might add a soothing touch, (such as placing your hand on your heart) as you repeat the blessing. With each in-breath, gently encourage yourself to receive the words of kindness. With each out-breath, slowly release any resistance, softening into the emotions.

- To deepen your understanding of the reading, you could look at the detailed description in this book; or choose a second blessing card, and explore how these two blessings might combine and complement each other.

- Bring your attention to how you connect with your chosen blessing throughout the day. Repeat the words to yourself as you need them.



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may you ACCEPT

The weather weaves the waves, the tides are tugged by the moon. The sea is constant, and yet no sea is the same. Sometimes the gift is gentle water on warm sands, sometimes the gift can be found in an unrelenting surge beating you back from the rocks.

May you receive what is, as it comes. May you make peace with now. May you wash away doubts and criticism and feelings of not-enoughness. May you accept the beautiful tender truth of yourself.

may you feel ALIVE

The sea is all-encompassing sensation, exuberant vitality, and constant movement. It is stepping consciously over edges. To walk into a cold sea is to know the limits of your physical and mental capacity, and to choose to live a little of your life right there.

May you delight in vitality. May you test your limitations. May you love and leap. May you pursue adventure. May you tingle.

may you ALLOW

The sea cannot be fought, controlled, or resisted. The tides cannot be stopped. When you are in the water, the sea can only be moved through, even as it moves you. When you stop battling against, you soften into lightness, finding the power to rise.

May you yield. May you release judgment. May you give loving permission. May you make space for what is. May you allow the pull of the waves to lift you.

may you feel AWE

To pause in awareness that water is anchored to earth, tides turn as the moon circles, the horizon is straight but the world is round, is to feel awe. In the unfathomable magnificence of the sea lies the radiant mystery of your own existence.

May you see the sublime in the everyday. May you stop to notice miracles. May you rise above all unnecessary detail, quarrels or criticism. May you live into wonder.

may you find BALANCE

The sea teaches you balance through constant movement. No single point of perfect stillness, but harmony in the flowing dance of in and out, high and low. In the legs kicking under the surface, even as the body glides above the water, softly held.

May you find equilibrium in motion. May you honour cycles. May you offer the same support to yourself that you offer others. May your heart always be equal to the questions it is asked.

may you see BEAUTY

The sea declares its elemental beauty in every mercurial shift. It is deeply alive to the space and moment it inhabits. In the constant cycle of sea remakes sky remakes sea, each reflects the other's intrinsic completeness: a limitless portrait.

May you appreciate the artistry in everything.
May you find beauty in each tender difference.
May you see your own beauty reflected in the beauty of others.

may you BEGIN

The moment you sight the sea; breathe in the salty air; touch the very edge. When you taste the promise of renewal; hear the fear and the questioning. In the anticipation of beginning, you have already begun. Step in.

May your fears evaporate as the sun rises. May a deep breath move you forward. May you take the next step, as if it has already been taken.

may you BELIEVE

To enter the sea is to conceive of something greater than yourself, while allowing space for your own greatness: it is soul knowledge that even as you need water, you are water.

May your worthiness be unassailable. May you claim your place in the world. May you always be there for yourself. May you believe in you.

may you find BELONGING

The sea does not judge. It does not require evidence of your status and qualifications before it lets you in. Stepping into the sea, you are simply accepted. Amongst a magnificent diversity of creatures lies a whole world in which to know you are at home.

May your community be kindness. May you see strength in difference. May you be accepted as you are. May you first belong to yourself.

may you feel BLISS

In the sea's bittersweet gift of cool water on warm skin, there is both pure delight and an aching tenderness. As love lives within grief, and courage in vulnerability, bliss is both momentary transcendence and acute human experience.

May you have the nerve to feel fully. May you breathe into the intensity. May you discover what delights you. May you risk love.

may you be CLEAR

Turbulence muddies the sea: displaced, the swirling silt conceals the full ecosystem in which you live. Clear seas re-illuminate all that has been hidden, revealing the truth about where you are now and making space for what lies ahead.

May you see things as they are. May you embrace transparency. May you perceive the wider context and communicate clearly. May your clarity open bright horizons, limitless and free.

may you feel COMPASSION

Whipped into squalls, the sea can be merciless and cruel. Calm, it can embrace your entirety. Both love and fear can bring appreciation of your own vulnerability, and a desire to alleviate suffering.

