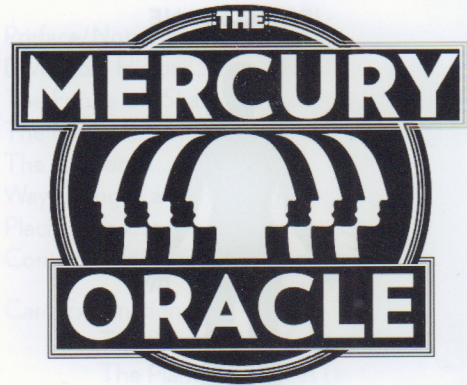




THE  
**MERCURY**



**ORACLE**



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**Created by**  
**NEEFF**

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Reality is not only stranger than we suppose, but stranger  
than we can suppose.

-JBL HALSDANE



**YOU ARE HERE**

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## PREFACE/NOTE FROM THE ARTIST

The creation of the Mercury Oracle has been a long bend on a winding path through a myriad of shifting realities. I began creating this oracle during 2020, which seemed to me to be a time in which all cornerstones holding up the fundamental illusions of our society had been forcefully removed. The first card created in the deck, "Be yourself", marked for me a transitory period in which I turned my insides out and my outside in, so to speak. I did not realize it at the time, but It was at this moment that I pivoted my entire artistic practice toward sharing my private world and the lens of both conventional and unconventional wisdom with which I navigate my personal reality.

Magick, all magick, whether it be the rituals of Catholic saints, Yoruban Aje, or even the illusions of Houdini, works on the principle of confusion. It is not to be named, and it is not to be dissected in its functions. It is the fabric of life itself, vibrant and ever-changing. It had dawned on me that often the world at large does not operate logically and therefore requires oblique approaches to navigate an ever more shifting plane.

These 88 cards, the embodiment of the methods, techniques, cosmologies, declassified documents, and practical wisdom that I have learned in my 34 years, are a reverent ode to an expanding awareness of the weird that unfolds indefinitely once we take up begin down the path of inquiry. Where tarot outlines

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## PREFACE/NOTE FROM THE ARTIST (continued)

the Fool's Journey and those he meets, the Mercury Oracle exists more as a system of wayfinding for those who have woken into a strange, unfamiliar and often backwards place.

It is my hope that this Oracle will assist those who have found themselves on the other side of the looking glass. Not to attempt to find their way back to the virtual reality that is a false and mundane place, but to realize with each step further into our personal power we move deeper in to a grounded acceptance that the universe has an air of strangeness. That we are being pushed through a birthing canal into a richer, wilder, and more magical reality.

-NEEFF

## DIVINATORY HISTORY

Throughout history (and prehistory), communicating with the supernatural through divination has been the birthright of all who have come before, whether through community rituals or fortune telling for personal purposes, divination appears in all shapes and forms. Shamans read the clouds, the druids the death throes and entrails of sacrificed animals, the Romani the leaves at the bottom of tea cups. It wasn't until the 1700s that card reading, or cartomancy, became a widespread phenomenon. Though often forbidden by the evils of orthodoxy, the wise have always turned to the tools at their own hand to find their way.

These 78 cards, the embodiment of the methods, techniques, cosmologies, declassified documents, and practical wisdom that I have learned in my 34 years, are a reverent ode to an ever-present awareness of the void that underlies reality, which only when we take up begin down the path of inquiry. Where next will we

## THE FUTURE IS A SHAM

The cards can be used for many things. It is a common misconception that divination is a tool to tell the future. How can one tell the future if the future does not yet exist? Reading the future is a practice reserved for charlatans. Your personal future is in your hands - this is Destiny. A future which is immutable is Fate. One can only avoid fate through the development of will power and through the persistent insistence on present existence. Get too caught up in the future or the past and you let fate's cold hands around your neck, forever dictating your life. Divination is a tool to read the outcomes of the momentum of the totality of the moment and it takes good care to understand where your spirit lies within it. If you truly wish to see a different future for yourself, you must take the time to go inward and make resolute changes from within. Seek your Destiny, avoid your fate.



## THE MAP

The cards themselves are modeled after classroom learning aids, like the ones that taught you rudimentary shapes in your youth. Each card works on a metaphorical level through its illustration and accompanying narrative. They are at once penetrating and easy to understand. Metaphors are magic, and we are building a narrative map that forever changes as you go further down the rabbit hole. Some cards activate a particular spread that will offer multiple roads to choose from such as an opportunity to dows with a pendulum, or instruction to just STOP reading the cards. Just as the cards are easy to understand, they also expand in depth as you work with and understand them. Many of the cards accompany tried and true magical techniques, rituals, meditations and methods which will be explained through the later pages of this book. This is just the guide, it is your decision to see how deep the rabbit hole goes.

## THE TERRITORY

(continued)

Trying to describe what anything is, is truly an impossible task. The world is weird and shift. You can describe what things do, but never what they are. If you could describe anything and see it for what it is, you and the world would cease to exist, because infinity permeates infinity. This is the noumenon.

These cards were developed to help you navigate a constantly changing plane and allow you to better see what is right in front of you, beyond linguistic structures. The cards themselves are a very lo-fi tool for navigating a very hi-fi situation. As you read them, remember, "The map is not the territory."

There are many techniques and meditations within this book. Many of which are cross referenced and can be combined for more potent results through mindful intent.

## WAYFINDING IN AN UNCERTAIN WORLD

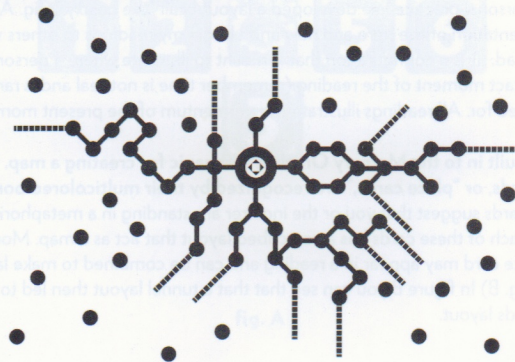
This deck may be an oracle, but even more so it is a wayfinding system that runs on Spirit.

Ancient Polynesian communities were experts at wayfinding on the open seas. Without instruments, they set sail and made their way by reading the stars, watching cloud formations, and paying close attention to the swell of waves to find their way to new territories, often thousands of miles away.

As modern people we have the ability to use modern tools to wayfind, often forgetting that nature is still our biggest ally. I have developed this tool to assist wayward souls in moving through a world that is full and alive beyond what our modern technologies can measure. With time, it is my hope that the use of these cards will expand your vision and awareness of what is possible within your intuitive capabilities. Perhaps one day, if I did my job correctly, you will never need to pick up the cards, instead trusting the knowledge you have gained in their use. Your voice, your inner voice, that is god, source, spirit, your higher self, whatever you may call it, is the greatest guiding light of your life. You can not operate the cards without it.

## WAYFINDING IN AN UNCERTAIN WORLD (continued)

Wayfinding is often a group activity. If you have found that this brick of paper has helped you in any way to set yourself on course, I ask those willing to take their new understanding and pay it forward by helping your community in times of need. The cards are a wonderful conduit for receiving wisdom. I have noticed that even if I have the answer that people seek, there is a greater willingness to receive said wisdom when channeled through some sort of third party. These cards open doors, they open hearts, and they open minds. Use them wisely as you find your way.



## PLACING THE CARDS

This deck is mercurian (not to be mistaken with mercurial). It moves with fluidity. There is no prescribed way to read the cards, only suggestions. This tool is here to help you learn many things, but most importantly to help strengthen your intuitive ability. In a free form layout, begin by asking a question and simply laying out a card. If you need more clarification, ask for clarification and pull a clarifying card. Repeat. It's as simple as that. **Cards are activated by questions. Do not simply pull cards without a question.**

In my personal practice I've developed a layout I call "the galaxy." (fig. A) it is a representation of the here and now and I begin my readings to others with this spread. It is a configuration that is meant to illustrate where a person is in the exact moment of the reading. (remember time is not real and is rarely accounted for. All readings illustrate the momentum of the present moment).

I have built in to the Mercury Oracle a mechanic for creating a map. The "Go" cards, or "place cards," are recognized by their multicolored border. These cards suggest that you or the inquirer are standing in a metaphorical place. Each of these cards has a prescribed layout that act as a map. More than one place card may appear in a reading and can be combined to make larger map. (fig. B) In figure B you can see that that a tunnel layout then led to a crossroads layout.

## PLACING THE CARDS (continued)

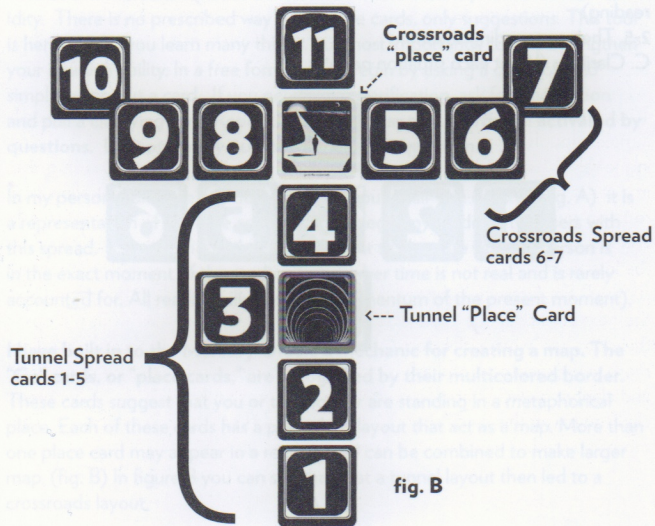
1. The theme of the reading (where the person stands in the moment of the reading)
- 2-5. Their surrounding situations
- C. Clarifiers (What each situation pertains to)



fig. A



## PLACING THE CARDS (place card combinations)



## ALLEGORY AND INTUITIVE CONTEXTUALIZING

The most powerful skills that can be cultivated in life are allegorical understanding and intuition. I made this system as easy to use as possible, but anyone who has begun to venture down the path of Spirit must constantly use and refine these skills through balance and inward listening. Both of which are subtle.

The cards are instructive with captions such as "be kind" and "do not sleep." Simple enough. However I created these directives to be multifaceted like shining jewels. Many among us have forgotten how to read images. **Reading the images is an important skill.** Drawn with blank human figures that allow you to inject yourself or the inquirer in to the reading, they encourage you to ask yourself, "where are they? What are they doing? Where is there repetition in the images and colors? Does the moon appear in all of the cards? Where is the sunrise?" For instance if the reading shows a path with a distant door and then the next card pulled is a giant door, perhaps it be wise to ask "what will open this door," or "what is the door?" and then pull and lay cards accordingly. The more you experiment and ask for clarification in your readings, the more ease and clarity you will bring. If something is unclear, simply ask "may I have more clarification on this card," and pull another card (I call these cover cards) The more you read, the more these doors will open for you!

## ASKING QUALITY QUESTIONS

The quality of the questions that you ask, dictates the quality of the answer that you receive. I have often found that the question being asked is actually another question in disguise. If you can boil down your line of inquiry to the heart of the matter then direct it to a place of empowerment you have asked a quality question. I have outlined for you the attributes of a good question

### A QUALITY QUESTION IS:

- Real:** Like a flame, a real question is burning and illuminating. It lights the way.
- Brave:** It is sharp. It cuts out the irrelevant and finds the “what.” A brave question recognizes any fear and insecurity and then moves through it. This affords you expansiveness.
- Clear:** Clarity gives access to wisdom. Clarity in a question illuminates the “why” of your asking. Our questions are representative of desire, but often what we think we desire is merely the representation of a desire. Do you desire a motorcycle or do you simply want more freedom and the motorcycle is an archetype of freedom?
- Fresh:** Asking the same question over and over elicits the same answers over and over. Try asking a new question about the situation by applying the above points and asking the question from your highest ideal of a given situation.

Finally we must ask ourselves “where do my questions come from?”  
It is imperative to ask questions about your questions.



