



COMPASS CARDS

FOLLOWING YOUR INNER WISDOM



INTENTIONS

I'm happy to be with you on your journey of life discovery! As you work with the cards you'll notice a nature theme present. The questions are designed for self reflection and observation of your inner compass. I draw on a sense of spirituality as most people find it helpful to cultivate this in their lives. I use the word God, Source and Universe interchangeably pointing towards the creative consciousness/energy that's in us and every single thing and being in the entire Universe. I know it's a lot!

I invite you to let these cards help you reflect and affirm what you already know to be true or inspire an opportunity to change. Even if it's a bit uncomfortable, I encourage you to move into and through those shadowy places seeking assistance and support along the way from friends, family, therapy or groups. Watch your intuition grow, trusting yourself more and more. I hope that you experience life embodying your body while connected to everything else as opposed to being in a place of suffering that can go along with feeling isolated, alone, and powerless. Most of us seem to have an inner desire to be with others and actually can thrive within the right combination of people, critters, food, place, etc. My final invitation and hope is that you become a more fully alive and engaged human on the earth in conscious co-creation with evolution. ☺





SUGGESTED CARD USE



If you're alone or with others, it can be helpful to relax yourself before beginning—take a few deep breaths. Maybe pick a card for fun! Use with friends or even in a small group. They might become part of a quiet meditative time at some point in your day. Consider spending some time thoughtfully responding to the questions in a journal or with a friend. You might determine the designated meaning of each card before you place them down or afterwards as they pertain to you. For example if you use a cross spread: middle card represents You, card to the right is what your higher self needs, card at the bottom is related to work, card to the left is related to family, card at the top is love related.

You get to decide!

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Compass Cards: Following Your Inner Wisdom

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GUIDANCE



What guides you? ∞ Do you see messages in nature: birds, sky, trees, wind, etc? ∞ Do songs on the radio or passages in a book resonate within you? ∞ What an amazing experience to recognize signs and wonders and interpret them from our inner landscape. ∞ While interacting in life are you able to feel an inner “yes, no, maybe, I’ll think about it”? ∞ Compassion and sufficient time are helpful in discerning your inner resonant guidance. ∞





PARADOX



Life may not be what it seems. ∞

Perhaps there are areas in life that contain opposing truths. ∞ When life brings you black and white options do you see the gray areas in between? ∞ Is there a special situation that needs your ability to see opposing truths? ∞ If so...can you be present in whatever truths you discover, while remaining centered and accepting of yourself? ∞ Breathe in compassion during this exploration of potentially uncomfortable yet necessary aspects of current life situations. ∞





LOVE



Perhaps you need more love in your life! ∞
It seems that the answer to that is nearly
always a hearty YES! ∞ Of course, there are
times when we are loving others without
loving ourselves to our fullest. ∞ Perhaps
this is the time to consider aspects of your
definition of love. ∞ Is the Love you find in
life situations emanating from you or others?
∞ Does it flow, is it natural? ∞ Search your
soul and as you breathe remember that
you are LOVE! ∞ Of course, compassion
as you explore anything that might be
uncomfortable is most helpful. ∞





REFLECTION



Is someone figuratively holding a mirror for you to see something that you might not see or want to see? ∞ Do you need time to consider a situation that you've been meaning to give more attention to? ∞ Reflection can be an excellent tool for self contemplation as long as we don't become critical of ourselves in the process. ∞ Find a quiet place within yourself for peace, reflection and patience as you uncover what your soul needs you to know. ∞ Breathe. ∞





ACCEPTANCE



Are you able to accept situations, people, things in your life just the way they are? ∞ Do you need to? ∞ Is there something in life that you're not able to accept and, in fact, to do so is to go against yourself? ∞ Do you accept and love yourself in this moment? ∞ If necessary, can you find the inspired place inside that helps you move towards acceptance? ∞ Notice how you feel internally while exploring. ∞ If change is evident, it's helpful to have a space within us for change to occupy. ∞ Visualization can be helpful. ∞ Breathe in acceptance. ∞





