

THE
odyssey
ORACLE

threads of fate

The Odyssey Oracle Deck
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First Edition

Artwork by Brit June. Words by Blaire Porter.
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Welcome to The Odyssey!

Thank you for choosing this deck to be a part of your journey.

We have wanted to make a Hero's Journey deck for many years, and are so grateful to have this opportunity. Story is a critical piece of our collective evolution and growth, and while we do not tell a story with this deck, we hope it helps you in writing your own.

We so appreciate your support and are so excited for you to use this deck!

With love,
Blaire + Brit



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the hero's journey

The Hero's Journey, a concept coined by Joseph Campbell, is a timeless narrative framework that underpins countless myths, legends, and stories across cultures. It outlines the transformative adventure undertaken by a protagonist as they venture from their ordinary world into the unknown, facing trials, growth, and self-discovery.

The journey typically commences with the Call to Adventure, where the hero is presented with a challenge or a quest that propels them out of their comfort zone. Reluctant at first, the hero often meets a mentor figure who imparts wisdom and aids in their preparation. As they cross the threshold into a realm filled with trials, allies, and adversaries, the hero encounters various tests that push them to confront their inner doubts and fears. These experiences lead to a profound transformation, bringing forth hidden strengths and unveiling the hero's true potential.

We see this journey in every book, story or movie. And as the viewer or reader, we are drawn to these stories because they resonate on an incredibly deep level with us. We've wanted to make a hero's journey deck for many years to honor the transformative process that many of us willingly undertake.

This deck was made to honor you and your work. The work you do to make yourself, and in turn, the world, better. Because the world needs it. Those who have yet to begin their journeys need it. The Odyssey is made for those who have embraced this internal transformation. Who have fallen in love with this spiral dance and have dedicated their lives to it. It is our hope you find yourself in these cards, and that they find you when you need it.

We want to emphasize that while we did create an order to these cards, this is not a universal experience for all. They can, and will, come out in a different order for you. It is never the same and that's what is so wonderful about this process - it is always changing.

USING THE ODYSSEY

When should I use this deck instead of another?

We recommend using this deck to reflect on your internal work or your various undertakings in life. This deck has a journey woven into it. It is in order, but the order may differ for you. It is meant to show you where you are at in your journey with something, and offer guidance on how to move through it.

How is it different than a tarot deck?

While the Tarot also follows a structure and a journey, The Odyssey was made with the internal in mind. The external world offers us the opportunity to do internal work, but we wanted to make a deck that is only focused on the internal world and the journey through it.

Why choose the Odyssey for guidance?

If you are someone who is devoted to the path of transformation, you will love the Odyssey. Unlike many other oracle decks, it is not very soft. What it is, however, is a friend on your journey. It is what you can turn to when you feel alone, unsure and powerless. It is a reminder that you will always triumph if you keep showing up.

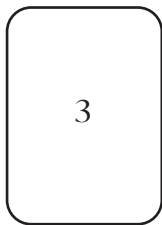
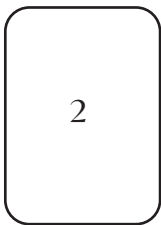
How is this deck different from your others?

This deck follows a specific journey whereas our other oracle decks do not. There is a level of precision with this deck while the Threads of Fate oracle tends to be more affirmative and nurturing.

Feel free to shoot us any questions you have on insta @thethreadsoffate or via email: requests@thethreadsoffate.com

spreads

THE ODYSSEY



card 1: the present

where am I currently at on my journey?

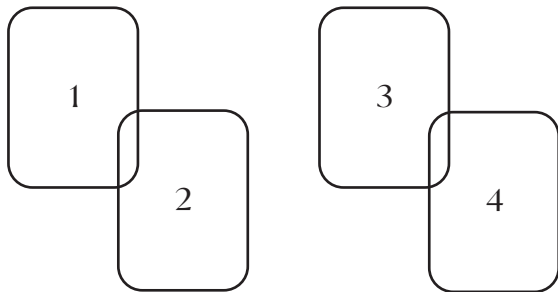
card 2: reflection

what do I need to look at more closely?

card 3: release

what needs to be released for me to move forward?

DARK PASSAGES



card 1: darkness

what am I struggling or fighting against?

card 2: passage

what will help me move through this?

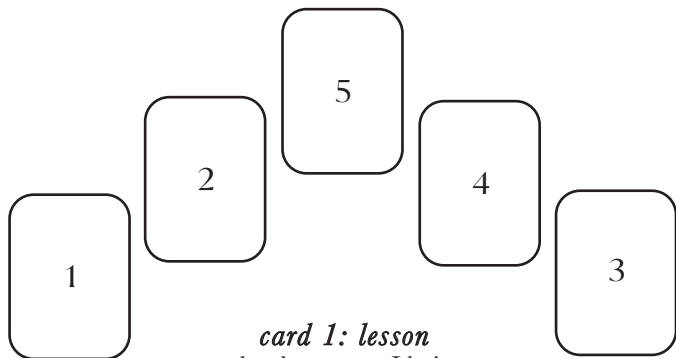
card 3: blocks

what will keep me in this loop?

card 4: liberation

how will I know I am making progress?

THE INITIATION



card 1: lesson
what lesson am I being
invited to?

card 2: requirements
how can I show up
for it more?

card 3: initiation
what am I being initiated
to with this work?

card 4: medicine
what is the medicine that I
will find on this journey?

card 5: outcome
what will I experience if I
continue this path and work?



001

halcyon

UPRIGHT

routine, ordinary, lack of presence

REVERSED

repression, fearing change, avoidance

We slumber in the unknowing realm. Even when we think we know, there is always more that's waiting for us.

Halcyon finds us here. Suspended in the space that lies before the beginning, before we even see the path.

But that soft breeze will soon turn into a roaring wind. Picking us up and planting us on a new road. A winding path, with steep hills and deep valleys.

But here you are, in the before, as the time forward grows shorter.

halcyon

UPRIGHT

Halcyon and Ceyx were two Greek Gods madly in love - to the point of arrogance. Eventually they angered Zeus so much, he punished them. Ceyx drowned at sea, and upon hearing the news, Halcyon threw herself over a cliff and into the water. This act touched the Gods so much that they spared her and turned her into a bird. They turned her beloved Ceyx into a bird as well so they could live together once again. Halcyon's father, the God of the Winds, was ordered to stop the gusting for 2 weeks in the winter so Halcyon can lay her eggs on the shore. The Greeks call this period 'Halcyon Days' - a time of peace and tranquility.

Halcyon is bright, shining sameness. It is where we believe we are happy but are also missing the full spectrum of life around us. It's Pleasantville but it's paralyzing.

This period of peace is often enough for people. When the winter winds resume, as they always do, we can hear them lament "I just want things to go back to how they used to be." This hope can shelter them, it can ferry them from one brief happy time to the next. It can be just enough to get them through.

For those of us who have been initiated into the journey, we know of the space within that can weather the darkest of storms. We know better than to sit and wait for the Halcyon to return. We live in the many spaces of the journey at once.

Halcyon almost always refers to a time in the past, the Greek version of "the good ol' days." So when we find ourselves in Halcyon, there is a lack of presence. We aren't fully being with ourselves or the things that need attention. We may be glossing over things, perhaps thinking we've already tended enough to them and there's no longer an issue. We may just feel tired and want to believe that all is well.

But the Halcyon days always give way to gusting wind. Halcyon is an impermanent moment, one to enjoy but not cling to when the ground below you begins to shift. It doesn't mean trouble awaits you, it just means more awaits you. And that can be uncomfortable.

How you meet the wind is what's important. Do you get blown about? Or do you meet it steady and with purpose?

REVERSED

Halcyon reversed indicates you may be choosing to not see some truths in your life. These truths would call you out into a new space, they would require change, and sometimes we don't want things to change. We may want to stay in the safe and comfortable relationship. Or the job that offers security. We look for the reasons we are happy and fulfilled, and yet, we can feel something is missing. Halcyon reversed asks you to turn toward the new future, even when it's scary.

THE ART

In the theme of sameness, you can see the image lacks variety of color. While the blue is beautiful and vibrant, it also denotes a coldness. Things can feel idyllic or easy in this part of the journey, but deep down there's much that's missing

While Swallows are a symbol of luck, love and home (since they return to the same place and oftentimes to the same nest they left), they're also a foreshadowing to the call that's being made - transition. A journey lies ahead and a new beginning is coming

The Romans believed that Swallows were the lost souls of children during childbirth, and this struck me, like they never got to experience a journey on this planet, they never left their Halcyon, "the womb". I see them as overseeing, protecting and motivating the seeker along their path.

The hand with the eye sits behind the frame, beautiful but locked into time and space on the wall of its home.



UPRIGHT

truth revealed, glimpse of the future

REVERSED

rejecting opportunity or truth

Before we can truly see, the answer may arrive easily. It may seem simple and straightforward. We may know exactly what to do.

And as we reach for this easy answer, we will see how far it fractals out. How it touches everything. This web promises change, more than we can take in this moment.

So we pull back. We adjust our vision. We focus on the tip of the iceberg. But we can't unsee what we saw, and it will come for us another day.

thorn

UPRIGHT

When the Thorn finds us, it's always unexpected. Even when we think we know, the Thorn comes to remind us that there's much more for us to discover. And it's often when we're reaching for the beautiful things that it pricks us, showing us the first glimpse of the journey that lies ahead.

There's still so much we cannot see or understand, but Thorn pulls the curtain back far enough for us to see another world that awaits us.

When Thorn comes up for you, it's an indication that you've met that other world, even if you don't fully realize it yet. It's letting you know where you're heading.

Some people stop in this stage of the journey. They may run in the opposite direction. They may be flooded with fear and retreat. But our fear is a floodlight to the spaces we need to fully see. Trust that you are being guided and take it one step at a time.

The first time I experienced Thorn was in 2012. I went to visit my partner at rehab and sat in the family and friends meeting. This rehab was at the very end of Long Island and I was always the youngest person in the family rooms. I lacked the big hair and loud, thick New York accents but I felt a comradery with these parents as the counselor told us we were sick too. It was the first time I heard the word co-dependency. It felt like every moment in my life came into focus. Like, wow, everything made sense!

While the parents got relatively defensive and argumentative, insisting that there could be nothing wrong with them, I was adopting a new way of viewing things. After this meeting, I immediately started going to Al-Anon, and this was the turning point, not just for me, but for many people in my life.

The medicine within this card is one of self-compassion and courage. It is holding ourselves tight as we begin this new Journey into the unknown. It is having the courage to trust that things are unfolding perfectly, even when it doesn't feel like it.

REVERSED

When Thorn reversed comes up, it tends to follow an outright rejection of a new path. The Universe has reached a hand through the ethers to reach you and you couldn't hear it. It doesn't always find its way to you perfectly. Maybe it came in the form of someone offering the dreaded unsolicited advice, or maybe you've heard a truth that you insist couldn't apply to you. It can feel much easier to reject the potential unknown. But to wrap yourself in the comfort of the known won't get you anywhere. Thorn reversed asks you to be brave enough to open yourself to other possibilities, whatever those may be.

THE ART

Looking at Thorn, we see a hand holding a glowing moon and a black dagger going through both. The Glowing Moon indicates the new world, the space we will be moving toward if we continue on. It is full with potential and possibility.

But this new world doesn't come without some pain. Often times what leads us here are harsh truths, experiences or realizations. The rules for our previous lives now seem outdated, and this can be incredibly sad and scary. The Dagger brings this sting.



UPRIGHT

retreating to the familiar,
embracing the known

REVERSED

living in the shadow,
engaging in limiting patterns

We've glimpsed the road ahead
Have seen that promised change

But the chains of comfort are seductive
And heavier than we imagine

No, not today

Today we want to dance with the safety of the
known

To know what will come tomorrow
To lay beneath the breaking waves
And pretend to breathe

illusion

UPRIGHT

Ah, the sweet embrace of illusion.

Sometimes we run back to this place. It feels easy. It feels manageable. We know what to expect. And simply put, we don't have to try so hard. We understand the suffering within the Illusion - why would we want to trade that for suffering unknown?

The thing to know about Illusion is it isn't so much about fearing the potential new life, though there certainly may be some of that, but it's more about retreating to the familiar. This is where we know we can survive. We may also find new and exciting things here, things we didn't get to experience before but we always wanted to. This doesn't often happen through conscious choice, but a subconscious drive.

I've found myself engaging with Illusion multiple times, and it's always a sensation of knowing I need to work through some things here, but also knowing I have evolved far beyond this space. It can feel like embracing past versions of ourselves, living out old cycles and tying up loose ends. I found myself in Illusion after my partner and I separated for a brief time. I knew it wouldn't last forever, but I also knew I had some old patterns I needed to live within in order to resolve them, so I lived in my old self without shame.

When we find ourselves here, it isn't something to be ashamed of, it's only something to be aware of. Eventually we make our way out of this space, but the more we can hold ourselves here and acknowledge what may be happening internally, the easier it will be.

What I've found in my own journey, and in witnessing others as they traverse their own, is that we may believe our feelings too much and also attempt to justify them. For example, had I done that when I separated from my partner, I may have said things like "I just need to have fun" or "he's just not what I'm looking for". It's easy to do that, and it may feel like that's true. And sometimes it is. But in Illusion, it isn't, and that is what creates stagnancy.

The best thing you can do here is name the parts of yourself that you're engaging with. If you're living in a space of wound, acknowledge that to yourself, and don't make big decisions. This creates more flow as we move forward.

Moving forward in the journey can be incredibly overwhelming and scary. So when Illusion finds you, it's not trying to coax you out, but simply reminding you not to stop here.

REVERSED

Illusion reversed brings, perhaps, an unwelcome message. It is here to tell us that we know better. Rather than the retreat found in the upright message of this card, the reversed is letting us know that we have begun making decisions from old parts of ourselves. And sometimes, we must go through this. Sometimes we must engage with this shadow in order to release it. But the imperative thing: do not believe your thoughts. They likely will try to convince you that you're doing the best thing for yourself. That you know what you're doing. But know that there is something larger happening - do not make big decisions from this place.

THE ART

In this card, we see the hand playing in the light of another realm. It is bright and you can't see the true reality on the other side, but you are tempted enough to engage with it. It feels comforting and exciting all at once. The way it is swirling gives the impression one can get sucked in here and it would be best to be aware of that.



UPRIGHT

existential crisis,
re-building belief systems

REVERSED

despair,
feeling hopeless or pessimistic

And we go tumbling down.

Through these dark stretches in our mind. Where
we dig and dig, only find more questions.

Our old rules don't fit with our new awareness.
And this Void feels like betrayal. Like every belief
we've ever held has lied to us. Has turned sharp and
vicious when we dared to question it.

How easily the world we've built, the bricks they
handed us and told us were strong and sturdy, turn
to dust.

Don't try to hold on.

void

UPRIGHT

To meet the Void of our own lives is to ask life's biggest questions. It brings a type of grief and pain that many don't get to experience. In fact, most people attach themselves to thoughts, feelings and habits with the sole purpose of avoiding this space.

When we enter The Void, we're coming face to face with the meaningless things we've used as distraction. What once felt important feels silly now. We see how much time we've wasted on empty pursuits. This card comes after Illusion for that exact reason - when we leave the Illusion, we are faced with questions. Questions of ourselves and the world around us.

