



1354 Heathbrook Circle Asheville, NC 43065 USA

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URL: www.theleftside.com Email: theleftside@aol.com

Melissa Harris Messages

Listed in descending numeric order

157 PROMISES (Women and Love Series)

In the beginning there are the promises, possibilities beyond measure. All is in the unknown, a life waiting to be celebrated.

156 PROTECTION (Empowered Women Series)

When she wanted insight or protection she would call in her angels, spirit guides and animal totems before letting go into the dreamtime.

155 MOTHER'S TREASURE (Women and Love Series)

Nature cradled them in love as they rested together secure within her vast beauty.

154 SOUL MATES (Empowered Woman Series)

Our soul mates come in many forms. Winged, two or four legged, the shape is just the container for the love we give and receive.

153 SISTERHOOD (Women and Love Series)

There are those I know I can turn to in pivotal times. Thanks for being a friend with open arms.

152 FOUND TREASURE (From the Empowered Woman Series)

Much of our lives are spent in quest of something. Rejoice in the treasure chest of riches your life holds for you now.

151 JOY (Empowered Woman Series)

Real power emerges from you when you choose openness to joy. Light enters the void, filling and healing any dark places of your being. Expand, grow, stretch, and open to different ways of seeing. En-Joy!

150 FREE SPIRIT (Empowered Woman Series)

Follow where your free spirit leads, allowing her to show you the places inside where you want or need to stretch. It's time to soar!

149 BUTTERFLY BLESSINGS (Women and Nature Series)

Butterflies had always been a "sign" for her when she was looking for answers or connection. This day she had needed support and clarity and felt blessed when one of these beautiful beings appeared.

148 DREAMS COME TRUE (Women and Dreams Series)

She had made it a practice to focus on the reality that she wanted to create. She next took steps toward making that happen. Her reality was an incredible manifestation that all began with a dream.

147 COLLABORATION (Women and Love Series)

Explore and enjoy the magic of creation with another. Let your combined energies guide you.

146 ADVENTURE (Women and Magic Series)

Open up and fly into the unknown! Where do you want to go? What do you want to do?

Open up to the unknown and know you will be supported on your journey.

145 HOLDING UP MY WINGS (Women and Love Series)

Even if your wings feel heavy – relax, Spirit is supporting you.

144 HOPE (Empowered Woman Series)

You are a beacon of light illuminating the way for all those you touch.

143 MOTHER'S TREASURE (Women and Love Series)

Treasure these magical moments of nurturing and love for these are precious beyond measure.



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142 MENDING THE WEB (From the Empowered Woman Series)

Like a spider's web that can be seen only at certain angles in the light, so sits parts of the soul's task.

We may need to open up to new ways of looking at things in order to see where we need mending and how we might go about it. When we take on the task, we begin to heal.

141 IN CONTROL (From the Empowered Women Series)

A passionate woman takes risks and sometimes likes to walk on the edge. This wise woman prepares herself as best she can for life's challenges, then, moves ahead with confidence. She is filled with her love of life.

140 INTO THE LIGHT (From the Empowered Woman Series)

Sometimes life flows with ease; occasionally we are faced with obstacles. Stand in the light and enjoy a sense of peace.

139 BOUNDARIES (From the Empowered Women Series)

Life is a balancing act. She stands poised, ready to move forward into a new reality. Follow her if you dare.

138 Into the Mists (the Cycles of the Moon Series)

The moon beckoned to her in a mysterious manner. Summoning her from the tasks of daily life, connecting her with her deepest longings, it served as messenger from Spirit to remind her what was important in life.

137 Possibilities (the Women and Dreams Series)

There are always choices and opportunities. It may take us time to recognize them. Once we do, it's exciting to put our dreams into motion.

136 Happy Garden Days (the Women and Nature Series)

Her garden was her sanctuary. In the quiet time alone she was able to sort out her thoughts. The feel of the rich soil on her hands grounded and nourished her. Tired in a good way, she pulled herself away at the end of a long summer day.

135 Lighting the Way (the Women and Meditation Series)

Thank you for lighting my way....



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134 Answering Call of the Wild (the Cycles of the Moon Series)

Are you familiar with the call of the wild? Have you experienced that restless feeling? Something entices you to break out of your routine, calls to you for an adventure? Heed the call. Your spirit wants to soar!

133 Count Your Blessings (the Women and Nature Series)

It was a magical gift to be surrounded by her dolphin friends. She was reminded to count her blessings.

132 TIMES TO REMEMBER (the Women and Love Series)

These are the warm and fuzzy moments that make life so very special.