ENTHUSIASM



Are you excited about what's happening in life? ∞ Where is your energy being pulled? ∞ What moves you to take a step in life? ∞ Consider possible subtle revelations from the Universe that are just beneath the surface of a current situation. ∞ When we experience enthusiasm we are full with Source while we're engaged in living. ∞ Where do you feel it in your body? ∞ Getting in touch with our breath can help us get in touch with the Touch of Enthusiasm. ∞ Enjoy! ∞





ANCESTOR



There are so many that have gone before you! ∞ We have our direct lineage of blood and marriage. ∞ As well as our brothers and sisters of land, sky and sea. ∞ Take a few breaths right now, close your eyes going deep inside and ask what message the ancestors may have for you. ∞ As you open your eyes, trust the message you receive. ∞ If there isn't anything at this time, trust that too. ∞ Remember they are loving you always and forever, surrounding you, holding you when you need them most. ∞ Does that resonate? ∞





ENJOYMENT



Where is your joy at this time? ∞ Do you experience enjoyment in your work? ∞ Your relationships? ∞ Living on Earth? ∞ Perhaps if you picked this card, you're in need of a reminder that life is more than our obligations. ∞ We need to enjoy it too! ∞ Is there joy within you? ∞ Take a few breaths, going within to discover what enjoyment means to you. ∞ If you're enjoying life, then here is an opportunity to feel grateful! ∞





ABUNDANCE



Even though some humans report that there are shortages of many resources, it's my understanding this is untrue. ∞ Overall, we are good stewards and a changing species that evolve with the changes of the Earth. ∞ We adapt and thrive, moving into a new way of living all the time. ∞ Do you see that there is more than enough? ∞ That you are more than enough? ∞ Do you allow abundance into your life? ∞ Is there a place for it? ∞ Take a moment to breathe in the abundance of the Universe and sense the infinite possibilities...aaahhhh! ∞





BELIEVE



The thoughts that we play over and over in our heads become our beliefs. ∞ We're often unaware of our beliefs until they come right in front of us and challenge the core of our being. ∞ What are the thoughts that you play in your mind and do they resonate with you? ∞ What do you want in your reality, the world? ∞ Check inside yourself to see if what you believe matches your outer life, and if these beliefs are points of connection to the Universe and its inhabitants. ∞ If not, can they change? ∞





INSPIRED ACTION



When we are in alignment with our higher selves, our actions are inspired from that consciousness. ∞ Experiencing ourselves as connected to everything, we can see our actions are helpful, loving and compassionate by nature. ∞ Do you need to get in touch with your self so an Inspired Action can move into the forefront? ∞ Take a moment, imagine areas where you or the world needs Inspired Action. ∞ When you're centered in yourself, what does the action look, feel, sound, taste, and smell like? ∞ Breathe. ∞ Can you locate the wisdom in it? ∞





GRATITUDE



What do you appreciate? ∞ What specific activities exemplify your appreciation of yourself and others? ∞ The Earth? ∞ The Moon? ∞ The Stars? ∞ Look how this Gratefulness to be alive is expanding before your eyes! ∞ While in a state of gratitude it's impossible to be critical or judgmental. ∞ Breathe in a sense of Gratitude. ∞ Feel it in your body, from the top of your lovely head to the tip of your amazing toes – expanding out of you connecting you with the Universe. ∞ Filling you with Love. ∞





SACRED



I wonder if there will be a time when the word Sacred will be unnecessary because humans will experience everything as Sacred all the time, not needing a reminder. ∞ How do you remember that everything is Sacred? ∞ Do you revere the grandfather trees, the flowing streams? ∞ What about the seemingly rude person who cut you off in traffic? ∞ The clothes you wear, the objects in your dwelling. ∞ Do you honor yourself? ∞ All can be handled with care, love and a gentle heart. ∞ Please take a moment to remember the Sacredness in the experience of life. ∞