## PLACES





## GO DOWN THE TUNNEL

*"There are darkneses in life and there are lights, and you are one of the lights, the light of all lights."*

Bram Stoker

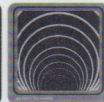
You must go through the dark to find the light. A tunnel provides a route through a mountain or otherwise impassable obstacle. It presents itself as an opportunity to the other side: a shortcut to somewhere new, good or bad. The tunnel can be pleasant and full of wonder, or it can be characterized by a creeping darkness.

The brave go through the tunnel in the blind, the wise carry a lantern through the darkness.

## GO DOWN THE TUNNEL

### Place Card: Go Down the Tunnel

1. The road leading to the tunnel through the mountain
2. The mouth of the tunnel
3. What will guide you through the tunnel: your lantern
4. The light at the end of the tunnel
5. What is on the other side of the mountain







## GO OVER THE BRIDGE

*"Praise the bridge that carried you over."*

George Colman

Air represents our mental world, the world of thought. Water represents our unconscious/subconscious world: our emotions. This card represents an opportunity to transverse the space between your thoughts and emotions. You have been walking along the banks of some river, and now you have an opportunity to cross. Your thoughts and emotions have crystalized a transitory crossing between them and now this bridge sits under a picturesque sky and over serene waters. This is an opportunity to see what new lands lies on the other side of the river bank.

## GO OVER THE BRIDGE

### Place Card: Go Over the Bridge

1. The land on this side of the river
2. The river bank
3. Your emotional world
4. Your mental world
5. The other river bank
6. The land beyond the river





## GO THROUGH THE GATEWAY

*"Often we look so long at the closed door, that we do not see the one that has opened for us."*

Helen Keller

On occasion a window of opportunity opens for us, but we must take our own steps to ensure that we make proper transit through the gateway. Every gateway requires a key that is an actionable riddle. This card is modeled after the astrological Lion's Gate portal that opens every august. The key to unlock this particular gateway is acting with bravery. But each riddle has its own solution, and each gateway a lock to be opened.

**Metaphors:** windows of opportunity, bravery, new realities, potential

**Techniques:** Look at your personal astrology for the best time to act. Reflect on the key to your gateway. How can you apply the wisdom of the key to move your life into the reality beyond the doorway?

## GO THROUGH THE GATEWAY

**Place card: go through the gateway**

1-3. What lies on this side of the gateway now

4. Key to the open the gateway

5-7. What lies on the other side of the gateway if you choose to go through





## GO THROUGH THE MIRROR

*"People suffer only because they take seriously what the gods made for fun."*

Alan Watts

Everyone you meet is a mirror. We can only see things in others that we see in ourselves. The mirror represents self reflection, friends and family. Everything we hear, feel, or otherwise perceive, is influenced by how we see ourselves. How we see ourselves is influenced by those we surround ourselves with. To go through the mirror is not only to go deeper into our reflection, but also to see and seek new perspectives. The further we go into the mirror, the more we realize that it is a veil. That we are others, and the world is the self.

As powerful as they are as metaphors, they also offer a lot as historied magical objects. Scrying is the divinitory art of using mirrors for second sight.

**Metaphors:** the cosmic joke, seeing oneself in others, self reflection, friendship and family, relatives, deepening a sense of self through relations



## GO THROUGH THE MIRROR

Place card: go through the mirror

1. You
2. The Mirror/The Relationship
3. The other







## GO TO THE CROSSROADS

*"I went down to the crossroads  
fell down on my knees, asked the Lord  
above for mercy, take me, if you please."*

Robert Johnson

You are at a crossroads in your life. You must choose which direction will lead you closer to your destiny.

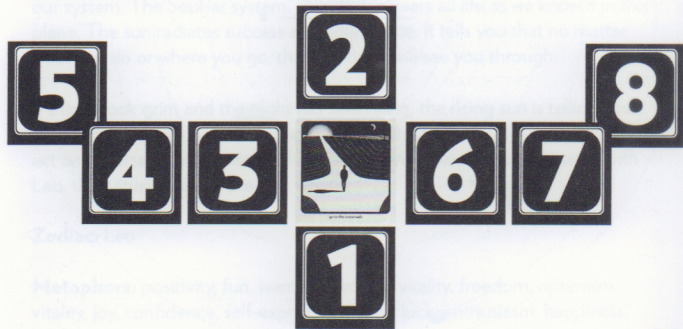
The crossroads has always been a place where agreements are made between the human and spirit world. With proper work and respect you can meet a being of the crossroads who will assist you in your decision. But on a simple metaphorical level, you are at a place of consideration which could affect your immediate and long term future. Some crossroads are more important than others and often the paths we are presented with are radically different, one path may be easy and beautiful and another a dangerous route filled with traps. Perhaps one road leads forward and the other is a loop back to an old situation you do not need to repeat. The possibilities are endless.

**Metaphors:** a place of decision, important choices, a site of encounters

## GO TO THE CROSSROADS

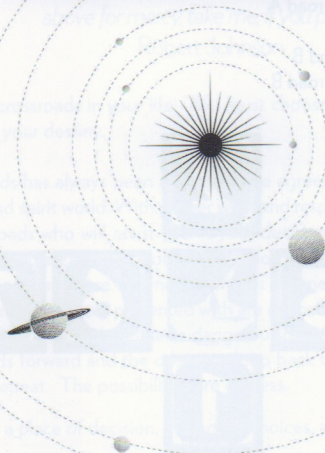
### Place Card: Go to the Crossroads

1. Where you are coming from
2. What is at stake
3. The first step down road A
4. The second step down road A
5. Where road A Leads
6. The first step down Road B
7. The Second step down road B
8. Where road B leads





# PLANETS



## THE SUN

*"The Sun, with all those planets revolving around it and dependent on it, can still ripen a bunch of grapes as if it had nothing else in the universe to do."*

Galileo Galilei

Hooray! The sun! Ruling all the planets in our home space, it is the soul of our system. The Soul-ar system. The Sun powers all life as we know it in this plane. The sun radiates success and abundance. It tells you that no matter what you do or where you go, that positivity will see you through.

If things look grim and the night has been long, the rising sun is telling you that things are getting better. Daylight is on the horizon. The sun asks us to act authentically, with a sense of our own divine power. It is associated with Leo, the natural ruler of the fifth house.

**Zodiac:** Leo

**Metaphors:** positivity, fun, warmth, success, vitality, freedom, optimism, vitality, joy, confidence, self-expression, good luck, enthusiasm, happiness, truth, openness,



## MERCURY

*"Atlas' grandson obeys his sire's words and hastily thereupon binds the winged sandals on to his ankles and with his wide hat covers his locks and tempers the stars. .."*

Statius

How are you being understood in your personal and business relations? Are you communicating clearly? When we are mutable, curious, inquisitive, and communicative we are "acting out" our Mercury.

In interpersonal situations, Mercury assists us in helping others understand, so we tend to "meet" people's Mercury first.

Mercury also represents coordination and pattern creation. Our thoughts, ideas, and sensory information from all levels of consciousness need to be arranged to be understood. But remember Mercury is also a trickster god, and acts to remind us when we grow too complacent in our understanding. One of his greatest talents is taking things apart, and putting them back together.

**Zodiac:** Gemini and Virgo.

**Metaphors:** communication, short distance travel, shifts and change, mutability, reasoning, trickery, writing, intellect, puzzles,



## VENUS

*"Venus favors the bold."*

Ovid

Venus is the god/planet of courtship and pleasure. When Venus shows up in a reading, she brings messages of unions, love, and aesthetics. She appears most strongly when we are sharing pleasure with another.

Venus is content with spreading harmonious tenderness and cultivating happiness through our appreciation of others and our possessions. We attract others and appear attractive through her energy.

Our personal aesthetic tastes are also strongly associated with the realm of Venus and thus rules the world of the arts. She asks us to indulge in our sensory pleasures and bask in the beauty of the world.

**Zodiac:** Taurus and Libra

**Metaphors:** love, money, aesthetics, attraction, the arts, beauty, refinement, charm, grace, lack of peace and happiness, familial troubles, financial crisis, betrayal





## EARTH

*"There are no passengers on spaceship earth. We are all crew."*

Marshall McLuhan

We are Earth arranged and animated by our great mother's spirit. She is our educator, our healer, our nourishment, and our fulfillment.

The Earth card appears to us in interactions with Earthlings near and far: our brothers and sisters. She represents connection and travel, kind nurturing, motherly energy. There is so much to discover in the wisdom of her landscape that we call home. She is always changing and moving, springing forth new life.

**Zodiac:** Taurus, Virgo, and Capricorn

**Metaphors:** Travel, one-world, the ground beneath your feet, home, mother, earthlings, all five elements together, destiny, Gaia, spirit, breath, life, ahimsa (non-violence), friendship



## THE MOON

*"One is never afraid of the unknown; one is afraid of the known coming to an end."*

Jiddu Krishnamurti

A mystery in itself and an anomaly, the moon can represent the unknown and the fears and illusions that come with it. What subconscious fears are you projecting into your reality? Perhaps the moon has been bringing illusions into your life? The moon is also representative of dreams, whether pleasant or nightmarish. She acts as a cosmic magnifying glass, amplifying anything that is present.

This is a time to connect with your intuitive feminine and look at the lunar cycles. How are they shaping and shifting your life? Use your intuition at this time and do not make hasty decisions under the influence of the moon.

**Zodiac:** Cancer

**Metaphors:** illusions, fears, magical creativity, the feminine, setting new goals, dreams, the subconscious, using your intuition

**Techniques:** tracking the moon, setting intentions on new moons and revisiting your intentions when the moon is full



## MARS

*"Passion will move men beyond themselves, beyond their shortcomings,  
beyond their failures."*

Joseph Campbell

Mars is the god/planet of raw energy and passion he speaks to the confident expression of the individual. Determination and drive are commanded toward presence when Mars appears in your reading. When Mars appears, It is time to be noticed and see things to fruition.

All of our creative drive is connected with our base sexual energy that transmutates through to all of the energetic tools we use to face everyday challenges. This can appear as aggression and competition or courage and honor.

**Zodiac:** aries

**Metaphors:** courage, enthusiasm, activity, youth, vitality, dynamism, confidence, initiation, innovation, and originality, arrogance, ego, anger, stubbornness, selfishness, recklessness



## JUPITER

*"Sharing with Jupiter is never a dishonor"*

Moliere

Luck and good fortune are associated with this benevolent planet. Jupiter asks us to grow by keeping our personal philosophy good and true. It tasks us with seeking spiritual answers, even if it requires that we scour the globe, this is why Jupiter also looks over long distance travel.

Optimism is at play when Jupiter is drawn into a reading. Our success and accomplishments are within the influence of Jupiter. However, if we are not careful Jupiter can also lead us down the primrose path to laziness and destruction.

**Zodiac:** Sagittarius

**Metaphors:** success, luck, good fortune, seeking answers, long distance travel,



## SATURN

*"We are made wise not by the recollection of our past, but by the responsibility for our future."*

George Bernard Shaw

Saturn is the god/planet of personal responsibility. He is the taskmaster of the zodiac. Saturn tells us when it's time to get to work and honor our commitments with discipline and structure. Not only are we obligated to see our commitments fruition, but we are obligated to recognize our own limitations.

The province of Saturn is honoring restrictions. What is possible within your ability and timeframe? What spiritual resources do you have available to put towards your work? How willing are you to be disciplined in your endeavors?

Saturn also brings with it a sense of tradition, convention, and wisdom. It is mindful of these characteristics, all of which are solidified with the passing of time, another theme embodied in the Saturnal energy

**Zodiac:** Capricorn.

**Metaphors:** structure, obligation, discipline, maturity, responsibility, sorrow, blind optimism, excess, and overindulgence



## URANUS

*"Nothing is more dangerous to men than a sudden change of fortune."*

Quintilian

Uranus' job is to break rules and demolish established patterns or structures, creating sudden-even radical-change. Uranus is called the "Great Awakener" and it always works in sudden ways. Uranus' influence overturns anything that has become stagnant and liberates quickly. Uranus creates a strong impulse to rebel.