People often find themselves in the Void when they've played by the rules and have reached their goals, only to find it doesn't bring the happiness they anticipated. And some people continue to move the benchmark further back, hoping that the new bag/car/house/job/etc will be the thing they've been missing. They do everything they can to avoid the Void.

But other people, and certainly you are one of them, shift their perspective and confront the systems they've lived within.

This is an incredibly potent space to be in. Letting any illusions we've held fall away creates a domino effect in our lives, an opening that we can't control. It's an initiation into deeper aspects of our potential. The Void can feel unrelenting, but its medicine feeds us for a lifetime.

When it finds you, it's a reminder that while it's certainly a dark passage, it's one you don't want to attach yourself to. Observe your thoughts and feelings, but do not fear or fix them. You will grow from the wreckage of this perceived destruction. So let things fall apart - the pieces will help you build a new reality that feels more like home.

REVERSED

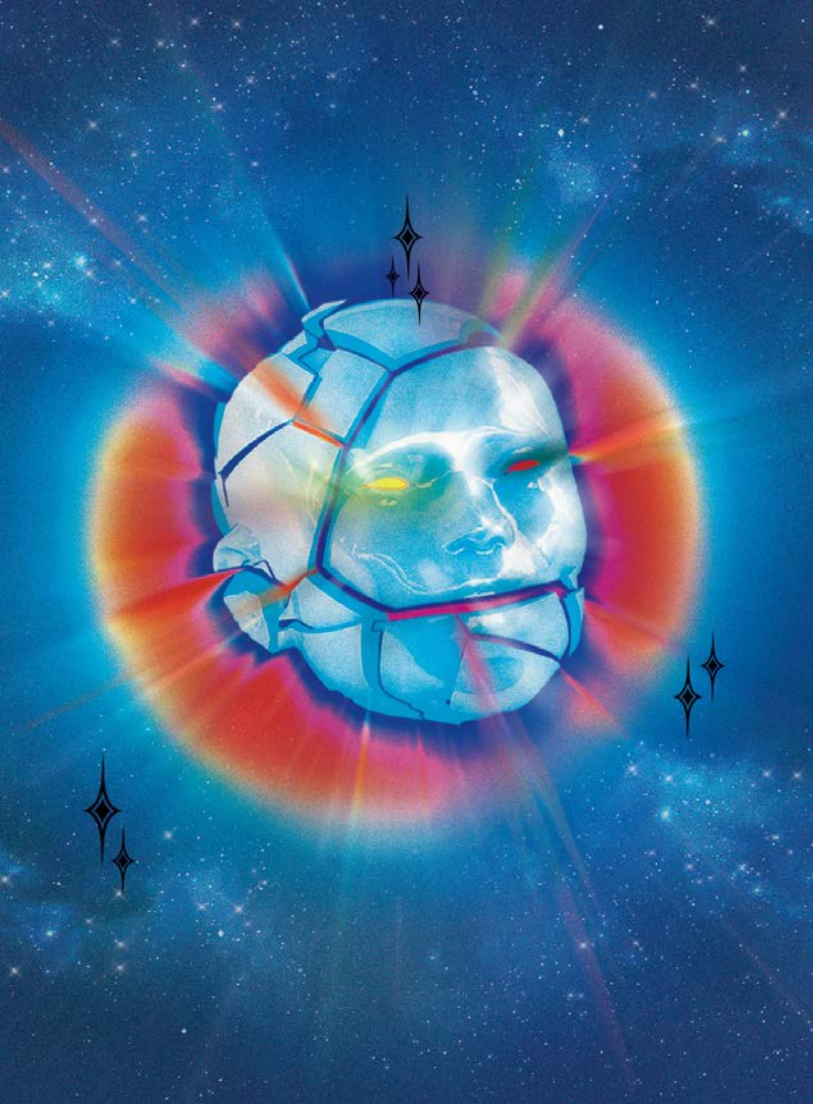
When the Void reversed finds you, you may have followed the thread of questioning a bit too far, to the space where you're no longer engaging with the world around you in a healthy way. It also may indicate that you're locked into perspectives that don't serve you.

A good example of this is what we've seen collectively the past few years. Covid-19 brought a lot of distrust to the surface and people began questioning things they once easily accepted. This healthy questioning is good as it helps us claim more sovereignty for ourselves. But many people went to a space that is not grounded in reality. You can tell the difference in those that are in the Void reversed space - everything they see or hear fits into their theories. They lack the ability to see other perspectives.

If you find yourself in the Void reversed, it would be a good time to separate from the things that are fueling your mental chatter. Try to spend some time in nature and disconnect from outside noise.

THE ART

The Void, with its spiraling eye, builds on that vortex energy found in Illusion. Where Illusion can be us playing in energetic spaces that make life feel lighter, The Void pulls us into the opposite direction most times. The eye represents perception, and how one perception can lead us to another. There's a confusing and overwhelming quality to this card, which is how it can often feel when we are in this space.



UPRIGHT

clinging to past,
trying to go forward in old patterns

REVERSED

repressing intuition,
fearing change

It's not easy to let go of the outcome we've
married in our minds.

We've seen it so many times. Imagined how it
would look and feel and taste.

To give up on it is a heartbreak on it's own.

So we might try to make it work.

We tell ourselves that in the right light, the cage
almost looks like a castle

Don't you like how I've decorated my despair?
How I've accented my rage?
Come sit down by my grief, don't worry, it
won't speak.

shimmer

UPRIGHT

Often times when we know deep in our gut that something must change, our brain clings tighter to the old ways. We feel that so much is shifting already and we may even be able to point to massive transformation or loss in our lives. So sometimes when we're in this space, there may be a part of us that doesn't want to get swallowed whole, so it tries to build something new using the old rules.

We look for the shimmers in our current life. The good things, the happy moments, the things we can feel and say "see, it isn't so bad!" We see this a lot when people know they need to break up with their partner but are afraid - they may try to cling to the small changes they're making. I think most of us have heard a friend complain about their relationship for a long time but find the smallest amount of hope to hold onto so they don't have to leave.

Coming after the Void, this card carries a feeble attempt to battle our destiny, one we likely know we will lose. But we are grieving our old life, so we try to hold on even if we know we're changing.

When Shimmer finds us, it is the tough love we need. It is here to tell you to fall backward into this new experience. The old way is no longer available, and the sooner you accept that, the easier it will be to move forward in a genuine way.

REVERSED

Shimmer reversed often finds us when we've doubled down on the hope, to our detriment. This is making big decisions that can't be undone so you don't lose the thing you fear losing. Which, is often the same thing holding you back. A good example of this is the couple that chooses to have a baby to save the relationship. We know that never really works, but sometimes people fear the unknown so much that they're willing to try anything.

When Shimmer reversed comes up for you, it's a good time to detach and pause. Remind yourself you don't have to make a decision right now either way. You can pause and circle back when you feel ready.

THE ART

In Shimmer, we see the cracks have fully formed and this mask is pulling apart. From within it though, we see light streaming through. This illusion the light brings represents the hope we cling to. But the things to remember here is that there is much to hope for - but the mask needs to fall off first.



UPRIGHT

life-changing event, big change

REVERSED

nervous system dysregulation,
chronic stress response

The house is on fire. And the places in our brain that give balance, reason, and meaning have been stripped away. We are left with the animal within.

So we run from one place to another. Or we sink into darkness. And sometimes, we stop and find ourselves for a moment, only for the world to tilt once again.

We can't stop the unraveling, but we can meet our body. We can hold it through its fear and freeze.

We can find a home in the ancient within.

fracture

UPRIGHT

Welcome to the moment of no return.

The Fracture can wear many faces, but most often it is born through a big, life-altering event. And this is when the journey begins in earnest, as it's where we truly understand we can't go backwards. Depending on our resistance level, and what needed to happen for us to understand this, it can sometimes feel traumatic.

Sometimes the Universe creates a force so strong and removes us from our previous life in such a way that it's impossible to return. It can feel like we're scrambling to keep up all the while trying to process the deep grief and loss coming up. This can be a time where many of our tools have no effect on us. My first Fracture moment was losing my car, license, home, and job all within a week. This didn't even happen as the result of a DUI or anything like that! It was just multiple, separate events crashing in on me, making sure there was no way I could keep going forward on that path. And, of course, this experience was deeply traumatizing for me.

So when we meet the Fracture, the best thing we can do is tend to our nervous system. When the events around us feel threatening and present big change, our nervous system often gets locked into a fight/flight/freeze/fawn/faint response. The more we can take small steps to regulate it every day, the easier it will be to transition through this period.

REVERSED

When Fracture reversed comes up for us, it's a gentle reminder that you may still have some nervous system dysregulation from a fracture event in the past. The reversal of this card signals a chronic stress response, as opposed to our acute response to it.

Even in big, traumatizing events, the world doesn't stop for us, so most times we try to scramble to keep up. This means sometimes we don't properly acknowledge the gravity of the situation, how painful it really is. This card asks you to return to this period and hold that version of you. Let those feelings come up and out.

THE ART

In Fracture, we see Saturn pulling apart into small pieces. I chose Saturn because many people experience these Fracture events during their Saturn return, as Saturn is the bringer of life lessons.

A planet breaking apart is not something that we can easily conceptualize, which I wanted to convey, as this is often how Fracture feels. It can feel so abrupt and shocking, like it almost doesn't make sense. It can feel like our world is ending, which I think many of us here on Earth would feel if we got news of a planet in our solar system ripping apart.



007

fog

UPRIGHT

deep subconscious change,
confusion

REVERSED

ungrounded, uncertain,
overwhelm

Here in the fog, we find no names.

The compass we've carried, the one that
has guided us through our many twists and
turns, is only useful if we have sight.

There is no road out.

And so, we must wait, holding our trust and
surrender close, as we imagine a new world
to return to.

fog

UPRIGHT

When we're in a space of deep shifting, our minds are a few steps behind - and this is exactly how it should be. If you were surrounded by thick fog, you likely wouldn't try to paint what lies beyond it.

It isn't our job to try to catch up and make sense of everything. When things feel chaotic, our best option is to serve as a vessel for change to occur. This means we aren't trying to identify what's happening or explain it to others in a way they will understand.

This is the perfect time to keep asking questions. The Fog finds us when things are changing on a subconscious and cellular level. When we have acknowledged things need to change and our old ways of being won't work anymore. But so much of the foundation is crumbling in ways we can't feel or sense. It is happening behind the scenes in our mind and our conscious brain really can't keep up.

Rather than fighting it or identifying with the changes happening, you can create an inquiry practice. How do I want to feel? In what ways am I engaging in inherited patterns? In what ways do those inherited patterns not support me? What is at the core of this pattern? How am I fueling these patterns? To break free of them, what sorts of thoughts do I need to cultivate?

The questions will change depending on where you are at in this process and how you're feeling, but the Fog is the perfect time to get curious and trust that things will come into focus once the dust settles.

REVERSED

When Fog reversed crops up, you may be feeling like you've been swallowed whole. This could be a period of feeling very ungrounded and uneasy, and you may be questioning a lot of decisions you've made and are feeling uncertain about moving forward.

When in this space, it can be really helpful to find one neutral thing to focus on. Maybe this is a creative project or maybe it's planning a trip. Whatever it is, it needs to be very removed from your present circumstances, something that simply shifts the energy for you.

THE ART

To me, when you're in a fog and things feels scattered, and dealing with the overwhelm of feeling scattered, the medicine is creating more focused energy. You aren't trying to escape the fog, but trusting that when you shift your focus, the path will appear.



UPRIGHT

new teacher/guide,
being a student of life

REVERSED

external reliance,
embodiment

When we're feeling lost and confused and are fighting change... our guides point us north.

Even in their humanness and their imperfection, our guides have walked ahead.

They have traveled the spiral over and over and returned with sparkling wisdom.

A belief we can hold onto, while we swim in dark waters, not knowing when we will make it to shore.

Our guides are gifts. But so is the willingness to be taught. Hold onto that too.

borealis

UPRIGHT

We would never make it without our guides. And these guides or mentors aren't always people, sometimes they are places and things and activities. The things that challenge us, inviting us into expansion, are critical teachers in our lives.

The ways in which we are drawn to these teachers in our lives is also a portal. When you feel a need for their support - where is that coming from? Where do you feel too small, too incapable? What are you fearing?

When we can be receptive to their teachings, but also show up for ourselves and our sovereignty and empowerment, we will find that we make more progress. We often turn to them for one thing, but over time, the relationship will teach us much more about relying on ourselves than we initially thought.

I think it's also important to mention the concept of extraction here. When we feel powerless or incapable or need support, we may feel like this teacher has something we "need", we just need to "get" it. But we want to be careful here, it is not a matter of receiving but a matter of study.

For example, when you sit with an elemental ally (plant, gemstone, etc)... it is not about having it heal you. It is about learning from its wisdom. If rose quartz is all about love, how can you learn from its frequency? How can you embody it on your own?

When you pull Borealis, it is an invitation to open up to the teachers within and around you. Each thing in our life can teach us something.

REVERSED

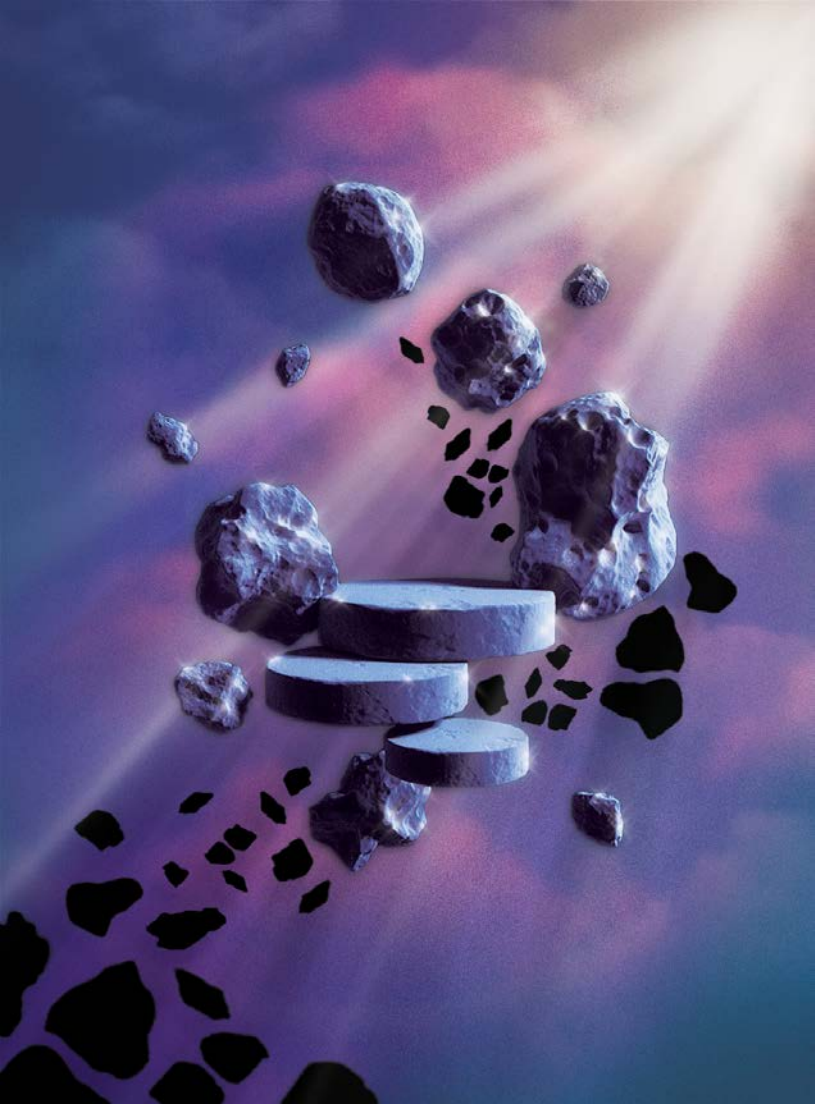
When Borealis reversed crops up, there's a good chance you may be relying on the external a bit too much. As is mentioned in the upright message of this card, it's important that we remain sovereign and empowered in our relationships with teachers. This means we appreciate and receive their wisdom, but we also know we have our own. And more than anything, we are learning from them how to embody that and trust it.