HEALING



Is your body, mind or soul in need of any healing? ∞ Does our Earth around you need some attention? ∞ What are the ways you know you can heal yourself, the Earth, your relationships? ∞ Nature? ∞ A chat with a dear friend to vent or mend? ∞ Meditation? ∞ Visualization? ∞ Gratitude that healing has begun? ∞ Acts of appreciation towards self and others? ∞ Healing, loving, presence surrounding you? ∞ Whatever may be in need of healing, know that healing energy of the Earth/God is accessible to you at any moment. ∞ May your every breath be filled with the healing experience of our Sacred Universe. ∞





FUN



Life can be fun! ∞ Are you having a fun time? ∞ Do you find yourself being too busy taking care of your cave and the cave people you live with? ∞ Do you need to lighten up a bit? ∞ Do you have time to be playful and silly? ∞ Are you taking something too seriously? ∞ Perhaps you're in need of a hearty belly-laughing session? ∞ When's the last time you had fun with others? ∞ If you find you're enjoying life and having enough fun, maybe you're having too much of it, although I seriously doubt it! ∞





LIGHT



Science seems pointed to the idea that everything is made up of energy and is somehow equivalent to light. ∞ We know we need the energy of the sun for health and well being. ∞ We know when we're connected with our Source we can light up a room... Shoot! Maybe even the sky! ∞ How do you bring your Light to our Universe that needs and wants your love? ∞ How do you connect with it? ∞ Breathe it in! ∞ Be the light of the world! ∞ Shine on magnificent one! ∞





CLEANSING



It can be helpful to take the time to check our lodgings, bodies, minds, spirits and transporters (car, bike, etc.) ensuring they are clean and organized. ∞ Have you been feeding and exercising your body for it to perform optimally? ∞ Are your thoughts and actions congruent with who you know yourself to be? ∞ Is your lodging and work space as tidy as you like it? ∞ Take a moment to look around you (outside and in) and decide if you're in need of any Cleansing. ∞ If not, then I imagine you're feeling grateful! ∞





MIRACLES



Some humans do not think that miracles exist. ∞ What do you think? ∞ Do you see small synchronicities as mere coincidence? ∞ Sometimes we're not prepared to see a miracle, so we do not see them when they arrive. ∞ Is there any way you can expect miracles and prepare a way for them? ∞ Anything that needs a miracle in your life right now? ∞ On our Earth? ∞ Breathe in a space for miracles. ∞ Expect the unexpected and you will be pleasantly surprised! ∞





STEADFAST GRACE



Some see grace as a divine gift when we're connected with God/Source. ∞ When we are connected, grace is the understanding of just when to speak (how much or little, when to stop or start). ∞ Every sincere syllable that's uttered is dripping with love and kindness. ∞ With grace at our side, we cherish ourselves and each other in a completely benevolent way that surpasses understanding and we stay fixed in it. ∞ Can grace be a gift for you to share or witness as inspiration in another? ∞





SOAR



When's the last time you felt as though you were soaring through your life unimpeded by tasks of daily living? ∞ When we soar, it seems as though we're fully engaged in the moment, present for whatever is coming our way. ∞

Flowing through life like the wind. ∞

As we soar above the Earth, we change our view thus altering our perspective. ∞ What are your perspectives? ∞ Are they helpful? ∞ Take a moment to look in and around you. ∞ Take a leap, change your perspective, SOAR! ∞





RECEIVE



Often it's easier for us to give than it is to receive. ∞ Is there a place available in you to receive from others? ∞ When we accept a gift from another we give them the joy of giving to us. ∞ If we can do this with an authentic joy filled heart the outcome is even more profound. ∞ If we are given a gift that we're not able to receive authentically (i.e.: we don't want it), it can be helpful to consider the consequence for ourselves if we act out of character. ∞ Is there space in your heart to RECEIVE? ∞





ALLOW



Allowing seems related to our actions before receiving something. ∞ Does your energy match the energy of what you desire in your life, thus creating a space for its receptivity? ∞ Are there people in your life that you've allowed in who aren't resonant with your core being? ∞ Are there places you've allowed yourself to attend because you were afraid to hurt someone by saying no? ∞ Invite in a breath as you peer into your soul to discover where you need to allow or disallow a person, place, situation – naturally bringing yourself back to congruence. ∞