Uranus rules all things unexpected. He also rules the future and new technology, all that is newly invented and all that is unimagined and yet to come.

**Zodiac:** Aquarius

**Metaphors:** enlightenment, progressiveness, objectivity, novelty, and ingenuity, rebelliousness, irresponsibility, technology, breakthrough, breakups, departure





## NEPTUNE

*"A dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world."*

Oscar Wilde

Characterized by dreams, psychic receptivity, illusion, and sometimes confusion, Neptune rules spirituality, and all things subtle. It is the planet of inspiration, fantasy, and dreaminess. Since Neptune is the god/planet of altered realities it shows us how to escape the mundane and exceed our limitations. However, wearing the rose-tinted glasses of Neptune can make us susceptible to illusions and may lead us to self deceit.

When Neptune appears in a reading, he is asking us to look at our divine potential. At his best, he shows us what is possible when we dissolve boundaries and seek the source, at it's worst it leads us to lies, deception, and disillusionment.

**Zodiac:** Pisces

**Metaphors:** intuition, dreams, illusions, enlightenment, trickery, deceit, propaganda



## PLUTO

*"Die many times before you die"*

Sufi Saying

The god/planet Pluto is the great revealer. Pluto is the ruler of the underworld. He is the planet of creative destruction. Through Pluto you can be reborn, but first you must die in his arms. He represents a doorway to hidden primal spiritual energy that can be released through your own efforts or through provocation from outside forces.

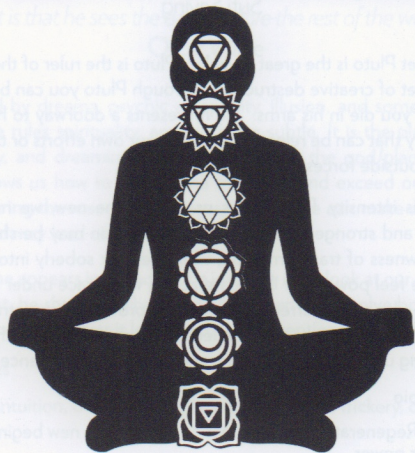
Because of his intensity, Pluto urges us to become new, we must face our deepest fears and strongest longings, so that old skin may be shed. We must endure the rawness of transformation, while we look soberly into areas of our lives where we feel powerless. If we are acting with grace under the influence of this intense planet, we surrender to what he provides. If we struggle against this force we will be brought to our knees until we succumb. Either way Pluto will always bring us to a more authentic and expansive experience of ourselves.

**Zodiac:** Scorpio

**Metaphors:** Regeneration, transformation and rebirth, new beginnings, obsession, desire for power



# CHAKRAS



## CONNECT TO HIGHER STATES

Sahasrāra chakra - The Crown

*"I understand"*

*Techniques*

*Nadi Shodhan*

*1. Begin by taking a full, deep inhalation followed by a slow exhalation.*

The crown chakra is known as the bridge to the cosmos. It is the center of spirit, where you connect with the divine. This chakra is conduit for higher wisdom, knowledge and guidance. By taking intentional time to keep a clear crown chakra we make space for clarity and release any sort of confusion about our place in the world. It is where the divine enters us and we enter the divine.

A clear connection to sahasrāra allows us to act in our highest potential because we are speaking and listening to our highest self. However it is important for us, as in all activities, to find balance. Spending too much time in the crown can lead to "over-spiritualization," which can disconnect us to what is earthly and even cause mental illness.

**Archetype:** the guru

**Planet:** the moon

**Element:** spirit

**Organ:** pituitary Gland, cerebral cortex, cerebrum

**Metaphors:** cultivating clarity, unity, mental spaces, confusion, wisdom





## ACTIVATE YOUR INTUITION

Ajna Chakra - Third Eye  
"I see"

"The seat of intuition," located in the center of the forehead, it is primarily associated with clairvoyance and provides a "sixth sense." When this chakra arises, take the time to clarify the situation with your intuition. You already know. To trust your intuition is to perceive beyond wisdom. It is the part of the body that allows us to see wider perspectives and interconnectedness.

When balanced and healthy, connection to the present moment comes with ease. Psychic abilities and intuitive higher knowing can also be accessed. In practical matters, Ajna allows us to maintain focus and optimism.

**Archetype:** the psychic

**Planet:** the Sun

**Element:** spirit

**Organ:** pineal gland, eyes, cerebellum

**Metaphors:** Intuition, psychic, optimism, perceptive, watchful, aware, memory



## ACTIVATE YOUR INTUITION

### Techniques

#### Nadi Shodhan:

1. Begin by taking a full, deep inhalation followed by a slow, gentle exhalation. With a relaxed straight spine. Do this for several rounds of breath.
2. Fold the tips of the index and middle fingers inward until they touch the palm at the base of the right thumb. You will alternately use the right thumb to close the right nostril and the right ring and pinky fingers (together) to close the left nostril.
3. Inhale through the left nostril. Use the right thumb to close the right nostril.
4. Exhale gently, but fully, through the left nostril. Keeping the right nostril closed, inhale through the left nostril and deep into the belly. As you inhale, allow the breath to travel upward along the left side of the body. Pause briefly at the crown of the a.
5. Repeat, but begin by closing the right nostril and breathing out of the left.

#### THOH Chant: iWARNING DO NOT OVERDO!

1. In an upright posture, breathe in through your nose and hold your breath as long as is comfortable.
3. Position your tongue to say the word "the." Release your breath slowly through your mouth saying T-H-H-O-H-H in one long exhale. If done properly, The tone will also vibrate in your 3rd eye. It may take a few seconds to adjust this, don't worry, just keep going.
4. Do the above 5 times in a row.
5. It is very important the above exercise be done for 3 consecutive days, 24 hours apart.





## SPEAK YOUR TRUTH

### Vishuddha Chakra - Throat

*"I speak"*

In the beginning was the word and the word was with god. Language is what makes us distinctly human. A gift from the gods, it is how we cast spells, invent, and bring abstractions into concreteness. If we can speak it, we can make it so. This is especially powerful in eloquently expressing truth.

Your voice is a powerful. The "way of the Throat Chakra" is the path to inspired creativity and to the seeking and sharing of truth. When your throat chakra is off-balance or blocked, you may experience trouble communicating and expressing yourself. It is also the path of communication between the lower chakras to the higher ones. Consequently, when your throat chakra is clear, listening and hearing with a sense of openness becomes effortless.

**Archetype:** the singer

**Planet:** Saturn

**Element:** air

**Organ:** thyroid, bronchial tubes, vocal chords, tongue, esophagus

**Metaphors:** authenticity, accepting originality, standing up for what you believe, communication, the search for truth



## SPEAK YOUR TRUTH

### Techniques

**Conscious Communication:** Is what you are about to say true? Slow down your communications and ask yourself if what you are speaking is in alignment with the highest good. If what you are about to say is in alignment, is it something that needs to be expressed by you? If yes, ask yourself if what is being expressed is coming from a place of compassion and understanding. Gossip, blaming, criticizing, or shouting in anger, are counter productive in opening your throat chakra. Remember to communicate.

**Active Listening:** The sense of the fifth chakra is listening. When you are in conversation, notice how present you are. Listen with intent and do not interrupt. Do not plan on what to say next, instead wait until the person speaking is finished and then respond. You can't listen and prepare at the same time.

**The "AH" Mantra:** Take a deep breath in an upright posture. Upon exhaling open your mouth and eyes wide, raise your gaze, and chant a resounding, relieving "Ahhh-hh" as far as your breath can carry it. You will feel it resonating in your throat. Repeat the mantra at least three times. Try to chant at different volumes and in different tones, emptying yourself totally and dissolving with out-breath.



## FOLLOW YOUR HEART

Anahata Chakra - Heart Plexus

*"I love"*

The center of love for ourselves and for others provides compassion, empathy, and forgiveness. Anahata means "unhurt, unstruck, and unbeaten." It is the source of great joy, compassion and unconditional love, but it is not sentimental. It is the source of a truth that cannot be expressed in words. It is the center of the body, where the spirit and the material integrate.

The heart center is associated with the element air, which it disperses through the lungs to connect us with everything around us as a vehicle for love.

When in alignment, the heart chakra opens us to all experiences in life. This often appears as changes in relationships. An open heart can allow us to see the beauty in the love around us as well as connect us to the natural world. But before we radiate the power of Anahata outward we must first direct its power inward to love and accept ourselves

**Archetype:** the lover

**Planet:** Venus

**Element:** air

**Organ:** thymus, heart, lungs

**Metaphors:** love, forgiveness, and compassion, tenderness, warm, devotion



## FOLLOW YOUR HEART

Anahata Chakra - Heart Plexus

### Techniques

**Posing the question:** Listening to the heart is a matter of shifting focus away from the mind and into the body through giving your heart intentional time and space. Come into a gentle awareness of your physicality. Place your hand over your heart. (If you feel as though your mind is overrun with thoughts, stop and practice a heart opening yoga sequence as suggested below) Send your question to your heart. It can simply be, "what quality do I want my life to be," or "is this right for me." A "yes" feels like warmth that radiates outward, like inspiration. A "no" can feel like a cold anxiety. Sometimes it is helpful to keep paper and a pencil nearby.

**Heart Openers:** Creating temporal and physical space within your body allows for our organs to express themselves fully. How can we listen to the voice of the heart if it is drowned out by noise? To make space around your heart, follow a yogic heart opening sequence.

Some of the yogic poses that are the most opening are:

-ANAHATASANA (Heart Melting Pose)

-BHUJANGASANA (Cobra Pose)

-SETU BANDHA SARVANGASANA (Bridge Pose)

-USTRASANA (Camel Pose)





## TRUST YOUR GUT

Manipura Chakra - Solar Plexus

*"I do"*

All of your organs are essential partners in your awareness and wisdom. Your gut is no exception. The most weighted and blood-rich area of your body, your gut is the center of intuition. It is your gravitational and energetic center. Your gut is the home to the Nadis, also known as the nabhi chakra or the Manipura, the source of the 72,000 energy channels that run through your body. When we move from and make decisions based upon the feelings that come from the gut we most effectively access our vital energies. Our gut knows the way because the belly connects all of the instinctual and intuitive parts of the self. It is the proverbial place of knowing.

Our Belly's wisdom is not limited to social constructors, desires, fears, or any other sort of hindrances that arise from the thinking and feeling centers within ourselves. Its direction is pointed and discerning. Trust your gut.

**Archetype:** the warrior

**Organ:** intestines, pancreas, liver, bladder, stomach

**Planet:** Jupiter

**Element:** fire

**Metaphors:** trusting oneself, intuition, vital energies, solar plexus, diet, sixth sense



## TRUST YOUR GUT

Manipura Chakra

### Techniques

**Expansion/Contraction:** Listening to your gut is not thinking or fearing. When making a decision, send any question or situation you may be faced with to your gut, your gut can parse through incredibly complex situations and respond with one of two feelings: expansiveness or contraction. Expansiveness feels powerful, light and exciting. A resounding "Yes" energy. Contraction feels heavy and tight, or even like a sense of dread or secrecy. This is definite "No," energy.

**Start Small:** To cultivate the practice of working from the gut, begin by making small, but quick uncensored decisions. By starting small, you may bypass any feelings of overwhelm, doubt and fear. This can look like choosing an outfit for the day, or raising your hand to speak in a meeting when your gut speaks up! Starting small will cultivate self-trust and when it comes to larger decisions where more is at stake you will know that you can trust your gut.

**Judgement Test:** On a piece of paper, write down a question that has been on your mind, "will starting a new job bring my happiness?" Write "YES" and "NO" below the question. After a few hours, come back to the paper and immediately circle your answer without thinking. It might not be a convenient, especially if the question is a big one, but there's a good chance that you answered honestly.