I remember the first teacher I worked with. I would make a list of all the things I needed to talk to her about throughout the week and then we would go through them during our sessions. And while this isn't necessarily a bad thing, I was doing it because I didn't trust myself in handling them on my own. In that same vein, she should have recognized that I was relying on her too much and had turned my power over to her.

Can you think of anything in your life that is preventing you from unlocking your own power and wisdom?

THE ART

With Borealis, I wanted to convey that sensation of how our teachers can feel like bright shining orbs. Sometimes it can feel like they are so far above us, so untouchable in a way. They hold an ideal that we are working toward, especially in the early stages of our journeys, which I felt was exemplified by a glowing orb.



UPRIGHT

new opportunity,
commitment, affirmation

REVERSED

denial of the invitation,
ignoring opportunities

We play hide and seek with our
transformation, dreaming up change.

Until one day, when we've had enough of our
dreams, and we finally accept the invitation.

So a small ember within us begins to glow.

The seeds of transformation have been
planted.

They will grow and hold you when you
begin to falter.

They will whisper in your ear, reminding
you of the Journey you've accepted.

And you will keep going, because there is no
road back.

invitation

UPRIGHT

Sometimes we've been waiting for the Invitation to arrive, we're already dressed and have been looking forward to this moment. Other times, we attend reluctantly.

Knowing that change must happen doesn't mean it's easy when the opportunity presents, or continues to present itself. It's still a huge practice in presence and devotion to our potential. And truly, this card is where we fully commit to doing things differently, even when we struggle, we hold the vision of what we want.

When we are earlier on in our journey, we may be more reluctant. The unknown can feel scary and we really don't have the tools. It takes time to reach a space of being comfortable in the throes of the work.

And when you've done enough heavy lifting in your internal world, saying goodbye to old patterns is not as difficult. The discovery that a new invitation offers is filled with wonder and joy.

When I think of the Invitation, I am reminded of when I started sitting with psychedelics. I was incredibly fearful and nervous, but I knew I needed to. It ended up being a whole new beginning for me and my work, it completely changed every area of my life. I had rejected this invitation many times, but when I was ready, I was truly able to make a lot of progress in a short time.

When the Invitation arrives, it brings the medicine of commitment. It only arrives when we're ready and it offers a moment of steadiness within the upheaval. Even when moments feel difficult and we want to retreat, the Invitation insists you keep going. It asks for your devotion and affirms the vision you hold of yourself.

REVERSED

When the Invitation reversed finds us, it indicates that we are trying to cover up our fear with logic. We may not be accepting the Invitation presented to us out of fear and we are trying to justify it with reasons that sound good to our logical brain, but really don't reflect the truth of it.

Using the same example in the upright message, I spent many years saying things like "I don't need psychedelics" and "I do really great journey work without plant medicine" as opposed to "I'm scared." Invitation reversed asks you to name the fear, even if you aren't ready to accept the Invitation.

THE ART

For this card, we can see three floating, circular platforms, leading the seeker upward. There is the beginning of a path, but not the entire path, as it will continue to reveal itself. The suspended boulders represent perceived blocks and limitations that the seeker can choose or not choose to be deterred by. The light beams coming from above indicate that the Universe is affirming and encouraging your journey.



UPRIGHT

emotional fallout,
grief, overwhelm

REVERSED

resistance,
fight/flight, avoidance

We try on each new day and they don't seem
to fit

Straddling the gap between our old life and
new

Legs stretching outward while that gap widens.

An ocean of grief lapping at our shores.

Even when we know it's right.
Even when we take out our hidden hope at
night.

The grief still comes.

And we let the pieces of our old life mingle
with fragments of hope, trusting that on the
other side, a new fabric will be woven.

shards

UPRIGHT

With Shards, we meet the emotional fallout of all the change we've endured. We look around at our new life and wonder: "how did we get here?" The Shards can bring a cold and hollow sensation where nothing feels familiar. Reality can feel confusing in this space where we are really struggling to reconcile our old life with our new one.

To be present with the Shards is to feel. In a space where it is easy to freeze, repress, and avoid, to feel is a balm.

While it can be a challenge, to feel without thought is the passage to the other side of this space. This is always difficult. We want to make sense of things. We want to fix how we feel. We want to feel better. We want our life to improve. We want to understand how we got here.

But if we keep turning to our mind, we are cementing these thought patterns. Our neural pathways may begin to reflect this space of powerlessness or hopelessness. If we can choose not to identify with the Shards and let the feelings move through us, the smoother things will go.

The biggest Shards moment I've experienced so far was after losing the foundation of my life in New York City in 2013. I couldn't understand how I went from having good friends, a

place to live, a car, and a good job to having essentially nothing. My friends moved away, so I also lost the apartment I was living in. I lost my car and my job and my license. I lost my independence. I moved in with a family I met through work in upstate New York. In the middle of nowhere. I was reliant on the mom to shuttle me around to appointments and errands like I was one of her teen kids. I was grateful, but I was so shocked and frozen I couldn't understand how I got there. I didn't let myself feel, so I stayed frozen for a number of years.

In my Shards moments since, I have been able to break that emotional repression and allow the feelings to surface, and the difference is incredible. Things feel hard, but they go smoother.

Where can you stop fighting or fighting? How can you be present with the big feelings that need to come up? How can you make room for them?

REVERSED

When Shards reversed finds us, it can indicate that we are fighting the space we find ourselves in. When things feel hard and uncomfortable, we may begin to thrash and fight and try to get out of it. We feel desperate and look for answers anywhere we can.

But the answer is in stillness, in feeling, and in surrendering. As we do that, we can take our small steps, but we must not rush the process or avoid what's coming up. This card is letting you know that you will get there in time, but take the medicine this moment is offering you.

THE ART

In Shards, we see a crying figure in the thick waters of emotion. We see spiked crystals sticking out of the water, as well as around the figure's head - these represent confusion, grief, and overwhelm. We do see this figure remains sitting still, surrendering to their emotions and current situation.



011

threshold

UPRIGHT

clarity, movement, opening

REVERSED

rushing, overthinking,
overcommitting

After wading through darkness, wondering if the sun would ever rise, we can now see.

The world around us illuminated
Our potential unfolding, with many paths
and faces making themselves known.

We hold our future in our hands
Finding new layers of ourselves
A strength that we have molded from our pain

Be in the Threshold
See it all at once
And choose today

Transformation will keep coming, relentlessly, but
for this moment we sharpen our senses and see.

threshold

UPRIGHT

The Threshold offers us a new and much-needed perspective shift. After going through the stagnancy, confusion, and denial, we have reached a place where we can see what we need to change. We can see where we want to go.

We may not know how to get there or have all the tools we need, but we've found the light at the end of the tunnel.

The medicine within the Threshold is willingness. It's where we bring movement to the stuckness. Where we start believing in the possibility of change. There's an openness found here that allows us to move through any ups and downs in a different way. We may find that new, more supportive thoughts are accessible to us in ways they haven't been before.

However, there's a tendency to try to hold too much here in Threshold. When we're feeling better, we may try to start many new things and go along in the upswing. But the best thing we can do here is stay grounded, to stay open but not trying to do too much. The path will continue to unfold as you step through the Threshold.

Sometimes when we have new clarity, we assume we have all of it, and yet, things will keep developing. Keep your eyes open for that.

REVERSED

Time to sit still. Moving fast through the Threshold just means you'll be circling back again. But if you slow down and act from a space of intention, you will see the right path forward. It will appear before you, step by step. The desire to come up with a big plan or commit to big changes, is coming from the space within you that feels like it needs to know. But the biggest gift in this work is the ability to surrender, to fully know that everything has a purpose. And even if you are flailing here in the Threshold, that too, has purpose.

Move slow, with purpose, and let all that has happened integrate.

THE ART

In Threshold, we can see an open door with light streaming through it, and footprints in the sand having walked through it. This is symbolic of the willingness and new opportunity found in this space. While the Threshold is still early on in the journey, it is a welcome sight as it signifies that we have moved through the deepest aspects of our internal resistance, which creates big shifts in how we move forward.



UPRIGHT

new realizations,
insights, clarity, understanding

REVERSED

feeling intimidated, pessimism,
over-confidence

There are times when the trail is smooth,
The sun is out and the flowers are dancing,
And we attach ourselves to the moment.
There's a voice in our head whispering
"everything will be better now."

And that voice grows louder the more steps we
take, until we believe the threat has passed.

But it is in the glow of relief that we can see the
ascent ahead. It is rarely as easy as we think it
will be.

We must face the mountain.

ascent

UPRIGHT

Coming off the high of the Threshold, we tend to feel like we have it all figured out. But it doesn't last too long, as we very quickly realize the road ahead may be longer and more arduous than we expected.

Often times the motivating factors of starting this work and journey are external. We want more money, a better job, to find a partner or to fix a current one. We see the tip of the iceberg and we attempt to fix that.

The Ascent is when we begin to glimpse that the iceberg is much larger than we thought. For example, you may enter therapy with a partner to discuss your relationship but only come to realize you have much deeper issues that need to be looked at and your relationship is not as much of a problem.

If you've been at it for awhile, pulling Ascent might indicate that the newer endeavors you have begun could be more complicated than you thought. This does not mean you're doomed to fail, but it's an invitation to respect the process a bit more and really honor the fact that you are in the beginning stages of this specific journey.

While the initial reaction to this card might be a groan... who really wants to be told it's a long journey ahead? But truly, it's a certain sign that you will succeed. Keep going.

REVERSED

When Ascent reversed finds us, it's likely one of two things:

1. We are feeling incredibly daunted by the journey forward. We could be fighting it and really feeling like there's too much to "fix" that we feel very overwhelmed. If this is you, do know that there is never an endpoint, so enjoy the moment! Fall in love with the journey, for exactly as it is, not for what you get out of it. You get to continue to learn more about yourself and to explore yourself - this is such a gift.

2. The other option is being foolish enough to think you know better. You might be discrediting those around you who have more wisdom or diminishing the insights of others. This is just another way of protecting yourself, but it would be beneficial if you were more open. It is always good to assume you do not know, as it always allows for new wisdom to find you.

THE ART

With Ascent, I wanted to create a feeling of both uncertainty and clarity, so I used colors where you can't tell if it's the beginning or the end of the day. This is meant to signify being in the middle of the journey but not understanding the ending that's about to happen nor the journey you are about to embark on. The stone in the middle adds some clarity though - as it represents the understanding we have uncovered in this card, as difficult as it might be.



UPRIGHT

new friends, allies, community,
deeper connections

REVERSED

cynicism, neediness,
feeling closed off to others

There are days where it feels like the walls are closing in.

Where the path grows more treacherous. With brutal dark nights. And vicious creatures of the mind searching for homes within us.

But the sound of wings echo through the silence and we know we are not alone.

And we can feel our own wings sprouting out in response. Moving toward that new view.

kindred

UPRIGHT

What a gift it is to pull Kindred! Your world is opening up and you are, or will be finding, more allies in your journey. These could be people who are aligned with this new version of you, ones that speak the same language and are wanting to expand the same way you are. They could also be people who are supporting a new career or creative endeavor.

These people are reflecting the work you're doing and the reality you're working to build - they tend to be a wonderful sign you are on the right path.

Something to note is that when you find yourself in this Kindred stage, it is a good idea to not be attached to outcomes. The people you're finding on your journey may be wonderful and helpful, but make sure to enjoy the present moment without expecting they will be a part of your life forever.

This is not to say they won't, but as we grow and change, the people in our lives do too. They may be perfect allies for this version of you or any projects you may have, but as you continue to grow and change, you may notice shifts in your relationships. This is not a reflection of you or of them and it does not diminish their importance - just take things one day at a time and trust yourself in the future if it feels like you need to move on.

REVERSED

When Kindred reversed finds you, you might be feeling closed off to others and not connecting in the ways you could be. Perhaps you're feeling fearful because you've been burned in the past, or maybe you're just feeling a bit cynical. Either way, it would be a great time to open up to the idea that there are places you can find connection and support around you.

Kindred reversed could also be that you're holding on a bit too tight to people who may not be beneficial to you and your growth. They may be perfectly good people, but perhaps they bring out aspects of you that you aren't trying to nurture. This is not to blame them, as they are just reflecting you, but surround yourself with people that activate the growth within you that you're wanting to cultivate.

THE ART

With Kindred, we see two birds taking rest on a pair of hands. This symbolizes embodying a welcoming energy, one that attracts those who are aligned with us as we are calling in community with this card.



UPRIGHT

fear, stuckness,
focusing on limitations

REVERSED

struggle, shutdown

We stand in the mudflats, our eyes on
the shoreline. It's so close. That tree line.
That new world.

But our feet stay heavy and the warm
earth pulls us downward.

And what an effort it would be to climb
out.

What an undertaking.
And we don't know the trouble that
awaits us in those trees.

But to every 'how?' is an answer,
a yes or a no.

friction

UPRIGHT

When we are set to expand, we are frequently met with what feels like limitation. Some of these are incredibly valid: the cost of therapy, practitioners, supplements, workshops, etc. can be a real barrier. For others, distance can be a hurdle. Many of us struggle enough simply keeping up, adding anything else to our plate feels inconceivable.

Other times, there's a fear. A fear that wears a very convincing mask - that tells us of limitations and keeps us stuck. We nod our heads and say "yes, that is true, I will work on myself when I can afford it." We are ignoring the fact that there is always a middle ground. We may focus on the things we can't have or do, rather than finding a way to make it work with what we have. There are infinite resources available to us, many being free and in the palm of our hand as long as we have an internet connection.

Friction is asking you to create exit tunnels from the stickiness of this limiting space.

You're going to want to stay where you are. You're going to want to come up with every reason as to why you can't move forward, why it doesn't make sense to, why it would be better to stay where you're at. But don't listen.

We see this phenomena all over the place. The person who wants to go to the gym but won't unless a friend goes with them. The person who wants to launch a business but thinks

they need professional photoshoots and marketers and a \$20k website for it to be successful. (News flash: you don't!). Your survival brain is very, very clever, but you can take it one step at a time and work from where you're at.

Tell the Universe to show you how to go forward. How to heal what needs to heal. How to transform with the resources you have. Do not place your healing outside of you.