IMPECCABLE



As I understand it, impeccability has to do with a direct experience that we did our best and it was good enough. ∞ In impeccability there won't be any critical lingering thoughts such as, "Uh, a bit lazy there" or "better try harder next time" or "oh well, it's over now." ∞ Also, inherent in impeccability is our trusted "word", even when it might be difficult for us to stay the course. ∞ We also give ourselves permission to change our mind if needed to maintain our impeccability. ∞ Are you impeccable with your words, actions and thoughts? ∞ Is there change needed to bring yourself back into alignment? ∞





STILLNESS



**Do you experience stillness in nature? ∞
Tranquility in a group of people? ∞ Have
you given yourself enough silence to feel
what it's like to just BE? ∞ Have you noticed
the stillness in between words that you
read or speak? ∞ Can you experience the
unspeakable stillness emanating from the
Earth, out into the Cosmos? ∞ Close your
eyes for a moment, even if in a crowded
place. ∞ Feel the Stillness of the space in
your chest and the space in the room or
space you occupy. ∞ Extend yourself beyond
the space, out into the Universe and breathe
it into your center. ∞**





EMOTIONS



When I'm feeling uncomfortable feelings (anger, sadness, depression, fear, etc.), I've usually let something or someone move me off course. ∞ In the midst of these feelings I experience a sense of disconnectedness, separateness. ∞ Alone, I feel cut off from the world; the exact opposite of my true nature. ∞ We don't need to judge feelings as good or bad. Feelings can help us stop and become conscious; respond and move through them. ∞ Can you let feelings wash over you like water? ∞ Breathe. ∞ Are you experiencing any uncomfortable feelings? ∞ Breathe through them. ∞





WISDOM



**What about wisdom as a spiritual seeing? ∞
Observation of the truth and making a
decision according to what fits for that
situation, in that moment. ∞ When we are in
touch with our inner wisdom, we're able to
"see" with ease. ∞ How do you get in touch
with your inner wisdom? ∞ Do you need it
right now for a particular situation? ∞ Does
wisdom come only with age? ∞ Can you see
and appreciate how wisdom is growing in you
now and can you facilitate her growth? ∞**





COMPASSION



What is your response when you see another's suffering? ∞ Are you aware of a deep call to relieve this suffering? ∞ Aware of your own suffering and what brings relief? ∞ Is it possible for you to offer yourself compassion when you need it? ∞ I'm reminded of the practice of breathing in the suffering of self/others and breathing out what will bring them relief, as a way to cultivate compassion. ∞ Are there situations, people, places, animals, Earth, You, that need your compassion right now? ∞





EXPECTATION



It seems expectations are helpful when we're trying to cultivate something in our lives. ∞ On the other hand, perhaps if we expect things to happen a particular way and they don't, we've set ourselves up for feeling disappointed. ∞ If we can notice the disappointment and move through it towards our true self (Love) we might be able to salvage the joy and surprise of a new unfolding right before our eyes! ∞ Are there expectations in life that are helpful or others that need modification or removal? ∞ If not, maybe you are feeling appreciative now. ∞





MUSIC



From the beating of your heart to the rustling winds, music is inviting you into her wave. ∞ What is the music that moves you? ∞ Who moves you to Music? ∞ What moves you to Music? ∞ Do you have enough Music in your life? ∞ Music is known for her healing qualities too. ∞ Are you able to use Music to help you or others heal? ∞ Can you create new forms of music? ∞ I hope Music will vibrate through you all of your days. ∞





SURRENDER



Letting ourselves move into the flow of a person, situation, thing, place, can be a relieving and an intensely vulnerable experience. ∞ When we surrender into the flow of life, resistance disappears. ∞

Naturally, each situation has nuances.

∞ Have you allowed yourself to surrender to your deepest self, trusting fully in your intuition? ∞ Or given yourself over to

something that is incongruent within you? ∞

At times surrendering moves us into clarity. ∞

Do you need to surrender or pull back?