## CREATE

### Svadhishthana Chakra - Sacral Center

*"I feel"*

It is in our nature to create! A balanced second chakra, Svadhishthana, the creative and sexual chakra, leads to feelings of wellness, abundance, pleasure, and joy. When this chakra is out of balance, a person may experience emotional instability, fear of change, sexual dysfunction, depression, or addictions.

You can open this chakra with creative expression and by honoring your body. The energy of this chakra is feminine, passive, and lunar. Any time we take raw materials, physical or mental, and transform them into something new, we are using Svadhishthana, this can look like baking, gardening, writing, or making art.

**Archetype:** the mother

**Planet:** Mercury

**Element:** water

**Organ:** adrenal glands, ovaries, testes, the womb

**Metaphors:** play, creativity, imagination, sex and procreation  
pleasure, sense of oneself



## GROUND YOURSELF

### Mūlādhāra Chakra - Root

*"I am"*

On occasion our internal state goes off kilter. This is often due to the fact that our Mūlādhāra center is out of balance. Our root chakra fortifies the energy of survival. Any stagnant or overactive energy in the root chakra can cause us to lose our balance or connection with ourselves, and instigate a fight or flight mode. A healthy and balanced root appears in our lives as having strong connections with family and friends, feeling wanted and loved, being content within our bodies, and having financial confidence.

The first chakra connects us to the Earth through our animal needs. Our grounding center exists in conjunction with the circle of life. Earth nourishes the plants and animals that nourish us and in turn our waste returns to the earth to nourish the earth. When we are at ease we let go of the things that no longer serve us. Mūlādhāra is associated with the colon and gastrointestinal system.

**Archetype:** the mother

**Planet:** Mars

**Element:** earth

**Organ:** testes, gall bladder, kidneys, bowel

**Metaphors:** balance, feeling loved, survival, nourishment, animal needs, boundaries, putting down roots, security



## GROUND YOURSELF

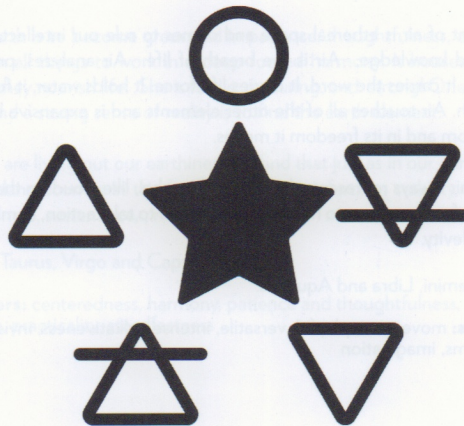
Mūlādhāra Chakra

### Meditation

1. Stand barefoot on flat ground
2. Scan your body for tension.
3. Imagine roots, as if your body is a tree.
4. Let your legs and the soles of your feet descend as if they are the roots of a tree. Your feet extend deep, deep into the ground, into the core of the earth.
5. Notice if you have very thick roots that firmly pull and hold you down or thinner roots that spread out to cover more area, ensuring more security and abundance.
6. Breathe in through the roots- move your breath from the soles of your feet, up through your calves, and thighs.



## ELEMENTS





## FIND AIR

*"What is brought by the wind, will be carried away by the wind"*

Persian Proverb

The element of air is ethereal space and comes to rule our intellect, communication and knowledge. Air is the breath of life. Air analyzes, probes and synthesizes. It carries the word. It carries life force. It holds water, it fuels fire, it moves earth. Air touches all of the other elements and is expansive by nature. Air is freedom and in its freedom it moves.

In poetics, air always represents the mind. Thoughts, like clouds in the sky, pass and change from moment to moment. Air asks us to take action, communicate, and create levity.

**Zodiac:** Gemini, Libra and Aquarius.

**Metaphors:** movement, playful, versatile, intense, talkativeness, invisible, thoughtforms, imagination



## FIND EARTH

*"Waste not want not."*

English Proverb

To find earth is to become grounded in patience, thoughtfulness, and stability. It draws in all things to work in a deep-rooted harmony. It houses water, and together they nourish life. She is fertile, nurturing, and strong! One of the best ways to find a strong sense of reality is to find the earth element.

When we are living out our earthiness we find that just as in our gardens, physical abundance comes in the form of prosperity, fertility, stability, orderliness, groundedness, sustenance, , nourishment.

**Zodiac:** Taurus, Virgo and Capricorn.

**Metaphors:** centeredness, harmony, patience and thoughtfulness, stability, happiness, practicality, steadfastness





## FIND FIRE

*"The blazing fire makes flames and brightness out of everything thrown into it."*

Marcus Aurelius

Whether it is a raging inferno or a smoldering flame, even the smallest spark can level a forest and make way for the new growth. Fire lives in the heart and the hearth. It is the least material of all the elements. It is at once creative and destructive. It can warm or it can burn. It is always moving. It helps us to see in darkness. Unlike the other elements it only exists when it consumes and transforms another element.

To gain benefit from the transformative qualities of this element, we need to harness Fire's destructive qualities. It is up to us to keep it from losing control.

**Zodiac:** Aries, Leo and Sagittarius.

**Metaphors:** transformation, heat, love, desire, anger, power, strength, assertiveness, light, and energy



## FIND SPIRIT

*"Time not important, Only life Important"*

The Mondoshawan

Spirit is the subtle dimension of existence. It is in every physical thing, but has no physicality itself. It exists on a higher plane than Earth. It is the Monad, the mandala unfolding that permeates all things into the universe itself. It follows no particular rule of energy, but is in fact itself the ruler of all energies. It speaks to you through these cards, saying that you are alive, embrace it. Live! It is the divine intelligence speaking through these cards. Turn now to spirit and know it is working with you to animate all things. Speak directly to spirit to hear the call of your destiny.

**Zodiac:** Taurus, Virgo and Capricorn.

**Archetype:** divine feminine

**Metaphors:** courage, non physical, animation, celestial-transitory, within coming out, bridge between body and soul transmutation, alchemical processes, divine intervention, the eternal nature, energy in motion, kala, akasha



## FIND WATER

*"As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong."*

Lao Tzu

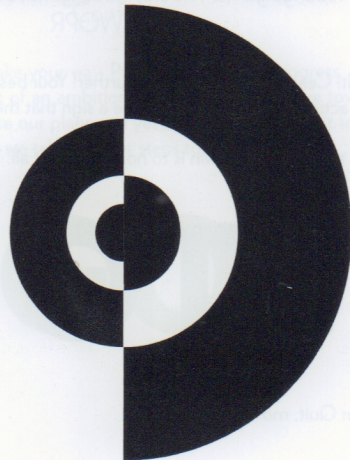
Water can be calm and soothing, or turbulent and unyielding, shallow and light or deep and dark. It can be ice, it can be rain. Water is an extremely adaptable, changing element. Water can burn you from being so cold. Water can be slow and gentle, following the path of least resistance, or it can rush down a mountain and carry everything in its path. Water is the emotional world. The water reflects the moon.

**Zodiac:** Cancer, Scorpio and Pisces.

**Metaphors:** grace, fragility, shy, going with the flow, depth of feeling and imagination, the subconscious mind, receiving



## BINARIES





## STOP

*"A strange game. The only winning move is not to play."*

Joshua, WOPR

Stop it! Halt! Cease and desist! Go no further! Your best course of action here is to not take action at all. May this card be a sign that this is not the way forward.

Sometimes the only way to win is to not engage at all. This is a deadend.

# STOP

**Technique:** Quit, move no further



## GO

*"It does not matter how slowly you go as long as you do not stop."*

Confucius

Go! Get a move on. Make your way. Proceed. Advance. Progress. Sometimes the biggest requirement of an ambition is that we simply move towards it. All paths are winding despite our plans and yet somehow we make it to our goals, but all plans require that we take the first steps toward them.

# GO

**Techniques:** Start





## YES

*"I imagine that yes is the only living thing."*

E.E. Cummings

Yes! Yes indeed. Affirmative. Positively so! Certainly. Definitely. Undeniably. Absolutely, indubitably, indeed. Undoubtedly, yes!

Sometimes the answer is black and white. This ~~and~~ also appears when you are being asked to bring the powerful energy of Yes into your life. Say yes.

On occasion the YES will appear as a first pull to signify that, yes, this is indeed the right manner of question to be asking!

# YES

**Techniques:** Gurdjieff's battle of yes and no.



## NO

*"The oldest, shortest words – 'yes' and 'no' – are those which require the most thought."*

Pythagoras

No! No way! Negatory. Nah. Certainly not. By no means. No!

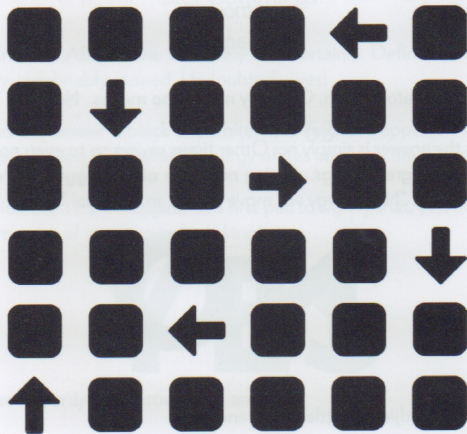
Sometimes the answer is simply no. Other times saying no to even good things, can make way to great things. Saying no is one of the biggest secrets to creative productivity. "No" energy will move you to an eventual "Yes!"

# NO

**Techniques:** Gurdjieff's battle of yes and no.



# STRATEGIES



## ALL ONE OR NONE

*In all we do, let us be generous, fair & loving to Spaceship Earth and all its inhabitants. For we're All-One or None! All-One!*

Emmanuel Bronner

The all one or none card asks you to seek others and focus on community or rally around a cause. No woman is an island. This is a time to bring others in to help achieve your goals, whatever they may be. This card illustrates community and often appears when we are seeking out connection with an individual but should be looking for more. All or nothing!

This card also shows itself in instances of career or work representing an environment of collaboration.

**Archetype:** the village

**Metaphors:** career, the many over the one, communication and organization, diversity and unification, all or nothing, working together, communicating with a group, cooperation



## AVOID ALL TRAPS

*"Be doubly careful. I'm sure all manner of stupid mousetraps await our toes in the dark."*


Yoshimo the Bounty Hunter

Many things lie in wait with hidden motives, some with the intention to catch and entangle you, others to simply trip you up. Most traps can be avoided by treading lightly and heeding early warnings. Traps look like all manner of things: situations, relationships, and even your own thought patterns. Where do the traps lie in your path? It is up to you to choose how you disarm them, but remember this: the best way out of a trap is to avoid it all together.

**Archetype:** the police officer

**Metaphors:** foresight and planning, something hidden, avoiding situations, cognitive distortions, decisions

**Technique:** segment intending.



## AVOID YOUR FATE

*"Once you make a decision, the universe conspires to make it happen."*

Ralph Waldo Emerson

This card often appears when someone or started on a new path, has left their job, or any other situation. It can appear because you are avoiding your fate!

You were born with dreams and ambitions and they exist for the purpose of fulfilling your soul. Perhaps you are making positive changes in your life and have moved away from the path of helplessness by taking action. Or maybe this is a warning that you are not using your own power and must avoid your fate to become a lesser version of yourself. Take action now, or continue to take action, you have power to change your life and circumstances. To be fated is to lack will and to fall into other peoples ideals.

**Metaphors:** taking action, breaking a timeline, crisis averted, moving forward

**Techniques:** relinquishment





## BE KIND

*"No act of kindness, no matter how small, is ever wasted."*

Aesop

Kindness is often approached simply as feeling benevolent affection, but is more accurately defined as a mental state and attitude that is created through practice. Being kind is an act of total non-violence that comes from a genuine wish for the happiness and well-being of others. True kindness is devoid of self-interest. It brings a warm-hearted feeling of fellowship, sympathy and love, which grows with practice. Kindness is the antidote to selfishness, anger, and fear. It never fails to shine light and warmth on conflict.

