

ISSUE 17 • SEPTEMBER 2022

# The Augurly

FOR THOSE WHO LOVE WORDS + SPIRIT

Fall Within



au·gur

Origin: Latin  
Meaning: Diviner

# Hello,

To say the end of July and whole of August was chaotic is an understatement. My husband and I had been preparing for months for the inevitable fate of our oldest dog, Laina (she was spotlighted in Issue 4). Her health issues continued to worsen and we finally said goodbye to her on July 28th. What we didn't expect was that our second oldest dog, Sophie (she was spotlighted in Issue 6) to follow right behind her. To lose two dogs in a week span was one of the worst experiences of my life. And because I'm always honest with you, I have to tell you that I have not quite processed the grief. I've been putting it off. Trying to keep my head above water. Especially now that we've been gifted with a new puppy to love and adore. I know the time will come when I will have to unpack these losses. Perhaps it will even show up in the pages of this e-zine, but I do know that focusing on the good and beautiful work I'm doing in the world helps soften the grief that will come spilling out. It's not just that I *want* to be doing work that I love, it's more of a *need*. I need this e-zine. I need all of you. And knowing that helps soothe the ache in my heart. So, thank you. Thank you for being a part of what I need to process this experience I'm going through.

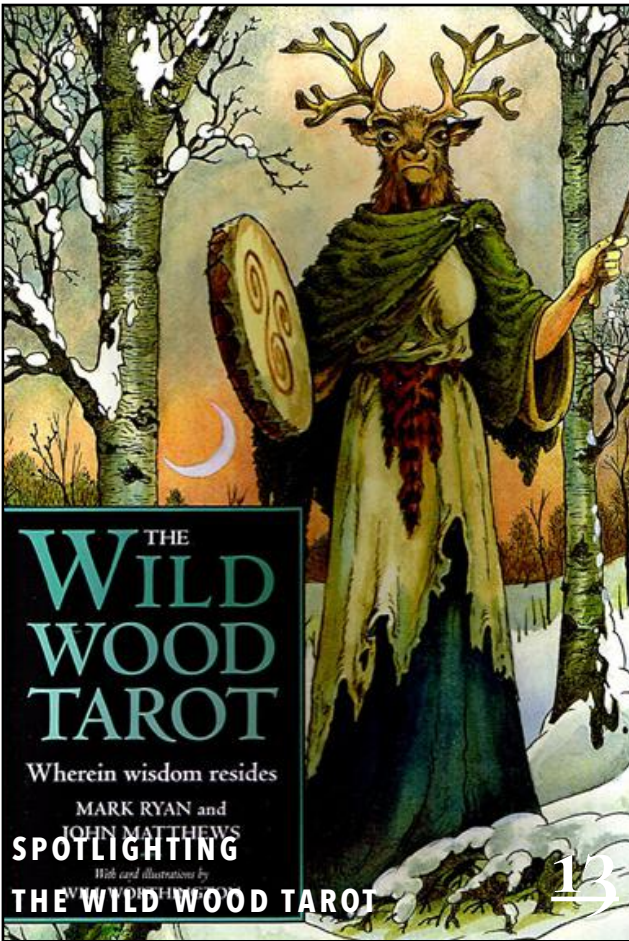
– Jade

August has come and gone and before we know it it will be my favorite time of year! The weather has been teasing me, dropping into the 70s, but now it is back up to the humid 80s and 90s. I cannot wait for Fall!!! My family decided to take a mini vacation at the end of last month. I somehow managed to get my husband to agree to go to the beach for a long weekend, he hates the beach. We went to Cape May New Jersey and had the best time. I had two mornings of playing on the beach with the boys and grateful doesn't begin to describe my feelings on that. This was a weekend of memory making and I loved it! But now I'm looking ahead to what is next and in just one week my oldest will be starting his first day of Pre-K. I am both excited and anxious and happy and sad. I am a mixture of so many emotions. The most important thing though is that I am so proud of him and I look forward to watching as he grows and learns every day! Wish me luck!