∞ Check inside. ∞





BREATH



If ever we need only one thing to feel grateful for, this might be IT! ∞ Our breath connects us to ourselves and each other, bringing us into the precious moment we reside – any moment. ∞ Have you noticed what it's like when you take conscious breaths during a day in work, traffic or walking? ∞ What do you experience when you take a breath during a stressful situation? ∞ Perhaps this card can be a gentle reminder to be present with your breathing or perhaps a confirmation of what you do or an opportunity to share this simple gift. ∞





CONFIDENCE



Often confidence is associated with a belief in our ability to handle life's situations.

∞ What about this? A belief in yourself connected to God/Source which propels you forward to experience exactly what you need to. ∞ Knowing that with this connection in place you can do most anything! ∞ This view implies a unity of experience with our Source and others – moving forward together focused on what we can all do. ∞ Does this view work for you? ∞





RELATIONSHIP



Often when we hear “relationship”, we think of our significant other. ∞ In this context I invite you to explore your relationship with yourself – moving out towards the world. ∞ How have you been taking care of yourself? ∞ Do you like your own company? ∞ What are your relationships like with the people you love? ∞ Within your community? The Earth and her creatures? ∞ Do they fit with your desired situation? ∞ If all’s well you might feel grateful and if not here is an opportunity to explore and shift. ∞





NURTURE



When we think of nurturing, we often think of it as feminine qualities of kindness and love. ∞ What about nurture as cultivation? ∞ What we put our energy towards grows. ∞ What and whom are you cherishing these days? ∞ Are you cultivating yourself to the extent that you want or need to? ∞ Are you nurturing the relationships you want to keep? ∞ Cultivating the activities you want in life? ∞ If true, you may feel grateful, if not, breathe, explore and shift. ∞





NATURE



Spiritual texts and nature enthusiasts recognize a certain reverence for nature, honoring that it is often easier to experience God in the presence of a massive Redwood tree. ∞ Towering over us, reminding us of how small we are, yet perfectly connected and vital to the planet. ∞ Are you able to spend time in nature or have access to places that have plants you can spend time with? ∞ Who knows exactly what's innate in us. Perhaps it is our connectedness to everything in the Universe in a loving and sacred way. ∞





PEACE



Our desire for peace isn't always quite evident when we look around at what transpires in the world. ∞ It seems violence begets more violence. ∞ What about peace begets more peace? ∞ As we bring our awareness to each moment, it seems there is an underlying peace there waiting for us to experience it. ∞ Are you currently experiencing the peace you want in yourself, your relationships, in the world? ∞ At times even the lack of peace in our lives can bring about an inspired action. ∞





JOY



What brings you Joy? ∞ It seems Joy is around us is in nearly every moment, although not always clearly noticeable. ∞ Finding joy in a challenging moment can transform it! ∞ I love to watch babies and toddlers who are always in search of more Joy! ∞ Watching them can be a great reminder how we too can keep looking for the Joys in life. ∞ If there aren't any babies around to show you, maybe this might be an opportunity to observe ways in which you find Joy. ∞ If you have a lot and enough Joy in your life, well – there's Gratitude again! ∞





DESIRE



What if God/Source uses our desires to help guide and direct us? ∞ When people are connected to and in alignment with their Source, their desires will reflect that connection (towards love). ∞ In contrast, if there isn't a connection, then our desires reflect another truth (violence, war, abuse, etc.). ∞ Can you see how your desires (when you're connected) guide you towards your calling in the world? ∞ Are you willing to consider accepting the desires you feel as a gift and direction from Source? ∞ Consider exploring your desires and their meaning to you. ∞





TRUTH



**Does truth change moment by moment? ∞
It seems that when we see our life situations
for what they are in the moment, neither
adding nor subtracting, we are able to
compassionately arrive at a loving next
action. ∞ We may obtain and absorb new
information that will change how we observe
truth in our life situations and perhaps we
will hold more steadfastly to what we know
or we're left with a new way of seeing. ∞
What's your opinion? ∞ Is there a universal
truth for all to follow? ∞ Is there a personal
truth? ∞ What is true for you? ∞**