**Metaphors:** metta, cultivating happiness

**Techniques:** metta meditation, volunteering



## BE OPEN

*"But water will wear away rock, which is rigid and cannot yield. As a rule, whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. This is another paradox: what is soft is strong."*

Lao Tzu

Shoshin, or beginner's mind, is a concept that comes from zen Buddhism. When approaching any challenge or subject, it refers to having a relaxed attitude of eagerness with no preconceptions. An empty and open mind allows more flexibility in approach and more room to absorb new information and possibilities. Being open is especially necessary when we have gained expertise in a subject, because as we gain a greater sense of "how things are," we become rigid. It requires true curiosity to be open and true humility to receive what comes about through this vulnerable state of openness.

An exploratory approach will yield more results. Discard fear of failure. Focus on questions and not answers. This is a process of rediscovery.

**Metaphors:** luminous mind, active listening, humility, living without should

**Techniques:** Asking questions, taking your time, exploring, discarding fear of failure or the unknown, practice being an infant



## BE YOURSELF

*"All emotions are involuntary when genuine"*


Mark Twain

You are you for a reason. Let no one stop you from being in the world in a genuine way. The thoughts, feelings, and especially expectations of the people around you can be so influential. But these things do not make us whole. So, Who are you? Better yet what expression of yourself do you truly wish to radiate into the world? To be truly and uniquely you, it is important to honor your heart, your mind, your desires and censor nothing.

Sometimes this card is pulled when we are asked to remain solitary, primarily focused on our relationship with ourselves. To befriend ourselves more deeply and learn what we are capable of is immeasurably powerful because we are immeasurably powerful. It is in times of deep solitary introspection that parts of ourselves that have been neglected come to surface. Being yourself is not always easy, but it is always necessary. Ask yourself "who am I assuredly stuck with for the duration of my life?" The answer is you! Honor yourself.

**Metaphors:** solitude, self respect, banishing worry, astrology 0-, birth chart, inner abundance, standing strong, individuality

**Techniques:** There are more tools now than ever that can translate the stars you are made of into something applicable to your understanding of who you are. Find an app or an individual that can make you your very own natal chart.



## BURN YOUR BOAT

*"You can't let go and you can't hold on. You can't go back and you can't stand still. If the thunder don't get you, then the lightning will."*

Jerry Garcia

To commit entirely to something, it is necessary to create a situation that acts as a point of no return. Absolute commitment brings creative solutions that achieve victory.

As an act of militaristic devotion, Chinese general Zheng He burned his boats on the shores of enemy territory. This card asks of you to rally to your cause in entirety without looking back. But remember, the clever burn their boats for worthy causes, but the wise unload their boats on the shore first before setting their ships ablaze.

**Metaphors:** commitment, devotion, point of no return, acts of courage, new chapters

**Techniques:** Make a solid plan for success. Be as detailed in what you would like to accomplish as possible. Write it down. Make the necessary changes. Don't look back. If you leave your ship in the harbor, people around you will see that you are not truly dedicated.





## CALL UPON THE DEAD

*"Here is the day, we must welcome it with a song."*

Marie Laveau

When you learn something real about the values, ideas, and myths of your ancestors, it catalyzes a transformation within your body and soul. But simply learning about the culture, personhood, history, and mythology of your ancestors is not enough. The deeper workings of the ancestors (i.e. rituals), have the capacity to awaken a personal depth when made manifest. It is your duty to attempt not only to live a more enriched life than your ancestors, but also to carry that knowledge towards future generations.

The Underworld is also populated with myriads of different types of souls, persons, deities, spirits, tricksters, elementals and animal-like creatures. However there exists a hierarchy of communication when asking for assistance or working with others inhabitants of the spirit plane and the foundational work of connecting and rekindling a connection with your ancestors must be done first, before journeying further.

**Metaphors:** storytelling, altar work, seeking council, moving mountains, rekindling and repairing familial relations, orphism



## CALL UPON THE DEAD

### Technique

**Familial Altar:** Research your cultural heritage or heritages and set up an ancestral altar. Begin by gathering photos and belongings of your ancestors and placing them in a designated area. This is a sacred space and a new meeting space for your ancestors, so decorate it in a way that makes it feel special.

It is best to have at least some basic offerings for your ancestors. The most basic of which are spring water and a white candle, but spirits love offerings of food, coffee, and other vices not available in the realm of spirit, like tobacco and alcohol. If you are trying to connect with specific ancestors, honor them with their favorite food and drink.

If you must set them up in spaces where privacy is needed, you can create an altar inside a cabinet, or cover your altar with a sheet when not in use.

The time of ancestors is Monday at 11pm (although you may choose another time and day to do your workings). On this day and time sit in front of your altar and clear your mind. Light your white candle and leave out your offerings, then begin to invite your ancestors in by simply saying "To all of my ancestors since the beginning of time, I honor you and invite you to join me in my home." Once you feel their presence, you may speak to them and ask them what it is they would wish you to work on or request assistance. Repeat!





## CLEAR YOUR MIND

“

”

How can we receive messages from our higher selves if the line is blocked? When the mind is full of clutter, it is difficult to find our way, especially in times of doubt, stress or worry. This card often presents itself when the mind of the inquirer is stuck in an obsessive loop, overthinking, or dwelling on a singular idea. A clear mind is a powerful mind. It possesses presence and a sense of boosted creativity. Taking the time to reset and release will assuredly help you push through uncertainty.

**Metaphors:** quiet, clarity, setting aside time to make space, meditation, taking time to do nothing



## CLEAR YOUR MIND

### Technique

**Basic Meditation:** Meditation is literally doing nothing. Doing nothing empties our minds to make room for answers, solutions, and newness.

1. Remove yourself from all distractions.
2. Turn off all of your electronics.
3. Find a nice place to sit.
4. Set a timer.
5. Take notice of your body. Where is there tension? Where is it relaxed and peaceful?
6. Take a relaxed breath in.
7. Take notice of your body.

The chief goal here is to pay attention to your breathing, nothing else. Your mind will naturally wander, this is fine. When you catch your mind wandering or thinking, bring your focus back to your breath. When your meditation time is up, be kind to yourself by gently checking in with how you feel. Do you feel lighter or clearer? Did a solution come to you?



## CONCEAL YOURSELF

*"If the Being who created and sustains the universe is in me, I want to find it."*

Neville Goddard

Concealing yourself is paradoxical. The shaman hides in plain sight by being transparent! She becomes one with the forest, blending in with the trees and the creatures who chirp and howl. She is standing in the middle of a bustling wood, with the serenity of ease that there is nothing to hide, the world moves through her because she is the trees, and the wind, and falling leaves. The shaman maintains a state of complete openness and vulnerability, nothing will harm her.

Being transparent makes you easy to perceive or detect. This should be true of all aspects of your being: your emotions, thoughts, and motives. By concealing yourself the way the sorceress does, you are no longer creating any blockages. You are no longer separate from the world around you, you are an extension of it. This is the shamanic pathway to God. Be transparent.

**Metaphors:** transparency, open honesty, hiding by not hiding, quiet observation, shamanic concealment

**Techniques:** yoga, exercise, feeling as primary razor



## CONNECT TO YOUR BODY

*"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear"*

Buddha

Your physical body is primary. How much it goes through each day! How long has it been since you truly took time to connect to your body. If you have lost interest in physically connecting with others, or if you are having trouble connecting how you feel with how you act, it may be time. This is an exercise in slowing down and self care. Love your body, love yourself.

**Metaphors:** realizing wholeness, slowing down, the physical,

### Techniques:

1. List five things you're aware of, and say them as you notice them.  
ie. What you smell, see, hear, feel? Are you aware of the breeze on your skin, is the light pleasant on your eyes?
2. Do a body scan.
  - a. Lay down
  - b. Take a few deep breaths
  - c. Send your awareness to your feet
  - d. Gradually move your awareness up your body until you reach the top of the head.
  - e. If you encounter tension, breathe into it to release it.





## CONSOLIDATE YOUR BODIES

*"Coming together is a beginning, keeping together is progress, working together is success"*

Edward Everett Hale.

If your outer world or your activities are in disarray, it is important to find your center and organize your inner world. If you are feeling scattered in you day to day, most likely that your "house" is out of order.. According to countless traditions, going back to the beginning of consciousness itself, an individual human soul is actually a complex collection of bodies. Your physical body acts as a container or a home for these bodies. The anthroposophists named them: the physical body, the etheric body, an astral body, and an ego or "I". The theosophists went into even greater detail in naming and describing the functions of these bodies. Some have even claimed that the purpose of your human life is to grow and organize these bodies and eventually gain a soul. By pulling this card you are being asked to realign your inner world so that your outer world can be brought to harmony. Your home, heart and mind are intrinsically linked.

**Metaphors:** getting your house in order, inner and outer organization, your aura, health, the soul, cleaning up, consistent sweeping and dusting



## CONSOLIDATE YOUR BODIES

### Technique

#### Body Consolidation:

Visualize yourself wherever you are. Once you have settled into this visual begin to feel in to your body. Just be present with it. Once you are in your body, extend your feeling into your aura, the cloud of energy that surrounds you. Now go slightly beyond the edges of your aura. Visualize the entire reach of your soul being pulled into your body and consolidating into your solar Plexus. Notice your awareness.

#### Cleaning House

Start by cleaning and organizing your living space. (Cleaning early in the morning with open windows will allow for fresh air and fresh mind) Begin collecting things that no longer serve you or bring you joy that you can give away. Being thankful for anything you discard for it's service in your life. Pay attention to your body as you clean to remain present. Stay focused on the task at hand. If you struggle to remain focused or find yourself slacking, give yourself a greater task to finish, clean all of the windows of your home, polish the floor, reorganize your drawers.

#### Update your Wardrobe

Zen monks change their wardrobe every season to refresh their spirit. You can too. This will refresh your heart and give you a fresh perspective of yourself.





## CONTACT THE OTHER

*"The single biggest problem in communication is the illusion that it has taken place."*

George Bernard Shaw

The concept of Self requires the existence of the constitutive Other. Something alien to yourself. There are "others" out there and you must reach out to them with commitment and conviction. These are the angels, aliens and archetypes. Usually the purpose for contacting the other, much like connecting with the dead, is an experience of guidance and higher knowledge. You are contacting an "other" simply by using these cards. But be cautious with whom you contact. Not all forces are benevolent. Often times this card presents itself when you simply need to contact someone.

**Archetype:** the shaman

**Metaphors:** social identity, higher knowledge and guidance, transdimensional beings, powerful help, guidance



## DISPEL ALL ILLUSIONS

*"If we choose, we can live in a world of comforting illusion"*

Noam Chomsky

Illusions are Illusive. They are defined by their persistence. Most often illusions are hard to see because the truth is painful. They are blind spots in our vision. They make coal look like gold. They are the mirage of water in the dry desert. They are things that are ignored through the power of imagination. Distortions in your senses make the illusions look even more real. But, fairy gold will leave your pockets full of withered leaves. It's best to look directly at the illusion until you see it for what it is. Squint if you must. What is hiding behind this tempting image? What trickery goes against you? The most dangerous tricks are the ones we play on ourselves.

**Metaphors:** trickery, deception, self- deception, stories, things painful to look at

**Techniques:** discriminating awareness



## DISSOLVE ALL NOTIONS OF SELF

*"Light is the left hand of darkness and darkness the right hand of the light. Two are one life and death, lying together like lovers in kemmer, like hands joined together, like the end and the way"*

Ursula K. Leguin

The identity we have build for ourselves can sometimes limit our possibilities. Who were you when you were one, twelve, or twenty years old? Change is a natural state. When done consciously and naturally, we can become something new. But rebirth requires that we must first die, so we may be born again. This process is ongoing. Sometimes it is painful and sometimes it is so natural and easy that we hardly know it's going on. However this process shows itself, it brings us closer to who we truly are by making space for growth.