REVERSED

When Friction reversed finds us, it's letting you know that you're in the quicksand a bit. You may really be struggling with getting out of the stuckness. When we dig our heels in, it's often that thing we're wanting to move toward feels too "big" in some way or another. It may be so threatening to your subconscious that you've shut down a bit. That's okay! Sometimes the best way to move from this place is to focus on something completely different. If you're wanting to do a big creative project but can't seem to begin, decide to take a daily walk. Or maybe learn to cook a new dish. Shake things up in a way that you don't usually and put the thing that you're fixating on to the side. Let the energy shift and then return.

THE ART

For Friction, I chose to create an image where the viewer sees a wave about to come crashing down on them. This card can often feel like that for me - just a lot of overwhelm and not being able to catch my breath. From here we can choose to allow ourselves to be pulled down or to swim out, my hope was the imagery created the sensation of that choice.



UPRIGHT

deeper layers,
subconscious work, activation

REVERSED

resistance,
fixating on the trigger

*I've definitely faced my shame and my grief and my rage.
I've definitely sat on the edge of this cavernous wound
within me. And I've felt the healing after I've walked
away. I don't need to be back here.*

But we do. And you are. Our layers, our patterns, are not limitations we break through never to be seen again. They are not our Achilles heel. They are the passageway to freedom. They are the spaces that respond to our whispered dreams. The ones that continue to offer us liberation, if we are simply willing.

They are endless doors to ourselves, and you must open the one you stand in front of.

unearth

UPRIGHT

When you've committed to this work, you will notice how your deepest self holds you accountable on your growth. It will bring up your patterns, layer by layer, so you can work on them.

So when Unearth finds you, it's an indicator that some old wounds may be coming up for you. There may be an event, conversation or situation in your life that's giving you the opportunity to work through some limitations. Each time we go through the cycle, we are blessed with sitting with a deeper layer and a deeper understanding of something that lives within us.

The more we peel back the layers of a cycle, the more we find that what we once thought to be true, no longer is. You may have thought a habit you had was something you inherited from a parent, only to find a subconscious attachment to suffering. I spent years thinking I procrastinated as some form of self-sabotage, like a fear of success or failure. When I explored it further, my survival brain was scared of feeling inspired. It felt threatened by the idea of enjoying what I do, because in the past, things I have enjoyed doing have been weaponized against me. It's rarely as straight forward as we think, and Unearth is a guide in that process. It is the reminder that you can, in fact, get through it.

Sometimes this process can feel defeating though. It might feel like "I already know about this" or "I've worked on this so much

already.” But it never truly ends, does it? It gets easier. We get stronger. It requires less effort as we go. Our container grows exponentially, so that when a pattern that once ruled your life comes up, it can feel like holding a small stone in your hand, as opposed to pinning you to the ground.

REVERSED

When Unearth reversed finds you, it’s an indicator that you’re pushing up against the pattern. When things come up, often our default can be to engage with it in the “real world” as opposed to sitting with the deeper aspects.

For example, maybe you get into a disagreement with a friend. And afterward, you are so focused on what they said, what you said, the things you wish you could have said to them and essentially coming up with all the reasons they are “wrong” in your head. This is engaging with the trigger and your current reality. But what we want to do is go deeper. What is the core feeling around this? Where did it come from? Reacting to the current situation can keep us frozen there.

So Unearth reversed is a tap on the shoulder, letting you know you need to zoom out a bit and tend to the root of the patterns.

THE ART

In Unearth, we see a suspended cube that looks as if it might be breaking open. There is light streaming out from the center. The light indicates the openings that this moment offers - when we feel activated or a new layer of a deep pattern is shown to us, we have a potent opportunity to create shifts. It can feel dark, which the coloring of this card shows, but there is much waiting to burst forth.



UPRIGHT

betrayal, burned bridges,
old relationship patterns

REVERSED

locked in betrayal

If only we could free that burning in our throat.
That heat that has grown and sprouted heads that
carry ruthless words on their tongues.
If only opening our mouths would quell that fire.
If only we could put down the heaviness in our
hearts. The grief that follows us around creating
rainstorms in our heads.

If only time had stopped and we could have lived
in unknowing forever. We could have carried on
without having to face this heartache.

But you are the refuge. The pillar that stands tall in
the rough sea, where you create safety, again and
again, no matter what comes for you.

artifice

UPRIGHT

Betrayal, in any form, is never easy. Artifice finds us when an ally of ours has turned out to be different than what we expected. This card is not a sweeping judgment on them, as people are complicated.

We get to know people in layers, and the more layers that are pulled back, the more we will encounter the wounds living deep within them. Many people are not sure what to do with all their hurt. They haven't been taught how to sit with their pain, and in many scenarios, are stuck with inherited wounds that keep them projecting outward. So when we reach these deeper layers of someone, they may appear to shapeshift.

But this card is not entirely about them. It is about you. It is allowing others to be as complicated as we are. Knowing we can't know everything about why they may do what they do. It's getting hurt but staying open. It's feeling betrayed, but not making a proclamation about who that person is at their core. It's not making them out to be our villain.

The more we focus on being betrayed, the more likely we will attract people who will betray us. And the more likely we will get end up in a looping cycle of distrust. We want to feel so empowered that when we do feel betrayed, we are able to honor our hurt and also have compassion for them. This card asks you to feel your feelings, but to make sure you don't get trapped in bitterness.

REVERSED

When Artifice reversed finds you, it's a good indicator that you're struggling to move through this space of feeling betrayed or let down. You may have looping thoughts where you're focusing too much on the person who you feel wronged you. You may be feeling powerless, angry and grieving. While it's normal to feel all of these things, we don't want to get stuck here. We want to allow it to move through us. When Artifice reversed finds you, it's a gentle reminder that you can call your power back as you move through the feeling process - do not let resentment harden within you.

THE ART

In Artifice, we see two hands in black and white. Neither hand is designated to be the artifice, but their contrasting color and positioning indicates two people who are not in alignment. We see one hand is holding on to the other, which is pulling away, showing the shift in their connection with one another.



UPRIGHT

courage, leap of faith,
planting seeds for new cycles

REVERSED

uncertainty,
creating resistance

We tell the wind our name
the stories of our past
and what we hope to become.
What we want to see and do and live and love.

And we know it can hear us because it moves
along and takes our words with it. The present
moment stands in front of us and we meet it,
not knowing if the wind will ever come back for
us.

But it always does. And the things we've long
forgotten, the words we said long ago, come
back.

They've grown into big stories,
epic sagas that we didn't know we were writing.

You have the pen in your hand and the wind at
your back.

seeds

UPRIGHT

One of the best and most rewarding parts on this journey is taking the leap before we even believe.

We have no idea how we will do it. We don't even know what we're doing. We just know we want to feel different, we want to experience life in a new way. But we may not think it's possible for us. We can see other people living it, but we don't understand how to get there.

The courage it takes to begin before we believe is immense.

When Seeds find you, it's the acknowledgement of your courage, of planting the seeds without having any idea how they will grow.

This card is an affirmation that you will get there. It is a reminder to stay curious about what will happen next. Keep pulling out the weeds, keep planting seeds and keep having courage to begin before you believe.

REVERSED

Seeds reversed indicates you may be focusing on the “how” a bit too much, which is creating resistance to feeling how you want to feel. When we spend our energy trying to figure out the “how,” we’re operating from a place of uncertainty. If we know we will get there, we won’t be as concerned with how or when we do.

But if we’re aligned with uncertainty, and continue to create thought patterns from this place, we’ll keep digging ourselves into a deeper hole. This is not only in our heads, but also in the resources trying to find us! If we’re too fixated on the logistics, we may not notice when opportunities present themselves. Not only that, when we’re aligned with uncertainty, we will continue to receive more to be uncertain of.

So if Seeds reversed finds you, it is a good time to mentally detach. Switch your focus a bit and keep proclaiming to yourself that you will get there. You don’t need to know how, just choose to hold the vision in your head and ask the Universe to show you how to get there.

THE ART

For Seeds, we see a rose within a crystal. The rose symbolizes love, but in this case, not romantic love. It symbolizes the love that is required when we are committing to ourselves before knowing how things will unfold. We just know we believe in more for ourselves. The rose within the crystal also creates a feeling of distance - we are taking the leap toward a beautiful future, but we can’t touch or feel it yet.



UPRIGHT

generational inheritance,
deeper layer of clarity

REVERSED

cellular memory,
deeper exploration

Amidst the gifts that have been passed down,
generation after generation, are the sharp things.

The heirlooms of rage and grief and oppression
and fear and scarcity.

They didn't know what they were handing us.
Didn't know how much unwinding it would
take. Couldn't see the truth of their stories.

And we uncover new ones buried deep within
us. Heirlooms that have been slumbering,
waiting for us to rise before they open their eyes.
But still, we handle them with care. These things
we never wanted but tend to anyway.

inheritance

UPRIGHT

Many times as we traverse our journeys, it can feel chaotic and overwhelming. We're just trying to keep up, to make sense of everything that's coming at us. It typically happens that we internalize what we perceive to be "wrong" with us. This is a period that can often be filled with self-blame and shame.

Inheritance is where we reach a deeper layer of clarity. It's also where we soften toward ourselves. Because Inheritance is where we begin to appreciate that so much of who we are, what we believe and how we view the world comes from a time we cannot remember, and sometimes even before we existed.

Our DNA is imprinted with our ancestors' stories. The pain, the fear, the anger, the oppression - and the joy, too. We carry their story with us, and it can impact how we move through this world.

Additionally, our subconscious brain is formed by the time we are 7. You can think of it like a computer program, the subconscious brain is the "code." We absorbed so much at a young age to help us get through life, but this also means we absorbed a lot of things that aren't so helpful. Our parents limiting beliefs essentially get hard-wired into us. There have been times I have come up against a new layer of a pattern, only to discover ancient roots I had never met before.

Inheritance is about coming to appreciate this spiral in a new way. Whether it's just the initial awakening to it or meeting a new layer of it. There may be something that you've been pushing up against or trying to "figure out" that needs some more kindness from you - less resistance, more understanding.

REVERSED

When Inheritance reversed crops up, there's a deeper element of the body at play. Something I think that's often overlooked is that - yes, everything is inherited, but also, the unspoken is inherited too. As children, we were sponges, so we were absorbing the energies our caregivers were carrying. In the womb, we felt our mother's feelings and they became a part of our nervous system.

I remember one time I was working on my food allergies in an NETmindbody session (a type of muscle testing technique), we discovered that I had a vanishing twin, and I had such subconscious guilt about taking what I needed in the womb that it was impacting how I processed food. I never would have considered this, and honestly, it felt a bit out there, but my allergies did improve after we worked through it.

Inheritance reversed asks you to do some deeper exploration with your body and nervous system. See what may be lying in silence waiting to be heard.

THE ART

With Inheritance, I used a torus that looks like it is rotating. I imagine it to be both rotating in one direction but also the liquid metal folding in on itself. This is the feeling of Inheritance to me, as things will continue to come up for us to look at and see. We will cycle through them over and over again, pulling out the gifts.



UPRIGHT

relationship(s) shifting, endings

REVERSEDambivalent feelings,
taking a pause

There are miles of common ground, a land
we've walked many times.

This middle space stretches on and on,
our hearts allow for more and more.

But now it is time to sharpen the blade.

To cull the fleet of forces that drag us into the
murky depths. Those ones that do not know
how to rise. Not the way you need to.

Because rise you must. And you can't see what
will come... what will find you as you drift up,
but rise you must.

Sever

UPRIGHT

We all have challenging relationships or challenging periods in our relationships. Depending on where you're at in your journey, you may find that most of them are. The transformation process can really shine a light on what feels constricting for us. Sometimes this can mean relationships, even ones we've held onto for a long time.

When Sever finds you, it indicates that this is likely coming up for you right now. While it doesn't always mean a relationship is ending, there are certainly some shifts happening.

As you continue to move toward the joy in life, there may be people you need to distance yourself from so you can continue calling in the experiences you want to have. You may also be working on boundaries in relationships with people who may not understand why anything needs to change.

Other times, Sever brings true endings. The new spaces you are expanding into may call for this. This isn't always personal relationships, but professional ones too. We will feel ourselves stifled and fatigued, itching to have a new experience - and one that feels more aligned with who we are becoming or what we are calling in. Unfortunately, Sever often finds us before we have landed on the comfortable bed of our new future.

We have to give up what constricts us before more aligned things find us. Trust that if you feel like you're losing a lot right now, it's only creating space for what's to come.

When we find ourselves here, it can be easy to feel like we need to justify why we're creating change in these relationships. In other words, we may try to label the people we're creating separation from. We may focus on the perceived negatives about them. Don't fall into this trap. Your growth is about you. Have compassion for them and move forward in whatever way feels best for you.

REVERSED

When Sever reversed comes up, you're likely feeling very torn about a relationship. There may be a lot of ambivalence and uncertainty about how you feel. On the one hand, some things might feel wrong in one or more of your relationships. On the other hand, you don't know how you want to feel or what you want to be different. Or if you do, you may not believe that is possible. There's likely a lot of mental back and forth in this space where you're trying to figure out what to do.

Sever reversed is asking you to pause for a moment. The solution will not come from a space of trying to figure it out. But it will come if you allow yourself to be present and feel what's happening. It will unfold organically where you suddenly have clarity on how to move forward.

THE ART

In Sever, we see red fraying string. This is a nod to the Threads of Fate as well as displaying how changing relationships can feel. It's not often that it happens in a moment, but it is a gentle wearing down and splitting, exactly like the threads seen. What once bonded us and held us together, no longer does.



UPRIGHT

tangible success,
progress, growth

REVERSED

frustration, unfolding

At some point, we stop noticing the heaviness.

We listen to the steady drum of our feet carrying us forward.

Forever tending to the next lesson, the next moment that demands all of us.

All of our days fall into the next, and we see our strength and joy and magic.

passage

UPRIGHT

Finally, we see some progress. After being on the rollercoaster for a bit, and likely even wondering if it's all worth it, we finally notice that we've made some progress.

And this is real progress. This is not about having clarity, it is not about feeling better for a few moments or having a big realization or understanding. It is not fleeting. Instead, it actually feels tangible and stable.

Something interesting about Passage is that we often notice that things we hadn't been working on have also shifted in a healthier or more empowering way. Maybe you notice behaviors from others that you could tolerate before, you can't anymore. Maybe you are keeping things cleaner, or taking care of yourself differently. Maybe you just feel more joyful. Perhaps you've noticed that the heavy anxiety you've carried for many years isn't as present.

Whatever it is, you can feel it within you. No matter how small, it is truly a flashing neon sign that what you're doing is working. These steps will keep you grounded in the process as you move forward. In future dark moments, you will be able to look back to this Passage and trust the process in a whole new way.

This is an incredible card to pull - bask in this moment as much as you can.

REVERSED

Passage reversed brings the message that you may be experiencing some frustration. While there is still the underlying message that you have made progress, when this card is reversed, you likely can't see it. You may be paying more attention to the things that you have yet to "fix" or "manifest". You may be feeling like you aren't there yet.

But the thing you must understand is that there is no "there." This is an endless journey, so you must love it for what it is, despite any perceived imperfections. Love where you are, appreciate how far you have come, and be grateful that there is still more to do.

This card wouldn't have found you if you hadn't already made tangible progress - shift your perception a bit so you can take all of those strides in.