May you perceive the vulnerability of others.
May your heart expand. May you tend to yourself with endless kindness. May you love through all weather.

may you be COURAGEOUS

The sea wills you to see your strength in every wave that breaks in your path. It proves your resilience with challenges to extend your bravery, stroke by stroke. It asks how far you will go in pursuit of yourself, towards all you can become.

May you face fear with compassion, and still claim your path. May you throw caution to the wind and the gulls. May you find courage in the sea. May you be bold.

may you be CURIOUS

The sea is renewed in every moment, inviting fresh exploration. It calls you to revel in the wonder of rediscovering the world and yourself afresh, without expectations, assumptions or judgements.

May you embody child-like curiosity. May you pursue questions and release answers. May you witness without criticism. May you be inquisitive, and extraordinary.

may you DECIDE

Even as you choose to go boldly into the sea, you retain an awareness of the water all around you. Alive to what you most want to feel and receive, you are mindful of your deepest intentions, alert to changes, poised to take the next decisive action.

May your instincts be your compass. May you navigate with purpose, even as conditions change. May you know your soul longing, and chart a path towards it, one decision at a time.

may you find DEPTH

Deep underwater, intuition is heightened: slower movement, muted sound, an intensity of heartbeat and breath. Light beams serve as shifting spotlights. You are pulled deep inside yourself, towards the unknown, towards your core.

May you travel deep within. May you refocus. May you look beyond effects to the cause. May you reach the heart of the issue.

may you find EASE

To stretch out by a tranquil sea is to know ease.
To swim with the current rather than against, to
trust the waves to push you lightly towards
land, to know enough to rest and release, to
breathe into tranquillity.

May you be guided by simplicity. May you
savour serenity. May your journey flow
smoothly. May you allow yourself to unfurl.

may you be ENOUGH

The sea tends to its boundaries. It offers ample opportunity for all, and yet is beholden to no one. In understanding its innate sufficiency, it releases you of any need to prove your own worth. It invites you to revel in being exactly as you are.

May you shed impossible expectations and unhelpful comparison. May you tend to your own beautiful boundaries. May you celebrate the magnificently adequate.

may you feel EXPANSIVE

Your body understands that so much of it is simply particles of water: flowing into everything, connecting everything, accepting everything.

The horizon is infinite, the depths vast. Your capacity to extend and grow is both inclusive and unlimited.

May you widen your perspective. May you move through barriers and limitations. May you open. May you develop. May you connect to the whole.

may you have FAITH

In the sea, you relinquish control. Counting your imperfect strengths, you reach for faith to steady your fears, and allow the water to take you.

Returning from even the shortest of courageous journeys, a residue of trust shimmers on your skin.

May you step bravely forward into the unknown.
May you know that you are loved whatever the outcome. May you carry hope back to shore for others. May you trust yourself fully.

may you be FLUID

The sea is always moving, changing, adapting, responding, finding a way through. To be fully in the sea is to embrace the constant flow of life, and to find the power in your ability to shape-shift.

May you find flexibility. May you see potential. May you discover your strength in movement and flow. May you adapt. May you remember to drink water, often.

may you FORGIVE

The sea clears the mind and heart of resentments and guilt. It soothes the harsh ache of blame and absolves failure. In the water, the tenderness of human vulnerability cannot be concealed. Each wave recalls our ability to release and renew.

May you find safe spaces to release anger.
May you allow that you did all you could with what you knew then. May you gently rewrite the stories that bring you pain.

may you be FREE

To swim from ocean to ocean, to follow your own currents, to possess time, is to fully appreciate the privilege of being at liberty to choose. The sea attests to your right to control your own destiny in a world over which you have little influence.

May your life be your own. May you trust your capacity for self-reliance. May your love be unconstrained, and your choices unlimited. May you reject control and claim freedom.

may you feel GRATITUDE

To love the sea is to express gratitude. When you bring your awareness to this gift, to the many other offerings made to you each day, and to the messy vulnerable glory of your life, your soul gratefully receives your thanks as your presence.

May you be mindfully present. May you honour all that you receive. May you give thanks freely and often. May your own gifts be seen, acknowledged and deeply appreciated.

may you be HEARD

The sea can push you to endure, to tread water, to fight for survival. Yet in the depths of struggle lies the courage to speak out, to ask for help. In sharing your lessons, and accepting an outstretched hand towards calmer waters, your strength touches all.

May your brave call be carried on the wind.