131 A CALL TO GATHER (the Women and Love Series)

We gather in times of need, joy, despair and simply to enjoy each other's company. Wherever I go, I carry my circle of women in my heart. Knowing that I am being held within this circle of love gives me strength to face life's challenges. I am filled with gratitude for you all.

130 GOING DEEPER

There are times in life when one needs to take risks. Open the door. Walk through it.

129 THREE WISE WOMEN

As keepers of the flame we women strive for peace. Our light will shine throughout eternity.

128 BLOSSOM

Bursting with the joy of life, the flower diva surfaced, and showered nature with her magnificent beauty.

127 YOU ARE LOVED.

Our relationships play such a big part in our lives. I'm so happy you are a part of mine.
Going Deeper. There are times in life when one needs to take risks. Open the door. Walk through it.

126 JOURNEY WAITING

Sometimes we need to break up the routine, change the scenery. Take the boat to a new location.

125 MOON MAGIC

Dancing to the beat of her frame drum, she celebrated her passion for her life and, all it held.



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124 GUIDED JOURNEY

If we are watching, there are always signs to lead us in the right direction.

123 MAGIC CARPET

Love of each other fueled their lives together, and enriched it daily. Their ability to manifest from this place was limitless.

122 LET ME LOVE YOU

Their love was profound. Each wanted to love each other more deeply than they could express, and continued to open to each other in new ways.

121 INTENTIONS

There are times in life when one moves forward, and doesn't look back.

120 WOMAN AT THE WELL

The ancient well was her sacred space. There, in her peaceful retreat, she was granted visions, which guided her next steps.

119 MAKING MAGIC

Fly high! Let your spirit soar. Your dreams are only a wish away.

118 MEDICINE WOMAN

There is a medicine woman deep inside each of us women. She has an innate knowing, and always follows her instincts.

117 REJUVENATION (From the Women and Nature Series)

When she was tired or stressed she turned to the healing powers of the sparkling waterfalls. Upon emerging she was fully refreshed, recharged, and rejuvenated. The waters were her healing medicine.

116 IN YOUR POWER (From the Women and Magic Series)

Ground and center yourself. Call on your connection to Spirit. You have everything you need within you. Stand in your power.

115 GRACEFUL CHANGES (From the Women and Nature Series)

One thing we can count on for sure. Nothing stays the same. May we flow through life's changes with the grace of a butterfly.



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114 DANCE YOUR DREAMS (From the Women and Magic Series)

Whatever feeds your spirit, Makes your heart sing, Fuels your passion, Do it. Dance your dreams woman!

113 HARVEST (From the Women and Nature Series)

The work is done. Now for the harvest!

112 SWEET LOVE (From the Women and Love Series)

The time we spend together means everything to me. With you my world is complete.
(greeted on the inside on the left hand side)

111 CREATE YOUR OWN REALITY (From the Women and Dreams Series)

Dare to dream Big.

110 FOREST DANCER (From the Women and Nature Series)

In the forest I celebrate my connection to Spirit. My soul sings with joy
For the sacred beauty of Mother Earth.

109 CONNECTION (From the Women and Love Series)

Being in deep connection with another is a precious gift. Not only does it nourish, soothe and inspire us, but also provides a deeper understanding of our own selves.

108 WISHING ON THE SAME STAR (From the Women and Love Series)
(greeted on the inside on the left hand side)
Let's join together and make our dreams a reality. I love you.

107 NO LIMITS (From the Women and Magic Series)
Possibilities are endless!

106 THE WISDOM OF THE MOON (From the Cycles of the Moon Series)
By observing the progression of the moon's cycles and noticing the effect on her body, mind and spirit. She learned how to work with Mother Nature to create peace and abundance in her world.

105 INSPIRATIONS (From the Women & Dreams Series)
In her dreamtime she found inspiration. She savored her sleep for the wealth of ideas, images and solutions that waited for her there.



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104 OPENINGS (From the Women & Meditation Series)
When she sat quietly in meditation it seemed that all doors were open to her. In this deep space, feelings of love and peace settled over her being.

103 FAIRY MAGIC (From the Women & Magic Series)
Her belief in the fairy folk and all things magical provided an opening for their presence in her life.

102 TAKING THE TIME WE NEED (From the Women & Meditation Series)
The time she took to rest and ground herself, allowed a sense of peace to fill her being. This habit of centering kept her open to gifts and messages from Spirit.

101 IN GRATITUDE (From the Cycles of the Moon Series)
As she was basking in the light of the nearly full moon, she was overcome with gratitude. She recognized the perfection of life, just as it is with all its joys and imperfections.