THE ART

At first glance, we can see that the color palette stands out in this card vs. the others. It is warm and soft, which is how we often feel when we are in a Passage space. We feel grateful and excited. We can also see the ground is covered in water, and there are multiple doorways ahead, with light streaming in through the final door. This displays that while we still have more passages to walk through, including dark ones, we can see the light at the end of the tunnel. We can glimpse where we are headed. This new feeling state shows us that. It is a glimpse to a more embodied and expanded version of us.



UPRIGHT

opportunity, realization,
source from within

REVERSED

lacking awareness,
need for digging deeper

We've tasted the truth of ourselves. In the moments of triumph, where we can feel our power surge, we know that this is who we are.

Our work is in remembering. Of continually guiding ourselves back here. Without the world telling us *yes*, without any kind words or affirmation.

We must know, even in defeat. This truth becoming iron. Immovable even in the strongest of storms.

avowal

UPRIGHT

Avowal is both a realization and a promise. After making our way through Passage and appreciating the progress we've made, we will discover a new layer of opportunity. Whether we have been doing this work for a short time or a long time, Avowal is the promise we make to ourselves after an experience that has created some friction.

Perhaps a mentor let us down and we realize we are a bit too dependent on them. Maybe a practice or habit in your life felt empowering and now you've found it was more superficial than you thought or came from a wounded space within you. Whatever it is that has occurred, has shown you that there is more to discover within yourself.

Avowal is the place where we begin to source from within in a more meaningful way. Even if we aren't sure how to get there, we decide we no longer want to use the external to feel any particular way. For example, someone who struggles with worthiness would decide that they will no longer use romantic partners as a way to feel worthy and are going to figure out how to feel that way entirely on their own.

This card is significant because even though we don't always know how to get there, simply believing we can is what will

carry us through. This is also where many people will stop their internal work because they are not willing to let go of the external things they have gripped onto for so long.

If you are in this space, continue to hold onto how you want to *feel* even when you aren't sure how to get there. And wherever you can, focus on the things that feel like what you want to experience.

REVERSED

Avowal reversed lets us know that we may be shifting our focus to things we think are more empowering and coming from within, when in reality, they're still continuing the same cycle in a different mask. The external factors at play can look vastly different while still coming from the same root place. Avowal reversed asks you to look a little bit deeper and find how your motivation may still be coming from the same place that it has in the past.

THE ART

While trees are, of course, connected to one another, they do carry the energy of empowered sovereignty. Of standing on their own, of swaying in the wind and moving with life around them. They are rooted into the earth while expanding outward. Avowal carries this energy of sourcing from within and standing strong in oneself.



022

phantasm

UPRIGHT

false enemy,
examining perception

REVERSED

stuck perception,
misplaced anger or resentment

I shouted all the words I knew I wouldn't say
let myself fall into that rage
let myself believe you to be an enemy

but when you were there
it all slipped away
couldn't find an enemy in your face

could only see them
years and years have passed
but I swear, they were you

phantasm

UPRIGHT

Our minds can be incredibly persuasive. Sometimes when we're triggered by something, we may believe those thoughts. Phantasm is truly a call to examining our perception.

We may let ourselves believe that someone is a problem when they aren't. We may buy into our current perception without checking it. This doesn't mean we shouldn't trust ourselves, but it does mean that when we are triggered by something, we should investigate the *why* as opposed to believing our response in the present moment without question.

When Phantasm finds you, it's an indicator of a false enemy. Meaning, there's someone you're believing is the problem when they may not be deserving of that. This also includes yourself. When I sit with this card, I reflect on the many times I truly believed someone to be a problem for me. Sometimes I would get upset that I couldn't change them, other times I felt they treated me badly. In hindsight, I can see how much discomfort I was creating for myself simply because I wasn't ready to give up my perspective.

This card is a great reminder that not everything is as it appears. Phantasm can indicate that we may still be buying into this idea that there is a "right" way of doing something. Whether we are believing this about ourselves or about others, this is a mindset that can trap us.

This card asks you to disconnect from whatever perspective you may be locked into and try to see it from another place. Are you feeling haunted in any way? By yourself or another? If so, there is a way that allows you to find more liberation and ease - how do you think you could shift this for yourself?

REVERSED

Phantasm reversed indicates some stuckness in your thought patterns and perception. This can mean that you are projecting old feelings (likely from childhood) onto the people in your immediate life that may not be so deserving.

It always feels safer to feel any misplaced fear, anger, grief or resentment in the present moment than it would to sit with feelings from our past. But this is where we find freedom from any reactivity that we feel has a grip on us.

Even if it feels hard, try to detach from any present reaction and trace it back to its origin(s). Phantasm reversed brings the message that there is much more to see beyond what you may currently think.

THE ART

With Phantasm, we see two phantom heads facing one another. In the overlapping space, we see them come into form more. If you look closely, you see both faces. This is indicative of how tricky reality can be - it very much depends on what vantage point we are seeing things from.



UPRIGHT

triggers,
deeper layers surfacing

REVERSED

shame,
feeling defeated

As we sit wrapped in our hard-fought peace,
surrounded by the old thorns, we will think we have
arrived. That we finally have found freedom.

Only for those old words to find our ears again.
The same slight. The injustices we've suffered
resurfacing.

We will be standing in the present, while every
version of us awakens to the trespass. Our peace
will shatter and we find ourselves saying all the
things we could never say before. We will have
fallen into the trap.

Make good use of it.

undoing

UPRIGHT

Sometimes when we've made progress and have a deeper awareness of ourselves, we may underestimate the depths of our wounding. Our culture very much celebrates packaging emotional mess into neat and tidy boxes. We see this a lot with people in recovery: their family may spend an exorbitant amount of energy to get them sober and then when they finally are sober, they think everything is "fine". When most times, it's not. It is simply the beginning of the process.

When it comes to our internal work, we may believe ourselves to no longer be affected. And maybe that's true, but most of the time, we will eventually find there is more to see and understand and heal.

The Undoing is an invitation to loving the mess of the process. It finds us when we feel we've already resolved something and lets us know there is more freedom to be found.

Ram Dass once said "if you think you're enlightened, spend a week with your family." It's hilarious, and also a universal truth. So very often, the Undoing arrives in correlation with spending time with our family. But, of course, it can happen with anyone and in any situation!

This card is not called the Undoing because it truly is - but more that it can *feel* like it is. When we feel we've worked through something, and maybe even spent years working through layers of it, it can feel disappointing to find ourselves once again feeling reactive and triggered. Many people feel a sense of shame or like they've failed - but this is **not** the case.

We find ourselves in this place because we have worked through enough that our brain is showing us a deeper layer of it. You are succeeding by unearthing more.

It feels challenging and can often feel defeating, but appreciating the Undoing as an opportunity will ease a lot of the tension and activation that comes with it.

This card asks you to be kind to yourself and trust that you can navigate this and find a new level of peace through it.

REVERSED

When the Undoing reversed finds you, there is likely some shame and defeatism coming up that's reflecting a deeper pattern in your life. You may be feeling like a failure and maybe even feeling like doing the work is pointless. It's easy to be hard on ourselves for our perceived failings.

Undoing reversed asks you to shift your perspective a bit and try not to attach any sort of meaning to what may be coming up for you, simply let it exist and be curious about it.

THE ART

With Undoing, we see an open hand with a rose, a snake and barbed wire. I wanted to create the feeling of darkness or something being off limits, while also having that symbol of love in the rose. When we are in moments of undoing, it is always an experience of love and disappointment. We may feel like we have this darkness lingering within us, but are loving ourselves enough to continue to work through it.



UPRIGHT

temptations in relationship,
tension with those close to us

REVERSED

retreating to old
relationship dynamics

Some people will not know what to make of you. They won't understand the changes you're making. They will feel threatened by your desire to transform, to move from where they are and into worlds they've never been.

They will try to dig hooks into your soft spots. They will thrash against the distance, trying every offense they can to call you back.

Some days it calls for the blade, and some days it calls for softness.

siren

UPRIGHT

As we keep pulling back the layers, we will begin to change on an energetic level. Other people may not even be able to put a finger on it, but they can feel it. They often will begin to respond to you differently as well. Sometimes this is different in a good way, and other times the shifts they sense make them feel uncomfortable.

They may try to make us feel bad or guilty, they may project their triggers on us or they may try to rope you back into old ways of being.

It can be very hard for people to witness someone making changes in their lives. It forces them to confront all the things they've wanted to change and haven't been able to. They may also subconsciously perceive you choosing to change something as an attack on them - they may think you're telling them they need to change too.

Siren is the call from the people in our lives who are fearful of the changes they sense. In a bid for reconnection, they may try a variety of ways to get the response they're seeking from you. This can be a difficult place for us to be in. Not only do we have to tend to our own work, but we may feel backed in a corner by those who do not do their own. They may ask us questions and try to understand, but it's not often something that can be explained to those who are attached to limitation. This

can put us in a difficult position, and they may end up blaming us or believe us to be the problem.

Siren is a reminder to not get caught up in the situation at hand. Keep focused on yourself, and do not feel like you need to explain anything to those around you. Of course, use discretion. If they have proven that they can listen and respond in a way that creates safety in your relationship, consider them someone you can be honest with. Otherwise, do your best to navigate the changes and not engage in old patterns. You can express your love to those around you who may be struggling without putting yourself in a position that will be difficult to navigate.

REVERSED

Siren reversed finds you when you've answered the call of the Siren. In other words, there are people in your life who have attempted to reel you back into a place that is comfortable for them, even to your detriment. This doesn't mean you've done anything wrong (there's no such thing) but it does mean to be mindful of what you are engaging with. You can have a relationship with people while also staying true to your growth. Siren reversed asks you to examine the ways you are engaging with old dynamics in your relationships and see what you can do to shift that.

THE ART

With Siren, we see an underwater realm within an underwater realm. The viewer is underwater but swimming toward that light. That light also exists within a pillar of another water system. We are so deep in our work and we are trying to reach that light without getting pulled down deeper by the Siren.



025

dogma

UPRIGHT

difficulty understanding others,
releasing attachment

REVERSED

harshness, pushing away others

soaring on our heart's golden wing
cutting from one world to the next
feeling the rising power pulsing

and all the life down below
they will never understand
those eyes that can't see

yes, we can see further
but we fall further too
and this power can cut
if not shaped into love

dogma

UPRIGHT

When Dogma finds us, it asks: are you sure? It's easy to believe we're right about something. To view the world from our own expectations or experiences. And sometimes, to adopt belief systems that make it easy to categorize things into good vs. bad and right vs. wrong.

When we're in a dogmatic space, we may be struggling to understand other people and their actions. We may be intellectualizing our feelings. Instead of allowing ourselves to feel the sadness or anger coming up, we default to "I would never do what they did."

Other times, Dogma comes up when we have really good intentions about helping the people around us. When we've spent a lot of time working on ourselves, and have found relief, we may believe that everyone would benefit from what we've done. Whether we're actually offering advice or just saying it to ourselves in our head - this isn't a good space to be in. If we're living in this headspace, we are aligned with the idea that we know best - but we only know what's best for us, not for anyone else.

We want to support everyone we love having their own agency and sovereignty, trusting that their journey is exactly what they need, even if it's painful.

Dogma invites us to release any attachments we have to how other people live their lives. Whether this is a partner or parent or friend, we want to support people to be the best version of themselves while also allowing for them to find growth however they need. Often we want people to be different because it helps us feel safer. So if you're feeling dogmatic, remember that you can create safety within yourself.

REVERSED

Dogma reversed asks you to examine the rules you may be forcing upon yourself. Where are you creating barriers that aren't supportive of you? Where are you creating constriction in your life?

On the other hand, this card can indicate that you're struggling to release your dogmatic approach to the point where you push people away who are not adapting to your expectations.

THE ART

With Dogma, I wanted to create the feeling of a person being so focused on what they know or think they know. The hand is pointing upward toward their own gem of wisdom but it doesn't truly exist.



026

herald

UPRIGHT

messenger,
chance encounter

REVERSED

closed off,
ask for answers

there are moments when the fabric of
reality shifts

when a portal in time opens and the
divine reaches through

their invisible hand conducting a
symphony,
finding the perfect time,
the perfect note,
that only you can hear

So when you hear it, let yourself move
toward it
let your timelines collapse
and breathe in a new one

herald

UPRIGHT

The Herald is a beautiful gift from the Universe, leading us into a new space if we continue to pull the thread offered.

The Herald often comes to us through happenstance. It's not often the Herald is someone who is a part of our daily life. They come in at the exact right moment, and often don't stay for very long. It could be someone you meet at the gym or just someone you chat with while in line at the grocery store. It could be a short moment, but in that small space, a portal opens up and you're offered medicine that could send you on a new and transformative path.

This card finds us when we've been looking for answers or have felt like we're unsure where to go. It is a reminder to keep our eyes open.

When I think on my Herald moments, they are some of the most amazing and fortuitous encounters that have truly changed the trajectory of my life. The one that sticks out to me the most is a friend that I met online. She and I were close for many months but eventually fell out of touch. Then, in a period of my life where I was really struggling with my health and had tried everything, we connected again.

We spoke on the phone frequently for a couple of weeks and she told me about this woman she had been seeing who used an amazing modality and her health had improved in a miraculous

way. I immediately searched and found someone near me. I have now been working with her for 5 years and I have been able to change in ways I never thought possible - and all my health complaints have been resolved. I have spoken to that friend a couple of times since, and I adore her dearly, especially for showing up when that portal opened and delivering a needed message from the Universe.

Can you think of a time you have been a Herald? Or times in the past someone has been one for you? If so, send them a little thanks, whether in real life or energetically.

REVERSED

When the Herald reversed finds us, it likely means you're a bit too closed off to be receiving the messages the Universe is sending your way. People are trying to speak to you, but you need to listen. It can be easy to feel stuck and frustrated, but ask the Universe to show you how to move forward - you will get a response.

THE ART

With Herald, we see an open cage with hawks flying around it. The cage represents our mind opening up, while the hawks represent the messengers coming to further liberate us.



027

grasp

UPRIGHT

fear of losing others,
reaching out

REVERSED

search within,
push/pull dynamic

that distance is growing
our words doing gymnastics to reach one another
the bonds growing rust

so we begin taking chalk to the sidewalks
leading them to our doorstep
hoping they move toward tomorrow with us

but the last light has fallen

wash the chalk
keep your porchlight on

grasp

UPRIGHT

Grasp works along the same thread as Siren. In Siren, those dearest to us attempt to hold us back in a way, they fear the changing relationship as we are growing and shifting. In Grasp however, we are feeling those same fears and attempt to bring them with us.

This card also works hand in hand with Dogma (there's a reason why these cards are all close to each other in sequence too!) because at the root of these cards, there is fear. So with these three, we get to meet that fear in different ways.

When those closest to us are on a different page (or maybe even in a different book), it can feel threatening. Humans are community creatures, and at the heart of our survival is bonding with those around us. We have survived by working together and protecting one another, and this tribal instinct has not changed despite the fact that most of us live separate from one another.

So in a moment of Grasp, we reach out and see if we can bring the people we love with us. We invite them to yoga or loan them books, we ask them to come to therapy with us or give them advice based on the things that have helped us. We want them to “wake up” - but this isn't just because we care for them. We subconsciously fear walking this path alone and losing the relationships closest to us.