May you be witnessed. May you be supported by loving community. May your trials chart a powerful legacy of hope and resolution.

may you be HELD

A calm sea is a tender caress, a universal embrace: as if all the oceans in the world have come together to hold you in this moment. You are safe to be all you are, to feel all you feel here.

May you find sanctuary. May compassion heal you. May you allow gentle arms to encircle you. May you be a safe harbour to others, and to yourself.

may you feel HOPE

Hope is a longing for the ocean: the teasing elation of a shimmering sea. It is your inner knowing that the tides will turn. It is finding the space where the waves break more gently, allowing you to pass.

May your longings be heart-felt. May hope sustain you through the dark days and the grey. May you anticipate with love and faith.

may you IMAGINE

Beyond what can be seen. The undersea world reflects your imagination: rich with instinctive impulses, ideas and emotions. Immersed, you can look within, behind and beyond your current experience, and explore possibilities without fear.

May you conceive of it. May you be led by bold dreams and intuition. May your creativity flow. May you seek the possible in the impossible.

may you JOURNEY

The sea beckons you towards adventure: to travel further, inside and out. Whether you find adventure in the quiet mystery of a shell at your ear, or in a bold new horizon, it encourages you to explore. To cross borders, to seek and discover your own heroic journey through the everyday.

May you seek out opportunities for progression.
May you travel far. May your obstacles only prove your capacity to overcome them.

may you feel JOY

Whether you find joy in the sea's spacious beauty, its calls to playfulness, connection, freedom, faith or belonging, or in the exhilarating vitality of your own survival, the sea reminds you to pursue what lights you up.

May your pleasure be easy. May your smile be wide and your laughter fulsome. May your happiness cast joyful ripples, great circles of delight that journey far.

may you find LIGHTNESS

Floating on the surface of the sea, your heart can perceive the whole luminous sky. In releasing your dread of each incoming swell, you find weightlessness: your soul lifted by gentle waves of grace and laughter.

May you delight in finding peace on the surface, even as the waters shift beneath. May you change perspective. May joy and lightness fuel you, to soar beyond and above.

may you LOVE

The sea is a seductive lover. Embraced as a soulmate or sacred calling, it asks for daily tending, fierce commitment, and the faith that every squall brings a vital lesson. To love is to deepen your understanding of yourself with each turning tide.

May tenderness and tenacity survive the storms.
May your passions teach you exquisite truths. May you love yourself as fiercely as you love others.

may you be MAGIC

Where light enters the sea, there is glorious alchemy. Like light, wherever you enter the world, you create your own magic. Conjuring the sun and the moon, being and soul, into the shifting ritual of the tides, the sea invokes your own innate capacity to synthesise, transform, and call in.

May you trust your instincts. May you connect to divine flow. May your greatest hopes be realised. May you know the power of your own magic.

may you PAUSE

Each visit to the sea opens space for respite and contemplation. A chance to be present in the pause. A movement away from overwhelm towards peace. A wash of stillness to guide your movement forward.

May you find the quiet moment. May you take all the breaths you need. May you have time to consider. May you know the pause as progress.

may you PERSIST

Whether storms rage or gentle waters kiss the coast, the waves continue to the shore. The sea keeps moving, whether or not you choose to swim. Always rising and resting, rising and resting. One wave at a time.

May you determine your destination. May small steps lead you forward. May you journey onwards with stamina and tenacity, resting as you rise.

may you PLAY

The sea beckons to joyful children, ageless in the water. It is a gleeful promise of unconstrained fun, free of self-consciousness and judgement.

Embracing play, you reject limits, open to the new, learn and grow.

May you seek out fun and connection. May you let go of inhibitions and preconceived outcomes. May you experiment with joy. May you be filled with curious wonder.

may you be POWERFUL

The power of the sea is immense and potent.
It can devastate and reshape the world in its path.
It can hold miracles, tend to the tiniest of life
forms, evolve and nourish an entire ecosystem.
The sea has the power to nurture, and to destroy.

May you know your own power. May you allow
your gifts to be seen. May you believe in your
ability to change everything for the better.

may you be PRESENT

The sea is a constant reviver, a whole body sensation pulling you into the now. It calls you into this breath. Into this wave. Into this thrill and this leap. Into your presence. It sounds the pulse of your soul, urging you to claim this entire being.

May you be here now. May all your senses be engaged. May you delight in the exquisite detail of everything. May you occupy your precious life.

may you RECEIVE

The wonder of the sea is not earned or deserved. It is an offering, given and received without constraint. A constant presence that offers you the choice: to deny your innate worthiness and resist the gift, or to accept it in gratitude.