100 CYCLES OF THE MOON
I see our lives in cycles, like those of the moon. There are times of preparation, times of harvest, and times of darkness. It is my wish to move through each cycle with grace, and to have the courage to welcome each change. The moon is a wonderful teacher.

99 POINT OF BALANCE
I keep my heart open as I search for the place of balance in all things.

98 SPECIAL MOMENTS

I really treasure those special moments we have together. You hold the space for me to be who I am, and simply listen.

97 THE GIFT OF LIFE

Entering into that sacred place where nurturing takes place, giving freely, openly of your love. Ensuring your child's entry into the world of the unfamiliar, with the gentleness and understanding that are your special gifts.

96 THE GREAT COSMIC MOTHER OF ALL THINGS

She is ever-present. Love and compassion are her tools.

95 BABY'S BLESSING

May this precious being be always loved, nurtured and protected.



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94 OUR FRIENDSHIP

I'm grateful for your presence in my life. Your friendship grounds, supports, and nurtures me. You make me laugh when I am down, and help me to see things in a different light when I am stuck. Thanks for being you.

93 DREAM ANGEL

She woke up with a sweet feeling that she was loved & protected.

92 SUNSET GARDEN

These precious hours of the day made all her worries melt away.

91 UNION

Celebrating a rich & joyful union.

90 MORNING GLORY

Here's to Love & Life!

89 CYCLES OF LIFE

My thoughts are with you...

88 FAIRY DUST

Sending a little fairy dust your way...

87 MERMAID'S VISION

May we flow as gracefully with our changing lives as the rhythms and tides of the ocean.

86 ABUNDANCE

I remind myself: think BIG...think ABUNDANT...and rejoice in the infinite gifts of Mother Earth.

85 CREATING SACRED SPACE

Sit open love pray wait receive

84 ANYTHING IS POSSIBLE

In opening to the abundance of the Universe, anything is possible!

83 MYSTERIES

What's beautiful about life and often a challenge, is not knowing what waits around the corner.



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82 DIVINE MOTHER

On our walk through the Goddess's world, may we be reminded to pause often and admire the wonder of all She has created.

81 DANCE OF LOVE

Oh, that dance of love. How incredibly lucky to have the opportunity to share love & life.

80 SPINNING YOUR DREAMS

How can we manifest our dreams until we know what they are? A question that occurred to me awhile back. And so I sat down to spin my web of dreams.

79 GRACE

Through the grace of the Goddess, may all beings know kindness.

78 CONNECTING THE CIRCLES

Imagine all the circles of women in the universe, uniting together in shamanistic vision, to strengthen, support and nurture ourselves.

77 OPPORTUNITY

May our eyes be open to all opportunities.

76 SPIRIT SIGNS

Spirit is always there to help guide us. Spirit is everywhere; in dreams, conversations, walks in nature. Are we listening?

75 GODDESS OF ALL THINGS

She came to me in a vision, the Goddess of ALL Things. Reminding me to: feel my fire, express my thoughts, let my feelings flow, and take time to ground and center.

74 REACHING THE RAINBOW

Sometimes it all just comes together!

73 ANCIENT MEMORIES

Spirit of the wind carry me. Spirit of the wind carry me home. Spirit of the wind carry me home to myself.



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72 THE ROAD HOME

When I am short on hope and faith, feeling lost, I bring myself back to nature's abundant beauty and feel at peace once again.

71 CREATRIX

"I open my crown chakra to Spirit, the Great Goddess, my higher self, and spirit guides. I ground through my base chakra and root myself to Mother Earth, I am nurtured by her ages old wisdom and feel secure and supported by her. From this place I begin my prayer and meditation. May Goddess' will be done."

69 CAT YOGA

It never ceases to amaze me, that the serenity we work so hard to achieve comes to our cat friends so naturally.

68 DANCE GYPSY

Your dance through this life bears a purpose. To offer the world your truly unique gifts.

67 GO FOR IT!!!

For all the times you thought you couldn't do it, there are 10 times as many reasons why you can!

66 SOUL SISTER

Thank you for being there for me.

65 FOREST ANGEL

In the woods one quiet dawn I was able to still my thoughts and align myself with the energies of the forest around me. In that magical moment I saw Her an angel of the forest I knew then that I had never been alone.

64 TELL IT TO THE GODDESS

In her meditations she found strength and support in her connection to the Goddess.

63W BLESSED UNION

Inside card: Blessings to you as you weave the special magic of your union with one another.

61 DANCING DIVA

In sheer delight she opens to the light of the pearlescent moon. (Birthday: May your birthday be as magical as the essence that is you.)



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59 UNDER THE SPELL OF THE MOON

'Neath the magic of the moon's incandescent glow peace finds me and soothes the ruffled edges of my soul.