I remember many years ago I had a dream where I was standing with my family out in this mountainous desert landscape and I

started walking to try to find somewhere to go, but they weren't walking. I turned back to them and said "aren't you coming?" And they just shook their heads telling me no, they were staying. I woke up crying, knowing that as I continued to walk, the gap would continue to grow. The language we speak and our basic understandings would widen, and that felt both frightening and sad.

And years later, that is true in many ways, as I have continued to walk this path, very little of what I share is able to be received or understood by them. But I have also found that I don't need that. I am able to connect with them more now, simply because I have released the need to. Do you feel alone in your journey? Do you wish they could join you?

Grasp asks us to allow for the space to widen and trust that it is not as scary as we may believe.

REVERSED

Grasp reversed tells us we're locked in an internal push-pull dynamic within the same fear found in the upright message of this card. It often looks like: trying to guide or help someone and wanting them to be on the same page as us, then when they don't do what would make us feel more secure, we reject them and default to the "I don't care" space.

While this sounds quite callous when written out like this, it often manifests in more subtle and subconscious ways. But it's keeping us locked into a pattern where we believe our security is found in other people. To release this, try to shift your thoughts a bit and remember that security is found within.

THE ART

In Grasp, we see thick chains being broken and falling away, which for me, signifies being willing to break the old "chains" within our relationship dynamic to give way for new ones.



028

gault

UPRIGHT

doubt, fear

REVERSED

reactivity, fixation

You see the cavalry on the horizon. Those dark riders coming for you. Their voices curling around your thoughts, suffocating the light. Voices that sound so much like your own.

And they send us spiraling down, convincing us that there's no way we can get over that mountain.

They wear their disguise well, don't they? But they have no home here, not within you.

gault

UPRIGHT

After facing survival-based fears, we'll often find ourselves in some mental stickiness. In an effort to keep things the same, the subconscious brain begins ramping things up.

Gault is the uncertainty and doubt that comes up. It is old, inherited, and scared of change. We begin thinking things like "I don't have enough time" or "I doubt this would even help" or "what's the point?"

Gault will find us, over and over again, because without it, there is no triumph. Gault leads us to a place of deeper empowerment. These limiting voices in our heads are amalgamations of the doubt, fear, and stuckness we have heard throughout our lives.

Each time I meet with Gault, I am invited to sit with a new layer of inherited patterns. Leading up to the launch of a big project of ours, I pulled the rune Othala. It is about inheritance - all that lives within our lineage that gives us life but also the things we need to heal or make amends for.

Navigating the launch, I kept coming up against a deep fear. I had met this pattern of impending doom many times before, but never like this. I could feel how ancient it was. The question that kept coming to me was "will you let me live?" These outside forces held my survival in their hands. A question I am certain my ancestors have felt, one I know I have sensed in

my parents. As I worked through it, I kept asking my ancestors for their courage in standing up to this fear and oppression as I did it for all of us.

For you, this card is an opportunity to stand up and challenge any long-held limitations that live within you. This card asks for bravery, and also, diligent awareness in minding your thoughts. Each moment opens a space where you can unwind them. What is feeling sticky for you right now? What are you pushing up against? Where do these limitations live within you and how did they come to be? What are they asking from you right now?

REVERSED

Gault reversed is a gentle reminder not to get too caught up in the present moment when you're feeling stuck. When we're in this space of limitation, we might look around and find more to feel limited by. We might believe someone in our life is a problem. We may get really fixated on things with work or finances.

When in Gault reversed, we have walked into a space where we are no longer seeing the bigger picture and are reacting solely to the present moment. Which, in many cases would be great! But when we are feeling stagnant and limited, we want to detach. We want to remember this feeling has an older origin point we need to release. You won't feel like this forever.

THE ART

With Gault I wanted to create a heavy feeling of really being locked into an old pattern and feeling defeated. We are pressing up against it and believing we won't really get anywhere. This stickiness is contagious and builds upon itself, so I wanted the hand to be overwhelmed and covered in this metallic stickiness.



029

hollow

UPRIGHT

self-doubt, shut down

REVERSED

slow awakening,
deep transformation

I lie amongst the buried sound
there is no rage left
nothing to fight against this cage
tell me, do I still have flesh to feel?
my blood in the earth
I have nothing left, I promise you this
you speak of sunrise
but I swear I am frozen in time

hollow

UPRIGHT

Hollow finds us when we're experiencing some emotional heaviness after a period of mental overwhelm. After old cycles come creeping in and take over, we tend to fight them in our heads. Eventually we tire ourselves out and realize we need to shift it somehow, only to be met with an aftershock in our emotional world and lots of questioning and self-doubt.

This a space where we truly forget all we are capable of. Hollow is where we can really get in our head. We may be judging ourselves for getting pulled down so far, we may be questioning ourselves or we may be pretty mentally shut down and exhausted.

The overall sensation in Hollow is feeling like what we had built is lost. The work we've done internally may feel so far away from us. It may feel like it's been ripped up from our foundation. There's this sensation of: where do I go from here? And really not being sure.

Hollow is a reminder that it's always darkest before the dawn. The deepest layers will always come up before our biggest breakthroughs. Witness your feelings, notice any mental gymnastics you're doing, but know that you are so close to big change. Have faith in your work, in the process and that even when we cannot see a way out, one will always appear.

REVERSED

Hollow reversed indicates that you're coming out of some darkness and emotional and mental overwhelm. You may be feeling a bit more grounded and noticing that you now have access to thoughts and feelings that you didn't before. This card tends to show up when we're in a slow and deep transformational process with small but meaningful shifts. This card encourages you to keep going and trust the timing, there is no need to try to speed things up. Things are happening, even if you can't see or feel them.

THE ART

When I've experienced my Hollow moments, it feels like I've pulled so far back into myself that I can't feel anything around me. It's such an overwhelming feeling of isolation. I wanted this image to feel desolate and abandoned and still.



030

Labyrinth

UPRIGHT

the spiral dance,
deeper trust in oneself

REVERSED

exhaustion, questioning the process,
limiting beliefs around perfection

the joy of this opening
the tide rising and falling around us
we let ourselves be swayed

the present moment unfolding
into a thousand sensations
ease laying in the infinite around us

and we hold the dark and the light
found at the beginning and end of everything
through each contraction and expansion
finding the dark moon is as blissful as the full

Labyrinth

UPRIGHT

Labyrinth welcomes in some much-needed ease. After pushing up against the things that feel uncomfortable for us and feeling unstable, Labyrinth reminds us that we are in a never-ending spiral. The same way the cosmos stretch on into the infinite, our internal journeys spiral the same way.

But it's not always easy to embrace this. We are inundated with messages every waking second, messages coming from within us and outside of us, and it can take time to learn how to stay centered. The more we dance around the spiral, letting ourselves surrender in the lows, integrating the wisdom we find and pushing forward in the highs, the more we come to accept this ever-unfolding journey. We begin to trust ourselves more and more, knowing that there is no low that can bury us.

When Labyrinth finds you, it's an invitation to relax into this space, and beyond that, to be rooted and empowered here.

Each stage of our journey is worthy of celebration.

REVERSED

When Labyrinth reversed finds you, you may be feeling a bit exhausted. Even when we know there is no ending point, sometimes when we've circled around something time and time again, we reach a space where we just want to be **done with it**.

It took me over a decade of doing this work to have my first Labyrinth reversed moment. From the beginning, I understood how it would always be a process and I enjoyed that. Coming from an athletic background, I had spent most of my life practicing a craft and knowing that as long as I was a pitcher (softball), I would have more to work on. This process-driven mentality was already woven into my approach to things.

So when I did finally have this moment, it took me by surprise. I felt angry. I felt like I had done everything I was “supposed” to - so why was I still struggling? It brought up a deeper wound I had from the past that I hadn’t fully appreciated.

I wasn’t really angry that I was still struggling. I was angry that up until I was in my early 20s, I did what my dad told me to do. I followed all his rules and trusted his process, and it failed me in the end. When I sat with this anger, my frustration around struggling disappeared.

What is your relationship to the rules? Are there beliefs you hold that sell the idea that there’s an arrival? Have you felt you’ve had to follow authority only for that authority to let you down? Was there someone who was supposed to take care of you, to make everything “okay”, that didn’t? All of these (and more) can impact our relationship with this journey and how we feel as we move through it. Labyrinth reversed invites you to explore this friction.

THE ART

With Labyrinth, I wanted to convey not only the winding and infinite aspects of the journey, but also the meeting of realities. We can see the clouds peaking through the ladder as it stretches through the Universe. As we do this work, each stage can feel like a different realm and we can feel like wildly different people, but these two realities also stand side by side.



031

wings

UPRIGHT

tangible shifts,
trust the process

REVERSED

constant pushing,
pause to celebrate wins

once we find our wings
we see the darkness has always been worth it

would welcome walking those hot coals
again and again
for the great expanse that lies at our feet

air we have never breathed before
light we have never seen before

and no matter what finds us in the future, we
know this exists

wings

UPRIGHT

Something I love about being on this path is how miraculous it can be. We find that miracle in Wings.

Wings brings the moment where things just seem to “click.” We may have spent the last few weeks, months or years struggling and feeling like we aren’t getting anywhere, only to wake up one day and feel completely different. We may not be able to put our finger on it, but we can feel it. Something has changed.

And with this card, we receive affirmation of that in the real world. Maybe we get that promotion or job we wanted, a big bonus or find an amazing new partner. And maybe all three!

Other times, we receive it through the people around us. They may respond to us differently, they may tell us “you seem so different” or “wow you’ve changed so much”.

This process reminds me of “muscle memory.” Most of us are aware of that concept: you practice something 10,000 times and then your body automatically remembers how to do it. A golfer may work on their swing super diligently and feel like it’s hopeless at rep 9,999. But the next day, they show up for practice and they no longer have to think about it. The swing lives within them and they’re now able to hit the ball better than they ever have.

We can find this same concept as we work on ourselves, and Wings perfectly represents that.

Something to carry from this message is to keep trusting the process in the low periods. It's easy to see the bigger picture when we feel good, to see how everything had to happen exactly the way it did so you could arrive to the present moment. But when we are struggling, it can be difficult to embody that wisdom, we default to "fixing."

Wings asks you to weave this wisdom into your being. To remember this feeling, so the next time you need this reminder, you have it within you.

REVERSED

Wings reversed asks you to notice and celebrate the wins. If we're always pushing for the next thing and feeling like it's never enough, it's hard to appreciate how much we've created miracles in our lives. This can keep us spinning in the same cycle, unable to "break through" our perceived ceiling and reach the big goals.

I have felt this in my life because success had never been safe for me. It had come with oppression and a loss of freedom. And on many occasions, I was put into traumatic situations right after. So as an adult, I have had to work hard to unlearn this. To create safety with external success.

Wings reversed asks you to examine your relationship with being seen and successful.

THE ART

With Wings, I wanted to convey that electric feeling that can accompany feeling like you've leveled up. For me, when I feel like I've broken through a wall, I have access to all this energy that has been caught up in fighting and pushing. It's this wide space that opens up that I get to fill with vision, creation, and expansion - which feels super ecstatic to me.



032

dark matter

UPRIGHT

setbacks,
dark before dawn

REVERSED

neutrality,
reacting differently

darkness alone sweeps through my being
and I drift along in the void

the small embers of light I held have been
suffocated

I've returned to this place I never thought
I'd see again

this place I thought I'd escaped

within this darkness I will take new form.

dark matter

UPRIGHT

There's a line in a poem by Andrea Gibson that I love: "But when I thought I hit bottom, it started hitting back". This is what Dark Matter can feel like. We have been in a grueling fight. We've suffered but made strides - we have insisted on pushing forward despite the setbacks. We have trusted that we will get to where we want to go, and yet, the hits keep coming.

Dark Matter coming right after Wings feels a bit cruel, I know. The Wings moment lifts us up and we glimpse the potential of how good we can feel, how much better things can be. When we've made that progress, the dark patterns hidden deep within us come scratching at the door. They won't go down without a fight.

Dark Matter can feel brutal because it comes with the feeling of "but I was feeling so good! Everything was better!" We feel like we're back to square one and don't know how we can keep going.

But remember when things felt good? Remember how everything made sense and you saw why it had to happen that way? That is what you need to hold onto right now. Dark Matter can bring an edge of harshness, but it's an incredible sign. It wouldn't happen, and this card wouldn't show up, if you weren't so close to the big break through.

REVERSED

Dark Matter reversed is an awesome pull, and honestly, one of those moments I really love. Just like in the upright message of this card, life has been throwing you curve balls. But what's different now is your reaction. You aren't getting pulled down with it. You're becoming stronger, more neutral and trusting in yourself. This is such a great sign and a confirmation of all the progress you've made.

THE ART

I used a black hole for this card because it can feel like we just keep getting pulled further and further down. And there's this sensation of "how do I get out of here? will I ever?" It's a specific brand of powerlessness that I think the black hole embodies as a void space.



033

resigned

UPRIGHT

surrender,
deep trust

REVERSED

powerlessness,
in over our head

how long I've spent running, only to
arrive here

offering myself up to the fire without
hesitation

throwing myself into the deep pit of
fear lying within me

but here I find old relics and gifts that
I had forgotten

parts of myself that I had lost
somewhere along the way

resigned

UPRIGHT

While most of us know that surrender is required to pull us from the quicksand and into a more neutral space, it's easier said than done. Each time we visit the dark, we will learn to surrender in a deeper way.

When Resigned shows up, we have reached one of those deeper layers. We have officially tapped out and fully understand that we need to face what we've been running from. We also have the courage to not fight, even when our nervous system may think our survival depends on it.

After years of struggling with major physical ailments, I finally reached the ultimate exhaustion. I realized I could not fight it anymore. I stopped googling for solutions. I stopped complaining about how sick I felt. I stopped trying to fix it. I just allowed it to be and on some level, accepted spending the rest of my life with chronic health issues.

As you may have guessed, it was at this point that it shifted for me in a big way and my health was quickly transformed. Now each time a weird body issue crops up, I am able to meet it with a deeper layer of surrender. This doesn't mean I do it perfectly every time. I will still fight it sometimes. But in the end, I receive the wisdom and message of each issue with more ease and faster integration.

You've likely learned this lesson many times, and you have a new opportunity this time too. In what ways are you avoiding? In what ways are you subconsciously attached to the "fight" of it?

REVERSED

The major difference between Resigned upright and reversed is our outlook. In Resigned upright, we are surrendering, but we feel capable of navigating all that is to come.