May you welcome the gift in everything. May you ask and accept. May you know your true worth. May your heart open to receive.

may you REFLECT

The sea witnesses all weather. In the thick of the squall, its peaks and troughs may obscure your truths. But in the calm, its surface reflects you back to yourself. It softly mirrors your actions, observes your ripples, and shows the currents that pull you.

May the storm pass. May you find space for reflection. May you see yourself clearly and with compassion. May you witness patterns of hope and transformation.

may you RELEASE

The sea brings weightlessness to a heavy heart. In the water, little by little, you can let go. Bathe your aching sorrow. Let the waves wash tension away. As you release, you are lifted.

May you relent. May you lay down your burdens. May you release all that no longer serves you. May you be cleansed. May you rise.

may you be RESILIENT

The pebbles endure, turned in the shoreline.
Beached between tides, sea-glazed, they shine.
Solid, they face the waves' inevitable return: as
proof that in the unending wash, even the hardest
of rocks is tumbled smooth.

May you be irrepressible. May you sculpt a bold
life from upturns and challenges. May you tend to
your resilience in the lulls between the tides.

may you REVEAL

There is risk in exposing the raw tender truth of yourself to the vastness of the sea. In daring to face the unknown, the fear of shame, disappointment and loss. But your bold integrity and glorious vulnerability nurtures courage and connection.

May you allow transparency. May you find a trusted listener to hold your truths. May you shed the layers that no longer serve you. May you find strength in vulnerability.

may you SHINE

In the sea, living each wave fully, you are luminous. Washed in light, the water glittering on your skin, you are alive with the thrill of facing fear, over and over. As you endeavour, you inspire all those around you towards greater bravery.

May you be a lighthouse. May you be seen and known and understood. May you be the inspiration you are looking for. May you dive deep into the glitter.

may you be SOOTHED

Gently cradled below the waves, the sea floor is cool and quiet, the water's touch soft against your skin. Here, you can watch the storms unfurl in coils of waves above, knowing that all things pass.

May you soften into your tender emotions. May you find tranquillity deep within. May you allow yourself comfort and relief. May you settle gently.

may you find SPACE

The open sea extends to a vast horizon. A view that offers infinite spaciousness: a blank canvas beyond, above and below. Between here and the skyline, your scope can widen: you can move without restriction, take up space and be free.

May you clear your mind. May you have ample time. May you broaden your perspective and perceive boundless opportunity. May you journey without constraint.

may you STRETCH

The sea tests your willingness to extend, your capacity for movement, the limits of your endurance. It asks you to leave the safety of familiar land, and explore the space between your desire to change and your capacity to stretch into unknown territory.

May you grow. May you allow yourself to be more. May you extend beyond your current beliefs. May you find suppleness and strength.

may you be WILD

The sea acknowledges the raw beauty of the animal within us all. Recognising the desire to feel it all, to be it all, to run free and unencumbered, it calls you into the wild.

May you cast off constraints and inhibition. May you embrace spontaneity. May you roar into the waves, dance with joyous abandon, and express all that you are.



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about *Sea* soul blessings

The sea has brought me many unexpected gifts.

There are the obvious ones: the inspiring joyful community that encouraged me to start sea swimming, the time spent immersed in Cornwall's natural beauty; the regular exercise and the healing power of cold water.

Perhaps more surprisingly, the sea has also helped

me to calm anxiety, clear difficult emotions, and gain faith in myself.

My daily time in or by the sea has become my self-compassion practice: life-changing proof that I am worthy of precious space to tend to my needs every single day. I leave the sea a different person: braver, stronger, more focused, connected to myself and the world. Each visit offers me a fresh gift, a vital message or guidance.

And one day, the idea of Sea Soul Blessings arrived on the tide: to create simple tools to share the sea's elemental gifts with others: those who knew the sea's magic, but couldn't always reach it.

My challenge was merely to translate the feelings, words and images that came from the sea into a form that others could use: gentle but powerful cards, compassionate blessings, and a practice with which to connect to intuition and the sea's wisdom: so that you too can be blessed by the sea.

The deck includes one yet-to-be-completed card:
to hold space for your own message from the sea.

Find out more about Sea Soul Blessings and how
to use your cards at www.seasoulblessings.com or
search for @seasoulblessings on instagram,
facebook and twitter: #seasoulblessings



Sea Soul Blessings: created and inspired
by the sea in Cornwall

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