58 WHEEL OF LIFE

Entering into that sacred place where nurturing takes place, giving freely, openly of your love. Ensuring your child's entry into the world of the unfamiliar, with the gentleness and understanding that are your special gifts.

57 SHINING PRIESTESS

May your inner light and wisdom guide you ever faithfully on your journey.

56W MYSTICAL UNION

Inside card: Wishing you a magical, mystical union.

56 YOU TURN ME ON

Inside card: You turn me on in every way.

55 A WISE WOMAN

A wise woman turns within for answers, knowing there's a place deep inside, holding her truth. She becomes quiet enough to let the clarity of her inner voice shimmer through. And then she listens.

53 OUR EDEN

52B YOU'RE THE STAR

Inside card: Your magic blesses all you touch. Happy Birthday!

52 YOU'RE THE STAR

I see you like the butterfly. With each breath surrendering, flying toward freedom with your willingness to grow and change.

51B BLESSINGS TO YOU

Inside card: Blessings to you on your birthday. May your heart be light and free on you magical day.

50 OCEAN DREAMING (Women and Dreams Series)

I woke from my dream hearing the sound of a whispered voice:

"I am the Ocean; I embody the Feminine". I let go and allowed myself to be pulled into her generous body. Amazed at her strength, trusting in her ancient wisdom.



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48B YOU ARE A FLYING GODDESS

Inside card: Happy Birthday to a flying Goddess!

48 YOU ARE A FLYING GODDESS

In our dreams we fly free - you, me – Goddesses in the sky. Searching, exploring, creating...rejoicing in the pleasure of sweet solitude.

47 SEA PRIESTESS

She rose up out of the sea. She was strong. Hers was the energy of the element Water. Flowing, sometimes forceful, yet flexible; moving forward where she could find a path and resting gracefully when the way was unclear.

46B TRANCE DANCE

Inside card: On your birthday... May you dance into a year filled with all your hearts desires!

45 THE WOMAN WHO WANTED IT ALL

Early on she had been advised to REACH FOR THE STARS each star led her to the next until...she had succeeded in weaving together a life filled with all the good things she could imagine.

44B QUEEN OF HEARTS

Inside card: We can only give to others what we give to ourselves. Be good to yourself on your birthday!

44 QUEEN OF HEARTS

Love who you want. Dress how you choose. Eat what you like. Give your mind a rest and let your heart be your guide.

41B THE OTHER SIDE OF KALI

Inside card: Birthdays are a time of new beginnings... Let's celebrate the opportunity! Happy Birthday!

39 FOR A DREAMER

She loved to sit by the window and dream. When the sun shone it's golden light, she sank into a void where time and space no longer existed.

38 WOMAN LOVE THYSELF

Women let us love ourselves, for the wild, passionate, and expressive selves that we are.



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37 PRECIOUS MOMENTS

36B THE BLESSING TREE

Inside card: On your birthday – Let yourself go!

36 THE BLESSING TREE

She went up there to be alone, to be upside down, or to hang Free. That tree knew her better than anyone.

35 THE MEADOW IN MY HEART

33 TO KNOW YOU

Our friendship enlightens, grounds, and strengthens me. Thank you.

32 CUP OF LIFE

For each of us there is a path, a truth, a vision. The challenge sometimes is finding it. However, once it is discovered, the sense of excitement, along with the creativity we employ to arrive there is worth the search.

29 FAITH

Faith took her deep into the woods, sat her down, and asked her to follow her heart.

27 OUT OF THE GARDEN

We are of the Earth, organic. Our bones are Her bones. Curiosity led us out of the Garden, away from our divine connection to the Mother in Her myriad forms. The Serpent, Wisdom, calls us back-filled with the Knowing we sought.

26 ONYX THE CAT AND HIS WISE WOMAN

Have you ever been to visit a wise woman where there does not reside at least one cat?

24 OCEAN PULSE

The gentle ebb and flow of the ocean's pulse supported me as I drifted weightless on her waters.

22 CAT KARMA

20 SU-SUN AND FLOWERS

She realized that it was the simple things in life that brought her the greatest joy; the sun, the flowers, the feel of the wind in her hair.



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18 WARRIORESS (Women and Magic Series)

Yes, she thought, I take pride in my vision of Self as Warriress.

I hold this vision strong in my heart.

14 TALK TO THE MOON

The night wind whispered her instructions: talk to the moon. Flow with her, to her. Get to know her. Align yourself with her rhythms.

13 OF WOMAN

I was blessed in this life to be born Woman.

3 LETTING GO

She released herself into the elements. The misty breeze from the sea sifted through her thoughts bringing a new found clarity.