Often this card tells us that we need to step outside of normal routines and behaviors if we are to move forward in the direction of the inquiry. What actions, ideas, or habits are limiting your success in your current situation?

**Metaphors:** Death and Rebirth, phoenix/butterfly, psychological and emotional care



## DISSOLVE ALL NOTIONS OF SELF

### Technique

**Burning Bowl:** You can start by bringing to mind what it is you need to release. Let the feelings come to you.

Then, on a piece of paper, write down your release. Letting go begins the moment you put pen to paper. It is your conscious awareness that begins the activation of the release of problems, thoughts, and things from your life.

Describe the events as much or as little as you want. It can be as simple as a name or word, or more in-depth. Let your heart open to the flow as it releases old wounds, negativity, or unhealthy thought patterns.

**Visualize the Smoke Taking Your Thoughts**  
Next you can begin the fire ceremony.

In a safe place, light a fire in a pot or bowl, or gather around a fireplace or firepit. Then drop your paper into the fire. As you watch the paper burn, visualize your unwanted thoughts rising up in the smoke, being released from you.

Allow yourself to experience whatever you are feeling: fear, anxiety, sadness, loss, gratitude. Let the feelings lift as the fire consumes your paper.

Offer an Affirmation of Release and bring the ceremony to a close with an affirmation. As the smoke travels up, say words of letting go.



## DO NOT FORGET

*"Memory... is the diary that we all carry about with us."*

Oscar Wilde

Forgetfulness is often the enemy of progress.

This card is often pulled when the deck is trying to remind you of something. It is an exclamatory card.

This card asks you to:

# PULL ANOTHER CARD



## DO NOT SLEEP

*"The woods are lovely, dark and deep. But I have promises to keep, and miles to go before I sleep."*

Robert Frost

Keep your wits about you and your attention high. Now is not a time for rest. Be on your toes. Opportunities abound for you, or worse for others at your expense. This is a time of progress and high alert. Nothing should go unnoticed. Watch the world around you with great intent, things may not be as they seem. As we become more aware sailing on the river of life, it becomes easier to spot a dangerous waterfall or the gold gleaming amongst the river rocks.

**Metaphors:** curiosity , unexpected news, diligence, courage, avoidance

**Techniques:** kundalini Yoga





## EMBODY LIGHT

*"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that."*

Martin Luther King

Be light in your heart and mind so that no obstacles block your radiance.

Pure light from the source beams through you. How brightly it shines is up to you and the conditions you create for yourself. When you create a life that stokes the fire that ignites your soul, your light will shine into others. Have you ever noticed that radiant people do not give attention to the negative hindrances offered by others? Our communication technologies also operate on the principals of light.

**Archetype:** the Buddha

**Metaphors:** lightness in being, illumination, positive action, joy, discovery, higher frequency, technology, communication



## EMBRACE THE VOID

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Our plane is wrapped in emptiness. There is no differentiation in the place from which all things arise. It is easy to fall into the habit of thinking that we need to transcend the state of the void, and seek meaning. The void asks us that we do not try to fill the nothingness, the silence, the distance, but instead asks us sit with it. Be in it. Give it our patience. It is in this space that all things begin, including understanding.

All meditation is a kind of emptiness practice. The world is empty of a self or what belongs to a self, what this means is that it is empty of permanence. Whatever we are is something that is always changing.

When there is distance, silence, emptiness, just be with it.

**Metaphors:** change, allowing silence, nothingness, impermanence, non-action, ain soph, a period of nothingness, not receiving outcomes

**Techniques:** middle way, nāgārjuna



## EMPLOY CHAOS

*"Chaos is what we've lost touch with. This is why it is given a bad name. It is feared by the dominant archetype of our world, which is Ego, which clenches because its existence is defined in terms of control"*

Terence McKenna

Congratulations! You can stop suddenly participating in the sanctioned rules of consensual reality! An often misunderstood concept, chaos has nothing to do with disorder, but is in fact the multiplicity of possibility. From this yawning emptiness the world sprang forth in a jubilant dance of color and light. Chaos is the birthing grounds of all art, music, dance, invention and most importantly, fun. When order and control fail to yield results, the creative state of chaos should be employed. Let go of the wheel for a moment, invite the creative state of chaos to free you, and entertain new possibilities through action and openness in your expression. Let your imagination free you from an "either/or" mindset. Nature is alive and expands through chaos.

**Archetype:** the rogue

**Metaphors:** fun, creation, anima mundi, soul of the world, attractors, positive use of imagination, new ideas, nature as alive, differentiation



## EMPLOY CHAOS

### Technique:

Break something, make something, try something new,  
All possibilities are open to you.

The technique of Chaos is no technique, but the principles include:  
The Butterfly effect, Unpredictability / Uncertainty, Order / Disorder, Mixing, Turbulence / Non linear Dynamics, Feedback, Fractals, Strange Attractors, Phase Space, Sensitivity to Initial Conditions, Complex / Simple, Iteration / Bifurcation, Self Similarity, Synchronization, Numerology

Chaos' only requirement asks you to play with the universe and see how the universe responds! Zenlike spontaneity can be strange key to your weird door.

Adopting a chaotic attitude requires the renunciation of absoluteness and says that all things and possibilities are permitted and Intent is the foundation of everything. It is done by cultivating freedom within oneself to try new things. This sort of experiential attitude fosters creativity and inventiveness.

Go Play, be loud, knock something over, spin in a circle, let go of control and let the universe move through you.





## FIND OTHERS

*"A healthy social life is found only when, in the mirror of each soul, the whole community finds its reflection, and when, in the whole community, the virtue of each one is living."*

Rudolph Steiner

Building a community of like-minded people is an empowering life skill and actually finding others is half the battle. Luckily for us there are massive technologies at all of our fingertips, meeting new people who are on a similar wavelength is easier than ever. Always feel as though you are a stranger with whomever you meet, this will cultivate awe in your new relationships. You yourself are a mystery suspended between two eternities.

Perhaps this card is encouraging you to look somewhere you've never looked before. Maybe you have a project you've been working on for a while and it's time to get others involved. Encouraging growth within your community can open many new doorways.

**Metaphors:** family and close friends, new partnerships, growth, search for new paths, interconnectedness



## HARMONIZE WITH PATTERNS

*"Sitting at our back doorsteps, all we need to live a good life lies about us. Sun, wind, people, buildings, stones, sea, birds and plants surround us. Cooperation with all these things brings harmony, opposition to them brings disaster and chaos."*

Bill Mollison

A pattern is something that is self similar, a part reflecting the whole. To recognize and work with the patterns that present themselves in your life and in nature is to harness free energy and cultivate happiness. Because nature itself is self-similar across scale, astrology informs us that the influence of the patterns that are happening cosmically affect us on a personal level. Nothing shows up in your life without reason. When we harmonize with the world around us, we maximize. Sometimes this means accepting the things as they are and working with them.

**Metaphors:** cooperation with natural forces, recognizing repetition, day and night, the changing of the seasons





## GIVE PATIENCE TO THE ROAD

*"If you get everything you want the minute you want it then what's the point of living?"*

Jake the Dog

The more you rush the slower you go. You are liberated when you realize that your destination is the road and the road the destination. Everything in your life amounts to the journey. So why rush? How often have you received that which you sought only to be dissatisfied shortly after? You will get what you seek, but it takes time for the universe to rearrange itself in your favor, so in the spirit of gratitude and growth give the situation the grace of patience and equanimity. In fact patience is the antidote to aggression.

**Metaphors:** incubation, suffering in waiting, taking a break, faith in manifestation

**Techniques:** "turning the obstacle upside down." stoic exercise ask yourself what kind of opportunities hide amid supposed negativism, self-care, situationist derive



## GIVE SOMETHING AWAY

*"I have found that among its other benefits, giving liberates the soul of the giver."*

Maya Angelou

To give something away is to liberate it, whether that be an idea, a meal, or even a relationship. It is an act of generous grace to give something away. Our actions have direct consequences on the state of your mind and heart. In some cases it is simply time to let go of whatever does not serve you.

The spiritual efficacy of a gift is determined not by what is given, but the upon the attitude with which it is given. Generously giving simply implies letting go of more than is required. To truly liberate yourself, you must give without expecting anything in return. This is relinquishment.

**Metaphors:** sharing, letting go, a gift liberation, release, letting go, a gift, selflessness, out with the old, baggage

**Techniques:** relinquishment



## IMMANENTIZE THE ESCHATON

*"Born again in to flesh, your feet touch the Earth but your soul is in heaven."*

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Our inner world is the wellspring for our outer world. The eschaton calls us to find peace in our situation and to dispel the momentum of the dense patterns that pull us further from the final state: heavenly order.

If you are experiencing the heaviness of the world, negative thinking, grief, or difficult interactions with a loved one, you are being asked to find love that transcends all that hinders the destiny of humankind and to merge and embody the divine.

**Techniques:** Shabd Yoga

**Metaphors:** heavenly states, transcending disorder though extraordinary insight, pulling you a yourself out of the lower plane



## KNOW DIVINE TIMING

*"The early bird gets the worm, but the second mouse gets the cheese."*

Willie Nelson

All timing is divine. The best tool in the rainmaker's kit is timing. When the potential to bring rain is at it's max, she dances to turn what might just be a few clouds in the sky in to a thunderstorm. If you desire for something, perhaps all you must do is wait for the proper time for it to manifest.

Trust that everything in your life is happening at the exact right moment. Not everything is up to you. Do not try to force yourself in or out of any situation. Even is it is difficult to understand why certain things are happening in your life, the universe is perfect. Trust that it is another step in your journey.

**Metaphors:** being in the right place at the right time, relinquishing control to the universe, receiving when you are ready, trust, unattachment.



## MOVE YOUR BODY

*"Change happens through movement and movement heals."*

Joseph Pilate

Get a move on! Don't be a lump. Your body is a magical vessel that carries your soul. If you are feeling stuck on something, change locations, travel, exercise. Move. Do whatever you can to get the energy flowing and remove any and all stagnation. Stretch your arms, do a cartwheel, drive all night, go wherever you may need to go.

This card often appears when a change of residence is being considered or is needed.

**Archetype:** the athlete

**Metaphors:** a change in location, travel, exercise, yoga, strengthening, moving from one place to another, the body, your vehicle



## OBSERVE THE OBSERVER

*"The observer is the Observed"*

Jiddu Krishnamurti

Is there a division within yourself? When you slow down and look at your inner world, do you find you are truly different from the things you observe outside yourself?

Often we are conditioned to analyze, suppress, or walk away from conflict within us, but when we look at our inner states, observe them without judgment, something happens. We realize that we, the one who is observing, is also that which we observe. Tat tvam asi.

Truly looking at a flower, we can see that it is not a flower, it is a culmination of innumerable elements. It is made of sun, minerals, and water. It is the wind and the rain and mountains that are slowly sliding into the sea. It is all things and so are you.

**Metaphors:** life as relationship, a time of contemplation, looking inward, dual mind





## OBSERVE THE OBSERVER

### Technique:

#### Shamatha

1. Sit in a comfortable position, begin with an awareness of your breath. Notice the quality of your inhalation and exhalation.
2. As you notice the breath, continue to let go of thoughts as they arise. Each time you are distracted by clinging to a thought, return to the breath. Keep doing this over and over again.
3. Eventually, as you exhale, become aware of your breath escaping and dissolving into space. Experience the same thing with the inhalation.
4. Slowing down, begin to allow your awareness to mix into open space with the breath on both the inhale and exhale.
5. To deepen the practice, begin to hold the breath after the inhalation for a few seconds before exhaling. By doing this, you are splitting the breath into three parts: inhalation, holding, and exhalation.
6. As you inhale, begin to chant om to yourself. As you hold, chant "ah." As you exhale, chant "hung."
7. As you continue with exhalation, deepen your relaxation, letting go of thoughts and returning to the breath. Do this for as long as you can.