HAPPINESS



When your happiness comes from within, you can insert happiness in nearly all places with ease. ∞ If you rely solely on what is in your environment then you may often feel disappointed. ∞ In addition, we give the world a big responsibility when we look for happiness there alone. ∞ Where is your happiness right now? ∞ Where do you feel it in your body – take a breath. ∞ If you know how happiness works for you, I imagine this might be something to offer gratitude for. ∞





PASSION



It seems that following our passion without abandon can be wonderful most of the time. ∞ Staying up all night reading a book or something else, we might find we have a tired body to contend with in the morning. ∞ Discernment is helpful with regard to our passions before we throw all of our cares to the wind. ∞ What are the things in life that you absolutely love? ∞ Are you able to let yourself follow them? ∞ Does the timing work for you? ∞ Is it necessary for you to pull back? ∞ Invite a breath and explore. ∞





COSMOS



We come from the stars! ∞ We know this isn't just science fiction anymore. ∞ For thousands of years humans have been stargazing. ∞ What do we seek? ∞ Deeper understanding of where we come from? ∞ Reminders of the infinite possibilities that exist in the Universe? ∞ Do we bear witness to how infinitesimal we are, yet connected to the enormity of that which we gaze? ∞ Have you taken time to fix your eyes on the heavens and dream a little? ∞ BE a little more ALIVE? ∞ If so, you're likely feeling excitement right about now. ∞





PATH



Did you choose your path or was it chosen for you? ∞ Do you feel in alignment with the harmonious functions of the larger path of the Universe? ∞ Is there a sense of balance as your alignment with your path is realized? ∞ As we stay within the truth of the path we follow, we open up a gateway for divinity to continuously flow through us. ∞ We don't relax into the security of the path, rather we relax into the impermanence of life and embrace the changing nature of it.

∞ Breathe. ∞





COMMUNITY



We all participate in communities (family, work, friends, religious, etc.). ∞ Do you understand your place in your Communities? ∞ Do you have a chosen Community that you feel supported by? ∞ If not, are you able to create community (sometimes in unexpected places)? ∞ What are the qualities in your Communities that are important to you? ∞ If your Communities are everything you need or want them to be, then perhaps this is an opportunity to express gratitude to them. ∞ If not, breathe and invite a shift. ∞





AWARENESS



When we become aware of a situation and see it for what it is, we can make decisions as needed. ∞ What situations or things do you find yourself noticing lately? ∞ Is there anything lying just beneath the surface that needs to be moved into your awareness? ∞ I invite you to take a few moments now: checking with your awareness, start slowly bringing attention to sensations in your body. ∞ Moving out into your surroundings, house, neighborhood, city, country and finally the Universe – now you are connected. ∞





INFINITY



It seems that there aren't any words to describe what it's like to be in touch with this inestimable nature. ∞ Experiencing death in meditation may be a way to understand this eternal quality. ∞ Have you had an opportunity to connect to the vastness of Infinity lately? ∞ In meditation or connecting to the stars? ∞ Is there a freedom there? ∞ A sense of relief? ∞ What's it like for you to know that you're part of Infinity? ∞





SOURCE / GOD



Some people say that God guides our lives and we just show up to participate. ∞ What if we are co-creators with our Source? ∞ This Source is in us and we are it, simultaneously. ∞ Some people experience an enormous sense of freedom in this and others fear they will not know what to do. ∞ If we choose this path, we also have an enormous responsibility. ∞ We're no longer victims of life circumstances. ∞ We become self-initiated humans to do our part in our lives, the lives of others, and our world. ∞ Does this resonate with you? ∞ Breathe and reflect. ∞





HOPE



**Some recognize hope as something that robs us of the present moment. ∞ When we give up hope, we can stay present in the moment and experience compassion as we stay with the situation exactly the way it is. ∞ Present, we are then available for the joy and peace that's underneath it all. ∞ Trusting that change will happen we can embrace the certainty of impermanence. ∞ Hope can also be the recognition of our desire for change and a dream for our future. ∞ Are these views helpful to you? ∞ Do you need to redefine hope in another way?
∞ Invite a breath and explore. ∞**