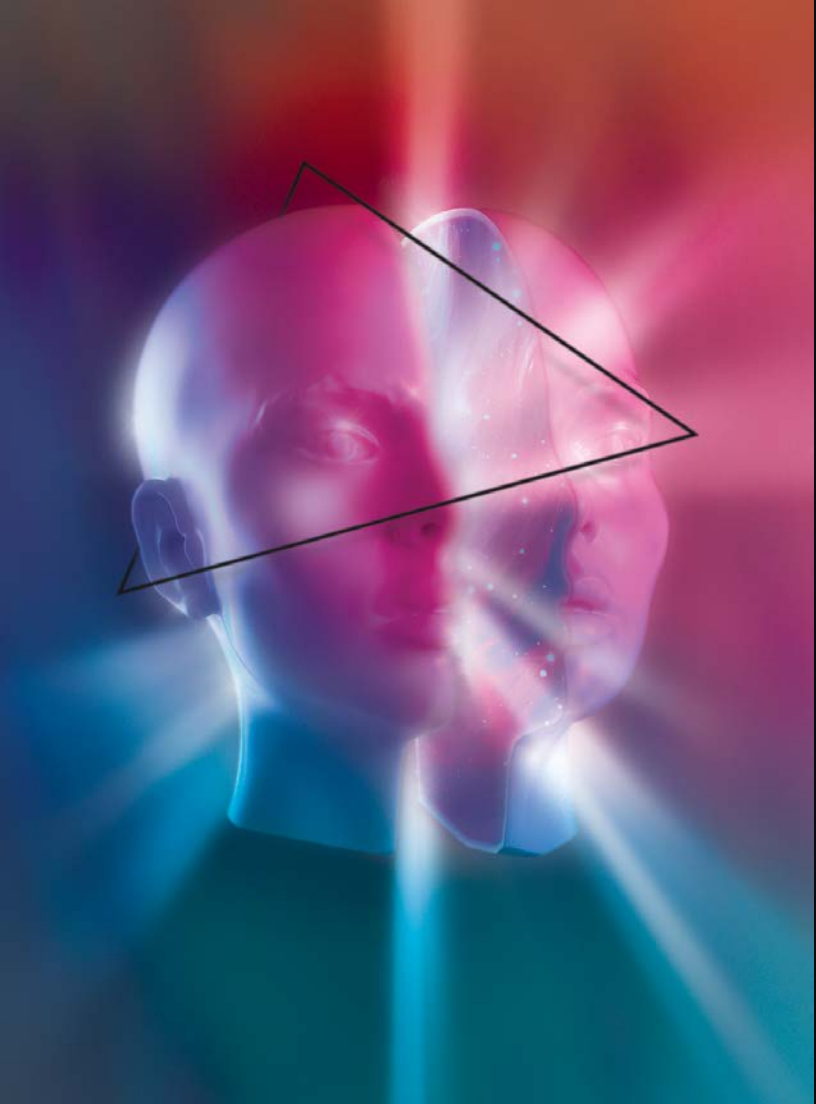
In Resigned reversed, we have surrendered, but we feel like we are drowning. We don't feel capable and it may feel like all hope is lost.

If we can cultivate neutrality in our surrender, we will find new perspectives and wisdom. But if we are resigned and feel powerless, we close ourselves off to the medicine of the moment.

And, of course, even powerlessness is useful. We all must feel that in order to transform it. So even if you find yourself in that space, that's okay. It doesn't mean you will stay there. Resigned reversed invites you to not force yourself out of this space, but hold the possibility for seeing things from a new perspective and perhaps try to be curious about what that may be.

THE ART

The art in Resigned is an homage to our original oracle deck. The Death card features a skull with plants growing out of it. While there is a bit of a different energy here within Resigned, to me it feels really similar. We walk willingly into this portal that feels like a true ending, which it is. In our deepest surrender and resignation, we are welcoming in new beginnings. But we don't get those beginnings until we accept the death of these old patterns.



UPRIGHT

we lose a teacher,
we lose a guiding practice

REVERSED

mistreatment by a teacher,
abuse of power

I find myself alone once again
the tall walls have come down
that protection
and all that I thought I had was never mine
I see that now

I stand empty handed
In a desert without stars
tasked with building a home

and I must conjure the wood and the brick
the nails and the glass
the love and the strength
from empty hands it will come
I see that now

starless sky

UPRIGHT

Having Northern Stars (guides) in our journey is so important. They guide us through spaces we've never been before, and in times of despair, they remind us we can get to where we want to be.

So when we lose a guide, it can feel like a starless sky. We may not be sure where to go next. We may be questioning everything or sitting in grief.

But this is a critical part of the journey. In every hero's journey we read or watch, our hero's will lose their mentor. It's absolutely necessary for the hero to realize they are capable on their own - and to be just as capable as they believe their teacher to be.

This is such a pivotal passage for us to undergo, though never easy. But we wouldn't lose our guide if the Universe wasn't clearing a space for us that we need to sit within.

When I think about the times I have lost a guide, whether those are human teachers or grounding practices, I have moved closer to the authentic expression of those gifts within me.

REVERSED

Sometimes we have a relationship with a teacher, guide, therapist, practitioner, etc. that goes sour. I've had therapists really abuse their position of power. I have had "healers" really take advantage of my desperation to feel better. I've had teachers who have taken their own issues out on me. Of course, I am not perfect, but I was not the professional in those situations. I know I am not alone in these experiences, and when these betrayals happen, it can feel especially hard.

But this is an incredibly valuable lesson for us. It's important to maintain our sovereignty, and not externalize our power to another. Learning to view our teachers and guides as humans, capable of human error and baggage allows us to be in those relationships and maintain discernment. I work with a wonderful practitioner, but there are some things she is shortsighted on because of her own limited perception. This doesn't negate the wisdom she does have.

It can be hard to integrate learnings after a difficult ending with a mentor because we may feel like "well if they did this to me, I shouldn't trust what they say on anything." But this simply isn't true. Keep the wisdom!

THE ART

With Starless Sky, I wanted it to feel like a fracture within ourselves. We've relied on some external factors for security and safety and Starless Sky is where we lose one or more of those and have a full realization of how the external and any mental systems we had in place were built to keep us comfortable but may not have been authentically helpful.



035

astra

UPRIGHT

power of choice,
trust the process

REVERSED

presence over production,
sit with clarity

I've spent years walking the same path
have worn it down to smooth packed dirt
until this morning
when that same sun rose the same way it always does
but I was not the same
new paths lay before me
green and growing

astra

UPRIGHT

Astra brings in an opening that allows us to make connections that we haven't been able to make in the past. We are entering both a new space emotionally and mentally - we may not feel as good as we want, but things are becoming clearer. We can feel a bit more ease and have access to new thoughts, feelings, and perceptions that have been unavailable to us.

Often times when we're doing deep work and fighting long-held patterns, we can feel like we don't have a choice. When we're in the thick of it, the idea that we can just shift what we are experiencing is not possible.

I remember when I first started doing this work, I really wanted to start a meditation practice. I would try, but after a day or two I would stop and it felt like I couldn't even choose to do it. I was absolutely frozen.

This is why Astra is such a powerful offering, we are finding we're able to choose the things that we've held deep resistance to.

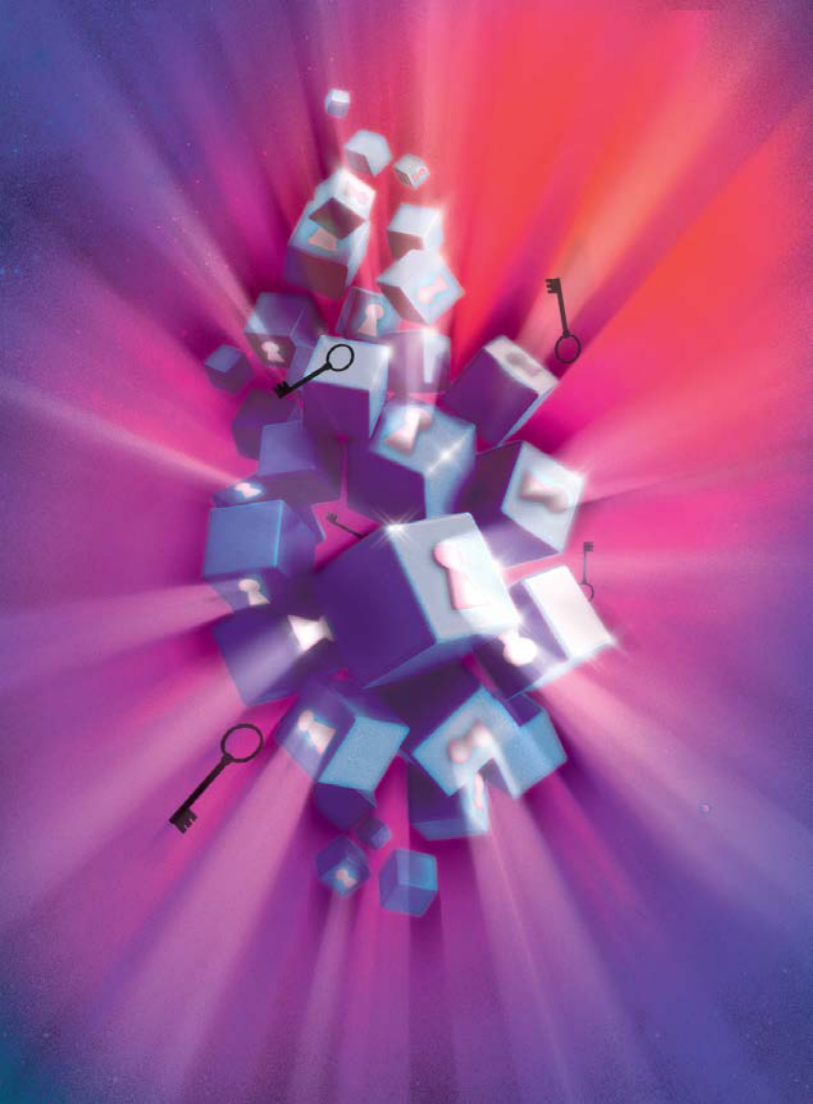
When Astra finds you, it's a message to lean into these new places within you. Even if you're not feeling as good as you'd like, try not to focus on it and trust the process.

REVERSED

When Astra reversed finds us, it's letting us know we need to slow our roll a bit. When we find ourselves in an Astra moment, the idea is to be with the new clarity without trying to capitalize on it. This means we really just want to notice what's shifting, as opposed to trying to turn it into something. Sometimes people start adding to their to-do list or begin a new project when they're feeling these new energies, but that isn't always helpful. If this is you, try to cultivate presence over production.

THE ART

Astra brings a lot of new + fresh thoughts and feelings to our way of being that can feel super empowering and exciting. The orange and pink translates that energy super well, and the hand holding the flame is symbolizing feeling these swift changes happening



036

glimpse

UPRIGHT

portal, new timelines,
opening

REVERSED

impatience, desperation

in this brief space in time
the world stops
and we have new eyes

the sea of endless grey turns into color
and we float above ourselves
above that never-ending drone in our head
and we can see and touch this potential that lies just
beyond

and then as fast as it came, it is gone
and life continues on
but for a moment, we held that future in our hands
its shadow lingering in our hearts

glimpse

UPRIGHT

Glimpse is a small portal to the future. When our brains are changing and when we're continuing to re-wire our neural pathways, it won't always affect our feeling state right away. We may have more understanding and clarity, but emotionally we may feel like we're still pushing up against something.

Glimpse is a small space in time where the emotional curtains pull back and we can feel exactly how it would feel to be free of our current challenges. This moment can come out of nowhere but it's not something we forget. I can remember every single one I've had - and they've been pillars for me as I keep working through the layers. I know I will get there, because I've felt it. If you can feel it for 5 seconds or 5 minutes, then you can feel it indefinitely.

I remember one time I was thick in the feeling of impending doom, confronting new layers of fear I inherited. I was on a walk in this beautiful field nestled in between mountains, and as I was looking around, a small bird flew by me. I watched it easily glide up and down and I experienced such a profound feeling of joy. I carried this moment with me and held it close as I continued along my dark night of the soul. Less than 3 months later, I was living in that joy consistently.

Glimpse is a reminder to hold onto these portal moments. When you feel a small shift, even temporarily, know that it is showing you the future.

REVERSED

Sometimes when we feel really good for a moment, we are devastated when it passes. We feel like a failure, like something was taken from us. Like we will never get it back again.

Then we may try to manufacture it or try to get the moment back. But we can't cling too tight to the Glimpse. We must let it come and go, and fully trust that sooner than we expect, it will be woven into our being. This can be hard to accept when we are suffering or frustrated, but take the moment for what it is: a gift. It is one that will be returned to you.

THE ART

For Glimpse, I wanted to captivate the mysterious nature this card presents. The portal moments Glimpse brings can feel really compartmentalized and hidden from us. We may not feel like we can access them, which is what the keyholes represent. We do have the key, but those are a bit smaller and in the background, because we aren't quite ready to use them yet.



037

untethered

UPRIGHT

powerlessness, relapse

REVERSED

numbing out, feeling frozen

the mind is a trickster
calling us backward as we gather momentum
as we dress our lives in love and joy, it looks around
and sees nothing familiar

so it kicks and scratches at the doors of our minds,
until it finds a new home in the new world

sometimes we will listen
and sometimes we will not
but love it anyway

untethered

UPRIGHT

As we get closer to breaking through, we'll notice our subconscious really trying to pull us back into our old ways of being. The waves may not last as long as they have in the past, but they can come on pretty strong. You also may notice environmental triggers getting more frequent.

For example, you may log into social media and see a bunch of content that makes you feel hopeless. Which, let's be honest, there's plenty in the world that can make us feel like "what's the point?"

The powerlessness found within Untethered can have us reaching for our nearest coping mechanism.

This is the thing: I'm not going to tell you to resist at all costs. There is purpose in re-visiting these as long as we don't get submerged there. If you're this far into the journey, you very likely won't. If all you feel like doing is staying in bed and binging reality TV, do that, but do so with awareness. Notice what's coming up for you. When you sit in the feeling, when was the first time you felt that way? What was going on around you? What was your coping mechanism then?

These spaces where we retreat to have allowed us to survive.

They've protected us when the world couldn't. So, naturally, they will come up when we are feeling overwhelmed. This is okay! The key here is to not feel shame and remember this is just a small part of a long process. You will not feel this way forever. Stay grounded, stay aware and go through whatever process you need.

REVERSED

With Untethered reversed, you may have sunk a bit too far into the dark world within. This card is very connected to the Freeze state. When our nervous system feels overwhelmed, we may become immobilized and numb out. It can be particularly hard to shake this, especially if it's something you've dealt with for a long time.

This card asks for small, slight shifts as you work your way out. It can also be really helpful to tap into emotions like anger when we're in this space, as it can get us to move. If you're able to move your body a bit, that's also great. Short walks every day, some dancing, some tapping and shaking are all great.

THE ART

My goal was to create a landscape that felt a bit scary, cold and dark. We can often feel this Untethered feeling creeping up on us and know we will have to make our way through it, the same way the viewer must make it through the scene in Untethered.



038

iron

UPRIGHT

empowerment, transition

REVERSED

acknowledge triumph,
celebrate yourself

I hear that old, familiar voice, tapping at the
walls of my mind

The one that I have feared
The one I have shouted down

the one I have argued with and reasoned
with and ignored

The one I have kept in the dark as I've
silently built a new world for myself

And now, when I turn to face it, when I
open that door to let it in, it is no longer the
same

It speaks a language I no longer speak

iron

UPRIGHT

We will face our fear, powerlessness, and darkness many times in our journey. Sometimes we feel like we barely make it out and are forced to just carry on a bit broken and very tired.

Other times though, it feels different. Iron is one of those times. Iron comes up when we have faced ourselves, time and time again, and we finally have an understanding of how strong we are. There is a seed of Iron that has been planted deep within us. It carries the knowing that nothing can truly harm us, that we can overcome anything we face.

As we come out of this dark space and into the empowerment that lives in Iron, we have an even deeper appreciation for the journey. We see how it repeats itself, how predictable it can be. How *ordinary*. It's not something we're fighting anymore, but something we've done many times and no longer fear.