## ORGANIZE

*"Our contribution to the progress of the world must, therefore, consist in setting our own house in order."*

Mahatma Gandhi

The natural flow of chaos is towards organization. Getting and staying organized is of the utmost importance in all tasks worth undertaking. Getting organized means saving time, money, and saving yourself from confusion. Clarity springs from the process of organization. It invites adaptability and efficiency.

Where are you disorganized in your daily life? How is this affecting your progress? You may be able to get to your goal without deep organization, but you may be risking the longevity of whatever you want to achieve once you get there. Disorganization can wreak havoc on a job otherwise well done. Take stock of where you can be more organized. Is it in your home? Are your books in order? How about within your thoughts? Take time to become as organized as possible anywhere that threatens the progress of your dreams now or later.

**Metaphors:** productivity, clarity, inspired action, stress reduction, increasing free time, negentropy



## ORGANIZE

### Techniques

Organization starts from within yourself.

If you have a chaotic inner world, your outer world will reflect this.

Writing down and taking stock of your life in the context of the issue at hand is incredibly helpful to create realistic goals for yourself. Organization is a cultivation of balance. For the sake of longevity, it is best to embrace your natural inclinations and make small changes around them. Developing habits of meditation, journaling, and physical exercise are great foundational ways to continually increase and upkeep your organization.



## PLANT SEEDS

*"We must cultivate our own garden. When man was put in the garden of Eden he was put there so that he should work, which proves that man was not born to rest."*

Voltaire

Seeds represent ideas, inspiration and potential. A seed contains the complete blueprint for what they will become. They are meant to grow, proliferate, and spread. A good seed can multiply itself infinitely, just like a good idea. Inspired action can spread into the hearts of others. It takes time to grow and make changes in our lives. Whether it be within a relationship, a new venture, or a dream, the first step is always beginning.

It's important to note that the quality of the soil determines the yield of the crop, some plants require different conditions to thrive. Ensure your soil is free of poisons and pests and watch your garden grow with patience. Do not be like the farmer that would hurry his crops to sprout and ruin his harvest. Patient understanding and watering of your garden is required. Time is an ally in your garden!

**Metaphors:** planning for the future, foresight coupled with action, spiritual garden, patient growth, taking the initial steps



## PRACTICE DREAMING

*"Reality is wrong, dreams are for real."*

Tupac Shakur

How can one have dreams if they do not take the time to dream? To practice dreaming is to consciously manifest by living in the end. It is to embody the feeling of already having what you desire. It is expanding your vision and re-centering yourself in a state of abundance. To cast a spell, is to literally spell it out, to take your ethereal inner and turn it physical, whether it be through writing or through affirmation. Speak as if you already have it. But speaking and visualizing is not enough. The culmination of all of our senses is feeling and the universe responds to how you feel. You must feel deeply that you already have the thing desired.

**Metaphors:** taking time to set Intention, planning for the future's present, focusing on the feeling of what it is to possess what you desire, journaling daydreaming, moving mountains

**Techniques:** Neville Goddard technique



## PRACTICE DREAMING

Technique:

### Embodying Feeling

1. Get a journal.
2. In this journal write down all that you desire. Dream the impossible dream.
3. Write down every detail of what you would love to live.
4. Once you have established a detailed version of your dream, sit and visualize it. But visualization is not enough, you must feel it. You must live in the outcome now. What does it feel like to have and hold what you desire? How does it feel to sit in your dreams?
5. End the exercise by imagining someone congratulating you on your new achievement whatever that may be.

See also:

- The Gospel of John - The world became flesh and dwelt within us.





## READ YOUR OMENS

*"In order to find the treasure, you will have to follow the omens. God has prepared a path for everyone to follow. You just have to read the omens that he left for you"*

*Paulo Coelho*

The cards are laid out in front you. Spirit speaks to us in all manner of subtleties through the mode of intuition. Its language is synchronicity and its words are the wind, and birdsong, and blood and shattered glass through the happenstance of repetition, Spirit tells us "this is what is!"

Have you been listening? The omens have all been there, it is your duty to pay attention to them. Do not ignore them or shape them into something that is a convenient fit for your narrative.

**Metaphors:** witnessing a living universe, finding meaning in minute occurrences, guidance from beyond.

**Technique:** you may be doing it now



## RECEIVE YOUR GIFTS

*"For it is in giving that we receive."*

*Francis of Assisi*

You have given so much, now it is time to receive from the universe. This may come from friends, from an organization, community, or from thin air. It doesn't matter. the gifts are here and they are abundant.

But, oh, how difficult it can be to gracefully receive. Trying to calculate whether or not you "deserve" something is an impossible metric and a trick of the ego. To deserve something strips away the status of a gift by weighing it against something, because a true gift has no stipulations. Do what you will with it! Or do nothing at all except intently be. The universe is infinite and wishes infinite gifts to you.

**Metaphors:** receiving with grace, giving *and* receiving, law of attraction, openly approaching, coffers, dreams come true



## RECOGNIZE OTHER REALITIES

*"There are two things you should remember when dealing with parallel universes. One, they're not really parallel, and two, they're not really universes."*

*Douglas Adams*

It is always best practice to project your vision towards the highest good, whether that is towards your reality or the reality of others. A painting can be viewed by 100 people and seen in a 1000 ways. This card often appears when it is time to reevaluate our projections of the present, the future, or other's experience.

The reality that we are manifesting now is dictated by our perception, our action, and if we are not careful, purely by chance. By adjusting our focus and holding empathy for ourselves and others we begin to see that possibilities are endless and that by aligning with a bright future, our journey leads us there.

**Metaphors:** empathy towards ourselves and others, alternate realities, alignment towards a desired outcome, a better future by way of the present, vibrations,



## REFORMULATE YOUR APPROACH

*"Nature loves courage."*

*The Mushroom*

Back to the drawing board! We must constantly reposition the inquiries within ourselves to ensure that they are coming from a place of empowerment. This is the only way to find empowering answers. If our angle of approach come from a place of a bravery, looking at what can be done, however difficult, we are given a way forward that rewards us with a more expansive perception of life. Our horizons grow, when our questions seek broader horizons.

The quality of the questions we ask dictate the quality of the answers we receive. Nearly every question we ask is actually a different question in disguise. Most questions when boiled down, are actually the question "Am I going to be OK?" Sometimes the questions that are most powerful are the "dumb questions," often times the most obvious questions. It takes bravery to ask embarrassing questions.

**Metaphors:** removing layers, transcending shame, asking what is on your mind



## RETRACE YOUR STEPS

*"The farther backward you can look, the farther forward you can see."*  
Winston Churchill

Often the answer we seek lies on the path behind us. It is the past that has brought you to this moment and to this inquiry. Step by step it has been under your feet and on it you have crossed innumerable other paths, but this is the path you chose. You have met everyone you've ever known here, you have been lost here, you have found your way here. It is the embodiment of all you've ever known. So much has happened. What have you forgotten along the way?

Your solution requires you to revisit a place and time along your journey. But do not fret, in going backwards you are moving forwards, you know the way and the path always leads home, or perhaps, you have been here before and gleaned this place's lessons. You may think there is no need to return, yet history has a way of repeating itself.

When you retrace your steps you can solidify what was done well and what done poorly and use this to your advantage.

**Metaphors:** careful remembrance, attention to detail, returning home, history, repeating itself, positive regression



## RETURN TO LOVE

*"Love waits on welcome, not on time."*  
Helen Schucman.

We must always return to love but the passage home looks like many things: surrender, forgiveness, hardship, and ultimately grace. Love is the ultimate attractor, but we must fully love ourselves so that we can show up standing in power in front of our relational mirrors. Like two mirrors facing one another, love can compound into infinite unfolding. We must know how to love ourselves first, fully and openly, before we can fully love another

**Metaphors:** love, compassion, soul connections, alchemy, understanding, healing, odyssey, a desire for love





## RISE ABOVE IT

*"Fortune exists in both yin and yang"*  
Unknown

Projections of gain and loss that arise as we are faced with difficulties or problems can transform into despair or overjoy. Rising above them can bring you to a more serene place..

Taoists understand that the map is not the territory. That the momentum and complexity of the world never hinges on outcome. Sometimes the things that we believe to be problems are stepping stones into a brighter future, and the things that we believe to be great blessings, become burdens. But after so many blessings and burdens, the world begins to just be.

Climb out of whatever situation is picking at you and see it from a bird's eye view. Understand it is not a problem, but a blessing. Perhaps it is not even worth the effort to fight against.

**Metaphors:** blessings in disguise, a non Problem, grace, a calm exit

**Techniques:** radical acceptance, wise mind



## SEARCH FOR THE DEMON

*"Love takes off masks that we fear we cannot live without and know we cannot live within."*

James Baldwin

Demons are teacher spirits. They can be friend, or they can be foe. The demons that haunt us stand directly in front of the intensity of our light casting large and imposing shadows onto our hearts and minds like a devilish shadow puppet show. But be not afraid, Demons are to be faced. If you run from them, ignore them or fear them they gain power over you. If you can face your demon you can name it and put it into submission. To truly name your demon is to follow the shadow that it casts all the way back to whatever it is. The only way to slay a demon is to relinquish all fear of it. They can express themselves as patterns that do not serve our greater good. They most often arise from a fear based narrative. This card can also show up if an unhealthy pattern has influenced the questions asked, revealing a pathway to the demon itself. Where is your question flawed by unease and fear?

**Metaphors:** misguided thinking and actions, recontextualizing fears for greater understanding, seeing things as they really are, cutting through illusion unhealthy patterns



## SEEK THE EDGE

*"Seek the edge, look for a seam, find the loose thread, and PULL."*

Terence McKenna

The edge is where the water breaks upon the shore, where the sky meets the land, where expansive beauty springs forth into the imagination. It is uncharted territory and getting there will not be comfortable to say the least. In fact, there will be many unforeseen obstacles along the way. It is through this high adventure that you will grow physically, mentally, and emotionally. Your view of the world when you are standing at the edge will always be more expansive than when sitting safely behind.

**Archetype:** the explorer

**Metaphors:** leaving your comfort zone, new lands, exploration, confronting and going beyond barriers, growth through discomfort

**Techniques:** yin yoga



## SEEK YOUR DESTINY

*"The world is changed because you are made of ivory and gold. The curves of your lips rewrite history."*

Oscar Wilde

Destiny is life taken into one's own hands through willpower. To seek your destiny first recognize what experiences you want for your life. Your dreams, goals and ambitions are messages from the highest version of yourself, telling you that to fully awaken into this world, you must use your power, courage, and wits to materialize a life truly worth living. When you understand and feel your destiny in the depth of your heart, you must take any steps you can towards your destination. As you journey you will realize that the universe is taking note of your courage and rewarding you by removing obstacles. Not all steps will lead you forward, but all will be on the path to your destiny.

**Metaphors:** realizing dreams, life purpose, willful action towards larger goals, responsibility, Moving mountains

**Techniques:** goal oriented journaling



## SHARE JOY

*"I think that people will find a tremendous joy and fulfillment in service to other human beings, and that often this is what is missing in their lives."*

Baba Ram Dass

Joy is the road to Interconnectedness. When we are blessed with talents, they truly become gifts. When they are shared with an open heart, one becomes light and carefree. Like a wave, growing exponentially, an aura of joy, carrying those in its waters to a common shore of healing. It clears all adversarial energies and radiates a warmth that others gather around. A shared joy is expansive and freeing.