COURAGE



There are times when we summon our reservoir of courage to manage a seemingly difficult situation. ∞ Other times it takes even more courage to stand facing a situation where immediate action seems essential, and wait as long as needed until we arrive at certainty. ∞ And another time when we change our mind, we need courage to act it out, especially where other people are affected and may disagree. ∞ Even other times where we need the courage to stay the course, even though we're mostly ready to shift. ∞ Are there areas requiring some of your courage, to change, keep it the same? ∞ Breathe and explore. ∞







NEED



Are you aware of the difference between what you need and what you want? ∞ Sometimes needs get disguised as shame when we think that we “should” do a particular thing and call it a need. ∞ There are times when our wants and our needs seem indistinguishable. ∞ It’s in quiet moments that we can take the time to allow ourselves to understand what needs our action and move into that place. ∞ Are you managing all of your needs effectively? ∞ Family? Community? Country? Planet? ∞ Breathe and discern. ∞





CONTEMPLATION



Taking time for contemplation can be helpful in numerous areas of our lives. ∞ We can spend time with a passage in a book, contemplating meaning. ∞ There might be situations where additional time is needed to consider how to proceed. ∞ Is there anything in your life right now that will benefit from further contemplation before action? ∞ Are there any teachings from texts, people, animals or metaphors that you might gain knowledge of through contemplation? ∞ Invite a breath and reflect. ∞





MEDITATION



When we think of meditation often, what comes to mind are folks sitting around in a room cross-legged, on cushions, with mudra-expressive hands. ∞ Meditation can take many forms. ∞ Adding conscious breathing in our walking, eating, in our driving, in our love making, in our cooking, can create a meditative practice. ∞ Picking this card can be an invitation to move some of your life into a meditative practice. ∞ We start where we're at. ∞ What does your practice look like or do you need to create one? ∞ Breathe. ∞





DISCERNMENT



In using our discernment, we question life from our inner sense of knowing (intuition), arriving at a conclusion that ultimately brings more love into the world. ∞ When we judge or criticize others or a situation we are left feeling separate, alone and disconnected. ∞ When we actively discern we may be uncomfortable with our conclusion. ∞ However, we come away feeling connected and alive again. ∞ Are there situations in your life that require an active discernment on your part? ∞ Can you connect with your intuition to breathe and discover? ∞





FULL MOON



In the fullness of the moon, we can be reminded of the overall content and patterns of our lives. ∞ It can be an opportunity to observe them, discerning if they are congruent within us. ∞ Are we full of love? ∞ Do we fill our lives with too many mundane activities? ∞ Do we need more fun? ∞ Do we have Loving relationships? ∞ Do we fill our lives with helpful and loving acts of service for others and ourselves? ∞ Are we full of gratitude for the teachers (people, movies, plants, books, technology, etc.) in our lives? ∞ Take a moment to breathe and explore. ∞ Often we see what we need. ∞





CRESCENT MOON



There are times when we feel less than full, less than courageous and it's during those times we may benefit from additional support to make it through. ∞ Who are the supportive people in your life? ∞ Is there anything that you do for yourself that gives you the extra support you need (foods, walk, more or less sleep, quiet time, fun etc.)? ∞ Is there an uplifting place you can visit? ∞ Look inside and discern what you may need? ∞ Often people take time to invite change in their lives during the crescent moon. ∞ Take a breath, is this a time of change? ∞





BOUNDARIES



When we set a boundary we are opening lines of communication by definitively distinguishing for others what we're comfortable with. ∞ When we set a barrier, we avoid communication and ignore what's happening. ∞ This barrier is often accompanied by an unhelpful judgment of a person or situation. ∞ "I'm leaving because you're mean to me!" we yell. ∞ We might consider this: "I want to leave because I won't be treated in this way anymore and staying implies my consent. If you're willing to explore alternative options with me, I'd like to stay." Notice the difference between these two. ∞ I invite you to consider if their application might be helpful in your current life situations. ∞