Something I've noticed about Iron is that it is a pivotal transition in how we communicate about our journeys. We may not feel the need to talk about what's coming up for us as much, or we don't talk about it in the same way. We don't need to complain or try to figure anything out or ask friends for advice. We know what to expect and we do the things we need to do to move through it all.

There's also an incredible joy in Iron. After a long time, and for some of us lifetimes, of feeling powerless and suffering, the initiation into this strength is unspeakably profound. In these animal bodies we have, we are programmed to seek safety. To run, to fight, to freeze - all to survive. When we truly find safety within ourselves, there are exhausted parts of ourselves that get to relax that we didn't even know were there.

REVERSED

When Iron reversed finds you, you may not be giving yourself credit where it's due. When we have been in survival mode for many years, we tend to always be waiting for the other shoe to drop. Our brain desperately wants to protect us from further threats, to prepare us for further loss. So even when we make it through a dark passage, we may not be taking the time to appreciate ourselves in the way we need to.

Iron reversed asks you to think of all the ways you've triumphed, succeeded, found resilience and joy - even while being in old subconscious patterns, and for many of us, navigating trauma. You've done so much, even before you knew all that you know now. I wonder what you're capable of now?

THE ART

With Iron, I really wanted to convey the magic and newness found here. It is such a gift, and that metallic cube represents this newfound strength. The way the iron is liquid and dripping creates the feeling that it's new, we are getting to play in it and get to know it, but it's not fully in our hands yet.



039

cabe

UPRIGHT

instinctual call to return,
integration, pause

REVERSED

avoidance,
willingly surrender

I sink into the earth
let the hard stone become a bed
let the insects find rest in my hair
let the call of the raven sing my heart home
I have never been more alone
but she is here, all around me

cave

UPRIGHT

Like all animals, there will always be times when we feel the need to retreat to our den. What I love about Cave is that this is not a reactive move. This is not because we have to go lick our wounds and heal (though sometimes that happens simultaneously). The Cave is a deep instinctual calling, from the belly of our being, beckoning us to return to the lap of the mother.

It is here where time slows down, where all that seemed to matter fades away and we can be present. This is a space of integration, so don't worry about doing too much here. You may feel like you need to continue pushing forward in a way, but try not to. If it's coming from a space of force, it certainly will not be beneficial in the Cave. When we're called to this place, it's really in our best interest to pause all forward-motion. Know that there is so much happening behind the scenes, things that you may not be able to sense, so creating the space for that to happen, to conserve your energy, will make the integration more profound.

In a world that is constantly asking for your productivity, honoring this emptiness and unknown and rest can feel rebellious, and even shame-inducing for some. If that comes up for you, this is a powerful invitation into trusting yourself to meet your needs no matter what the world around you is saying.

REVERSED

The Cave is an incredibly powerful place, because the version of you that went into it won't be the you that comes out of it.

The Cave will require new ways of being. In other words, don't bring your old world rules in with you.

I did this once. I could feel the Cave calling, but I kept up my routine. I was in the gym every morning, I was working constantly, I was giving myself away to those around me. I was pushing so hard to make progress.

Then I woke up one morning and my back was out. I simply could not stand. But I was so worried about missing the gym and losing my progress, so I tried to fix my back so I could go back to boxing. I was using old rules when a new me was being demanded.

Then I got mono. And I finally got the message. I crawled into bed for what seemed like months. I stopped going to the gym, even when I could walk again, and took to hiking the mountains. I finally surrendered to the call, and when I decided to try going back to my old world, I found it wasn't the same. And it found that I wasn't the same either.

The Cave reversed asks you to surrender before you're forced to.

THE ART

When I went to make the Cave, I wanted the connection to Spirit to be transparent here. When we are in the Cave, we don't have the same level of noise we are usually inundated with. It is us and the earth and the Universe. A cave deep in the mountains didn't feel right. I wanted there to be a feeling of being deep inside the earth but seeing the heavens too, for it to feel like a portal in a way, which it is. I also wanted there to be a level of stillness, and looking at birds flying above you is a way to convey that non-movement. Most of us have experienced that feeling of watching a bird fly overhead, feeling like we don't have that same freedom of movement. I wanted it to feel peaceful and still, but not restrictive.



040

Lark

UPRIGHT

joy, levity, reclaiming self

REVERSED

self-protection, fear,
repressed hope

I don't remember what the before felt like

I only see that now, the seams of existence are
bursting open with joy

in every moment, spilling out in cracks I've
never cared to notice

It's like the entire Universe has reorganized
itself, showing off its magic in every
imaginable way

but I know it hasn't
it's my eyes that are now open

Lark

UPRIGHT

Lark ushers in some much needed levity. This is such a beautiful space because we now find joy in places we never thought to look. There's an opening where we shed insecurity and self-imposed constriction. We give ourselves the permission to feel hopeful, excited and happy in ways we've previously felt like we needed to protect ourselves from.

When I reflect on Lark moments in my life, I find that I become more receptive and open. After being in survival mode for so long, clinging to defensive pessimism, I began opening myself up to genuine joy. I wanted to do more, see more.

I remember one time I knew I was entering a Lark space, it was almost insignificant but I knew what it meant: after years of always opting for black nail polish on my fingers and toes, I went into the salon and picked out hot pink. I remember looking at it and thinking: "never in my life have I ever used a pink nail polish, but right now it's the only thing that fits." I've only opted for color since then, and each time it feels so exciting for me, getting to know this new part of myself that was forced to hide for so long.

And truly, it's these small, almost unnoticeable things that mean everything. They build safety as we continue to reclaim ourselves, as we reach further for joys we never thought were possible.

REVERSED

Lark reversed is a fearful child, hiding and afraid to come out, asking those around them “is it safe yet?”

You have survived by protecting yourself in the ways you needed to. Those defense mechanisms have served you well. But Lark reversed is here to remind you that the situation has changed. The threats that have found you before are no longer the same. You don't have to protect yourself in the same way now.

It is time to tiptoe out. When you're alone and it's quiet and there's space for you to dance unwitnessed.

The hope and the joy and the good truths that lie within you are asking to be seen and felt and experienced in new ways. Try to visit them as much as you can - let them come out and see the daylight.

THE ART

With Lark, I used the moon phases quite prominently to create the feeling of a “full circle moment,” where things feel connected and we are seeing things from an entirely new perspective. We have been through the cycle and can understand things we couldn't before.



041

dagger

UPRIGHT

affirmation of power,
internal meets external

REVERSED

self-doubt, old fears

for so long, we have fought on faith alone

have waged war against ourselves, the same battle
over and over, without waking

“let us find ease,” the dagger whispers to the veil

boundless light cascades through us
and we find that the fight is over

dagger

UPRIGHT

Dagger is where we finally cut through.

It is where we draw a line in the sand, where we say no to the things we've wanted to remove from our lives, where we say yes to the life we want to live.

It is where the external catches up to the internal.

Dagger is, honestly, the moment we've been waiting for. It can come in many different forms, but it's where everything comes together and we level up in a major way.

This card is an affirmation of your power. It asks you to know, without a doubt, that you are capable of making the big leaps you're wanting to.

REVERSED

Dagger reversed indicates you may be doubting yourself a bit. You can feel the call of action, of fearlessness, of boldness - but you're walking the fear pathways in your brain. Trying to make sure you feel secure and in control and have a plan.

But we can't always have a plan. And often times, there isn't any plan that will make us feel safe. We just have to show up, with our fears, and do what we know we need to.

THE ART

For Dagger, I really wanted to create that visceral sensation of breaking through. I wanted it to feel energetic, which comes through in the color, but also in the the way the dagger has cut through - it isn't done precisely but with a need. Without care for what spills forth. That is the space of Dagger. It is speaking truth, and knowing it so strongly that all repercussions do not matter because truth is the only thing that matters in this moment.



042

boundless

UPRIGHT

joy, arrival,
expansiveness

REVERSED

stricture, uncertainty

we have found that wide open sky
stretching timeless before us

where we can go in any direction
and find the stars and the sacred

we turn around to see the shadowed
ceilings of yesterday

don't they look lower?
with walls pressing in?

they were never for the living

boundless

UPRIGHT

While there is no arrival, with Boundless, it can feel like an arrival. All that we've been working toward, the darkness, the uncertainty, the struggle - it has all gotten us to this point.

And it was worth it.

Now we feel the true vastness of our potential. We've found a peace we haven't experienced yet, a steadfastness we didn't know we had.

Truly, a boundlessness.

This card is a signal to dream, further than you have before. What is this *new you* envisioning? How do you want to show up?

With Boundless, we get to set our sights on new horizons and to know, without a doubt, it is possible.

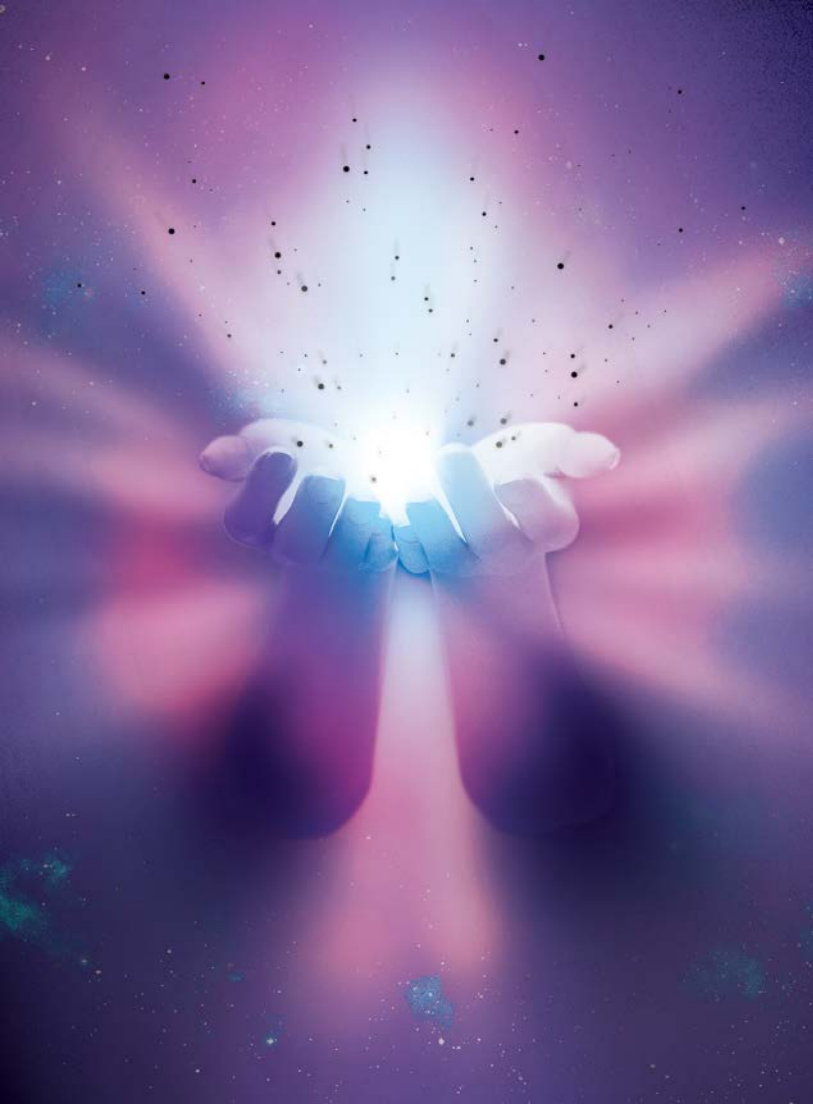
REVERSED

Boundless reversed is a sign that you're running parallel to that vast expansiveness within but aren't quite ready to align with it. You may be feeling some stricture while simultaneously seeing the potential in your periphery.

The blessing in this card is that you don't have to push or rush to get there - it's already happening. Let yourself live between these two worlds right now and trust that the stricture will pass soon.

THE ART

With Boundless, I wanted it to feel open and like a blank canvas. I felt that the sky opening up and light shining through translates the expansiveness found within this card.



043

return

UPRIGHT

freedom, neutrality

REVERSED

spiritual bypassing, hierarchy,
judgment of others

we walked together all my life,
and yet I can't seem to remember your
name

can you remind me?
can you tell me who you are and where
you came from?

but I have places to go and many
things to do

I'm sure we've met before
I swear, I once knew everything there was
to know about you

but I can't seem to remember your name
now - can you remind me?

return

UPRIGHT

With Return, our progress comes into sharp focus. And it's usually more than we even realized.

Return is when we find ourselves back in situations that would trigger old cycles, reactions, and wounds. But now, it feels different.

In Undoing, we are visiting these spaces and realizing there is more work to be done. In Return, we visit and realize we are free.

This could look like being around family and seeing that, despite them creating the same drama or issues, trying to pull you in, you don't feel the same way you used to. You don't notice the passive aggression. You don't care what they're thinking or wanting from you because you're no longer aligned with their dynamic.

This neutrality can help us cultivate compassion and empathy for people who we once resented and triggered us. Return is a card that honors your progress and asks you to do the same.

REVERSED

When Return reversed finds us, we may be thinking of things in terms of a hierarchy. It's easy when we are feeling good and noticing how far we've come, to notice how others may have remained stationary.

And with this, it is also easy to see this as a vertical rather than a horizontal. To think "I'm just on a higher vibration" or "I'm just more evolved." While there is some truth to this, it doesn't help us, or others, to view it that way.

When we notice that people in our lives are struggling with something, it is better to think to ourselves "I know how hard that is, and I love them" as opposed to "they just don't get it" or "they should just do (insert modality)." Return reversed asks for softness, for compassion, for a deeper understanding in the areas you may feel superior. These can be extremely small and subtle, but it's more freedom for you if you can shed this.

THE ART

With Return, I wanted to create the image of holding wisdom that you didn't have before. There is so much that we've accumulated to be held and reflected upon with Return, and it's truly a moment that we realize how much we have gained.



UPRIGHT

new journey,
reaching a new level

NO REVERSAL

Look how far I am from where I once was
Look how I set my life on fire, watched it
blaze from within

Let it rage on for days unknown
Painted myself in the dark, burning charcoal

Laughed with the howling wind
Sang to the stars, songs of dreams I never dared to
believe

It had to be done, do you hear me?
I walked straight into the storm, but it had to be
done.

Can you see how free I am?
How much was burned away?
But look how far I am, from where I once was
Standing within the dream

A match in my hand
It has to be done

initiation

UPRIGHT

Initiation is both the ending and the beginning. It is where we've reached a new way of being and new freedom. It is also where we embark on a new journey.

As we continue to set our sights to the future, to dream, to create, to vision, to enjoy, we will continue to meet ourselves and our depths in new ways.

Old patterns will say hello again. They will feel different each time and you will feel different each time. Because with Initiation, you have reached a new level, and that cannot be taken from you.

REVERSED

There is no reversal to initiation. This is the ouroboros, where the ending meets the beginning, and also where we realize there is no ending or beginning, because it all just expands on into the infinite.

Read the upright version of this card, but also, consider asking yourself what it means to you.

THE ART

I wanted this image to create the feeling of homecoming. We see a hand that has gone around the world and almost looks like it's going around the earth and rising like the sun, highlighting the cycling and new beginnings found here.