**Archetype:** The Artist

**Metaphors:** gift of light, cleared energy, growth, expansion, creation

**Techniques:** share something that you have created, or something that comes from a place of bliss



## SHIFT DIMENSIONS

*"There are things known and there are things unknown, and in between are the doors of perception."*

Aldous Huxley

There are innumerable realities simultaneously collapsing, expanding, and shifting in and out of one another. Some realities are so different from our own that they are difficult to imagine, difficult to get to and even more difficult to hold. But realities directly adjacent to our own are easy to enter. Every decision we make is a tunnel to a new reality. Whether we make big shifts or small shifts is not necessarily dependent upon the actions we take but our intention. The momentum of every mundane occurrence has led to this moment in your life, where you stand now, and the perspective you take. If you exist simultaneously in unlimited dimensions, then it is simply a matter of slipping into a new perspective to move into a more desirable universe. Watch your decisions and how they affect your life.

**Metaphors:** mandela effect, moving in to new realities, perspective shift, collapsing many in to one, making conscious choices





## SHIFT DIMENSIONS

### Technique:

#### Mirror Method

1. Make a comprehensive list of what you would like to be rid of in your life and what you would like your life to be like. Be specific. Embody the feeling of the life lived that you would like to shift in to. This is your destination (see *the practice dreaming embodiment technique pg. 102*)
2. Sit in front of a mirror, bigger mirrors are preferred.
3. Remove any light sources, turn off any technology and sit facing the mirror.
4. Set a lit candle between yourself.
5. Clear your mind. Relax and find peace. Remember, the reflection represents another version of you in an adjacent dimension.
6. Place your focus on your reflection. Concentrate on switching places with the version of you in the mirror.
7. Give it time. Pay attention to what has changed.



## SPEND TIME ALONE

*"Our society is much more interested in information than wonder, in noise rather than silence. And I feel that we need a lot more wonder and a lot more silence in our lives."*

Fred Rogers

There is restoration in solitude. Friends. Family. City. Crowds. Noise. Work. Information. All of these things can be wonderful at the proper time, but when your life is filled with the voices and sounds of others how can you hear yourself? This is a time of Self Reflection. Your mind and body need it, for the sake of independence and recentring, Take some time to just be within a quiet environment, preferably in nature. An hour? A day? A week? Do what you can to allow as much time as you need. However, be sure not to push yourself to loneliness. It is one thing to spend time alone and another to disappear completely.

**Metaphors:** silence, solitude, time, waking rest, wonder, willful departure, retiring



## SLEEP

*"Happiness is waking up, looking at the clock and finding that you still have two hours left to sleep."*

Charles M. Shulz

You've done enough, now what is left to do is rest. It's not time to move or organize or accomplish anything new, it is time let the regenerative process of deep relaxation take over. Become fresh again by taking as much time as possible to rest. An evening, a weekend, a month? Do not sleep forever, but take as long you need. There is nothing worse than not getting enough rest when it is time to do so.

**Metaphors:** deep sleep, a time of respite, deep comfort, basic self care

**Techniques:** Rest, get a massage, do nothing, remove all stimulants from your life.



## STRUGGLE THROUGH

*"Awakening is possible only for those who seek it and want it, for those who are ready to struggle"*

G.I. Gurdjieff

There are two types of struggle: outer and inner. It is up to you to join the two. You must make an intentional contact between these two worlds or they will never meet on their own. To struggle consciously is to progress the growth of the soul and awaken something deep within yourself. But to do this you must understand all of your habits and break them. This is the way of reductive awakening, removing any unnecessary use of energy from your daily life.

Our habits rule our lives and offer only loops. To be new you must try something new by struggling against the machinations of your mind.

**Metaphors:** finding reality through attention, renunciation of pleasure, strengthening of will

**Techniques:** the battle of yes and no



## SURRENDER COMPLETELY

*"I have arrived, I am home  
In the here, in the now  
I am solid, I am free  
In the ultimate, I dwell"*  
Thicht Nhat Hahn

Far from taking a defeatist attitude, this card is one of embodied faith. It is important that we let go and place our power into something much more vast than the controlling, mistrusting nature of the ego. It feels like relief and looks like grace. When this card appears, feel reassured that you are being supported and heard by Source. It has heard where you wish to go and Spirit is saying to us, "do not swim against the current of my beautiful river, I will take you, effortlessly, to where you belong, lush and delightful."

**Archetype:** the monk

**Metaphors:** grace, faith, impermanence, letting go, basic trust, the present moment

**Techniques:** Buddhist prostration, radical acceptance



## THERE IS ORDER IN CHAOS

*"In all chaos, there is a cosmos, in all disorder a secret order"*  
Carl Jung

With all apparent states of chaos and complex situations, there are always underlying patterns, self-organization, and fractals. Deconstructively, we are being pulled towards an order that sees all things in order. Forward momentum looks like upheaval and no situation should be judged as good or bad. From the midst of the chaos.

It may be that you are going through a situation that asks you to understand that it is a process of two worlds or dimensions.

**Metaphors:** seeing order, releasing worry, self organizing, patterns, fractals





## TIE NEW KNOTS

*"Man is a knot into which relationships are tied."*

Antoine de Saint-Exupery

Strong bonds do not break. In the folklore of many cultures, knots symbolize pledges and the uniting of souls. Knots can be simple or they can be intricate, connecting many different threads and ropes. They can get tangled into a mess that must be dealt with before it destroys the rigging on your interpersonal ship. Perhaps it is time to make new connections by untying old knots and tying new ones.

**Metaphors:** untangling , new relations, luck through associations, love, marriage, friendships deepening bonds



## TWIST YOUR LANGUAGE

*"Twas brillig, and the slithy toves. Did gyre and gimble in the wabe: All mimsy were the borogoves."*

Lewis Carrol

Metaphors are magic. They help to reshape and break the seemingly concrescent illusions of the objects, ideas, and scenarios of life and reshape them into something more. Metaphors are the only way to describe the indescribable.

Sometimes the only way to answer a question is with a riddle. How else can you describe the indescribable? This is the work of Poets and Magicians. When we speak of dragons, we are talking about forces of nature. When we speak of Heaven, we speak of somewhere here and now. When we describe our reality as enchanting and magical, it becomes so.

This is a card of speaking skillfully, beautifully and clearly to illustrate a greater reality. It appears in readings when it is important to adjust your language around a given situation to make manifest a better reality. What we speak about comes about.

**Archetype:** the poet

**Metaphors:** riddles, rhymes, describing the world around you in a more beautiful way, using metaphors to make magic, magical explanations



## USE YOUR LOCK AS A KEY

*"The obstacle is the path"*

Zen Proverb

The solutions to our problems are not separate from the problem themselves. They are contained within them. The locked door is an opportunity for personal improvement and gain. Do not become discouraged, this doorway is not blocking your path, it is your path. When there's a locked door, don't avoid it. Figure out how to pick the lock and you will have a skill for life. The rest of your life awaits on the other side of this door.

We are here to take control of the choices in our lives. The most important choice we can make is to face our obstacles head on. Courage, flexibility, and resilience can transform any obstacle into stepping stone.

**Metaphors:** blockages, moving forward, understanding that challenge is a life lived, courage, resilience, strength, choosing a good life over an easy life



## WAIT UNTIL DARK

*"Twas noontide of summer,  
And mid-time of night;  
And stars, in their orbits,  
Shone pale, thro' the light"*

Edgar Allen Poe

Half the world is always wrapped in dark and fantasy. Half the world is speaking the language of the night. We like to think we live in the day time, but the night brings dreams and dance and the light of fire. Your answer may lie in the night sky. Wait until the sun has disappeared over the horizon and the veil of night brings your wild energies to rise. Wait until the moon shimmers across the dark waters. Wait until your eyes have adjusted and dance a clever dance with the spirits of the night.

**Archetype:** friends

**Metaphors:** witching hour, patience, planning, action, nighttime, darkness, celebration, sunset



## WAIT UNTIL LIGHT

*"Keep your face always toward the sunshine and shadows will fall behind you."*

Walt Whitman

Now is not the time to act and this action must only be with the sun shining upon you. Wait for the marks of a glittering sunrise, a joyous shimmer at the edge of the world: a time of clarity. Bide your time for a new day when conditions are favorable, when the radiance of the sun is illuminating anything that has been cloaked in shadow. The sun's warmth will guide you to your destination.

**Archetype:** a partner

**Metaphor:** a time of clarity, patient waiting, ideal moments, responsibility, a new day, sunrise



## YOUR FEELING IS CORRECT

*"Find balance and then trust your feeling"*

The Mercury Oracle

Every inch of your body is intelligent and it is always speaking to you through the complex language of feeling. If something doesn't feel right, perhaps your body is telling you to avoid the situation entirely. It is important first to quiet the mind and balance the body. Your body expresses itself. If your mind is confused it is a sign that you need to move your body, stretch your fascia and ligaments, remove the tensions that are arising from overthinking.

**Metaphors:** balanced decision, feeling, trusting oneself, exercise

**Techniques:** rebalancing your body with yoga, exercise, feeling as primary razor, rest





## ZOOM IN

*"When you change the way you look at things, the things you look at change."*

Max Planck

Our Inner world is vast and encapsulates our outer experience. It is often viewed that the Macrocosmos contains the microcosmos, but it is in fact the other way around. The subtle fluctuations of the infinite interior narrates the drama of our lives. It is the feelings that live and grow in us (sometimes even in the shadows) that make manifest our reality.

What does your inner world look like under the microscope? What details and qualities do your feelings possess on the most minuscule level? How closely can you pay attention to the little movements inside of you? What seedlings are taking root in the depth of your being?

**Metaphors:** going inward, putting yourself under the microscope, a time of introspection



## ZOOM OUT

*"...Every saint and sinner in the history of our species lived there—on the mote of dust suspended in a sunbeam."*

Carl Sagan

You are a speck on a small blue planet in a small solar system in one of the furthest reaches of an arm of a spiral galaxy amongst an infinite number of other galaxies.

To properly contextualize a problem or question, or even our lives, it is important to place ourselves in the bigger picture. While not always necessary to look at things from a cosmic perspective, laying the cards on the table and seeing where you stand, seeing all of the factors that play into the situation, can prove to be incredibly advantageous.

You yourself are a universe.

**Metaphors:** The bigger picture, contextualizing or recontextualizing, as above so below, cosmic perspective

**Techniques:** middle way, nāgārjuna

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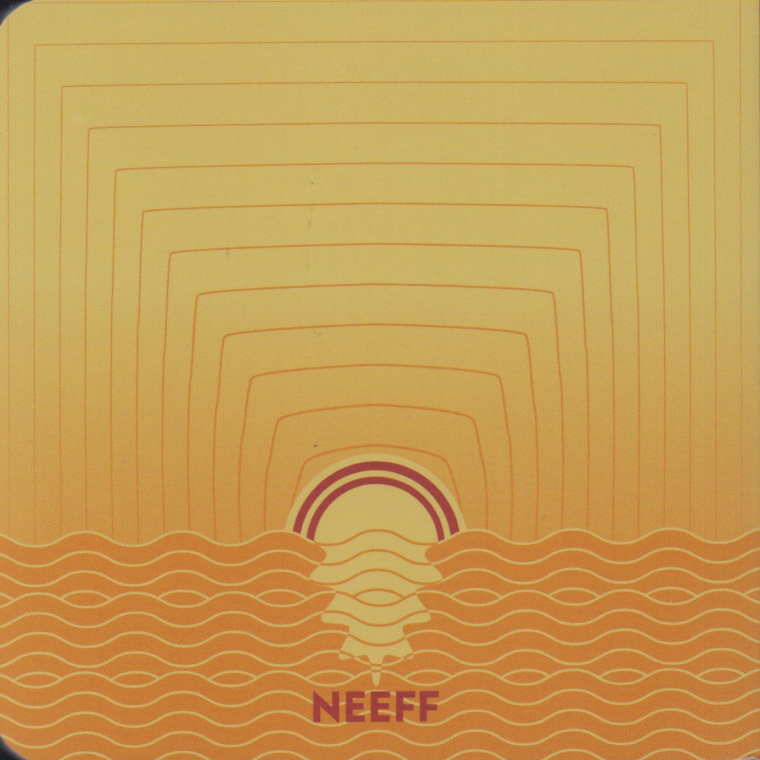
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