– Allie

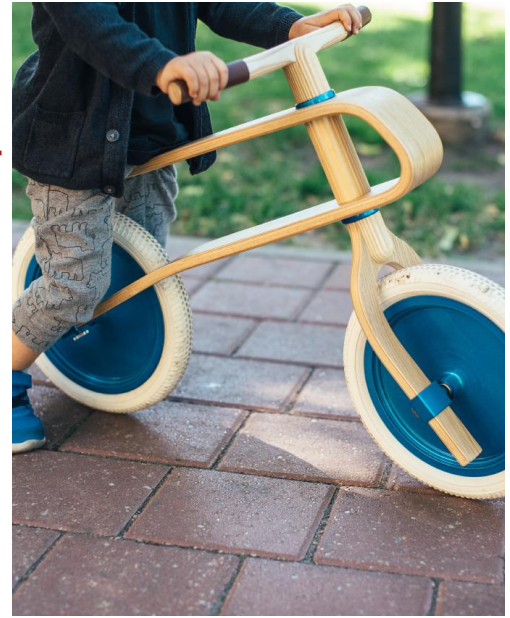
Thanks for reading!





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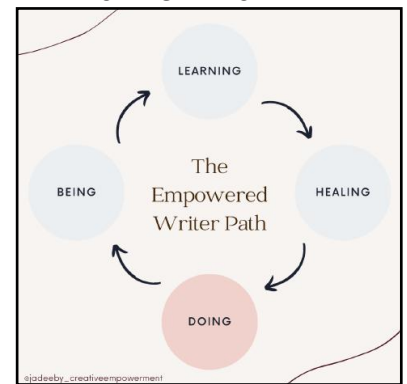
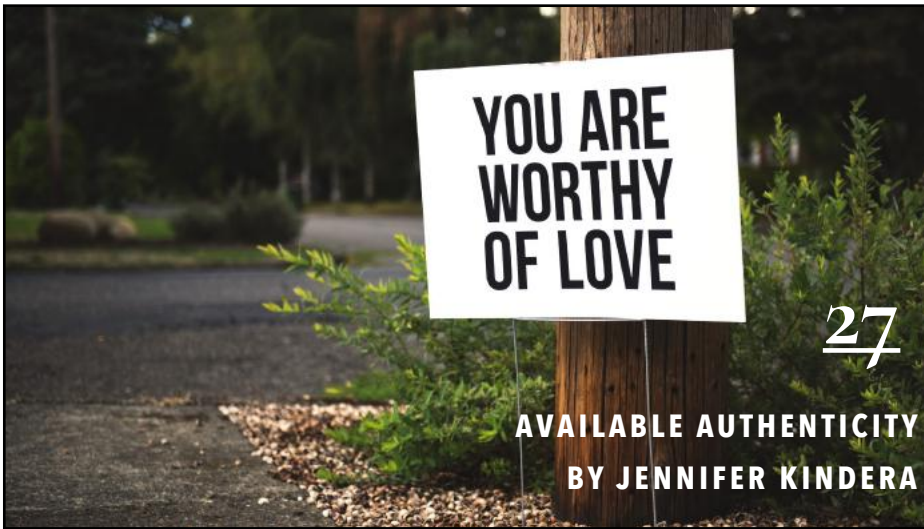
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All photos courtesy of the authors or [unsplash.com](https://unsplash.com)

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FROM OUR SHELVES

# A Taste of Freedom

BY ALLIE PRELL

Walking down the lane, you feel the beat of your heart intensify. The pumping sensation flows throughout your body, and you feel it everywhere, from your ears to your toes. The slow clicking of the chain in and out of the cogs is like the ticking of a clock. You've reached the end of the gravel drive, and the blacktop lies before you.

You place one foot on the lower peddle and lift yourself up and over, so you sit. With all of your strength, you push the higher peddle forward, and the wheels begin to turn. You are moving forward. Not even sure how this is possible, but your legs move. Your body shifts and adjusts; before you know it, you are riding the bike. Your body and legs work as one with this piece of metal, and together you fly down the road. The corners of your lips turn upwards, not even sure what it was you were afraid of, to begin with.

Then you approach a turn and realize you don't know how to make the bike turn. Your weight makes the bike rock, and suddenly, the bike is not balanced anymore. The training wheels aren't touching the ground. Fear rips through your body, and you scream out as you fall into the ditch. It was a complete blur, and you are shaking when you hear her voice cut through the fog that surrounds you, "Great fall buddy! Way to go!"

What is she talking about, great fall? That was horrible!

"I am never biking again!" you declare, "I don't like my bike."

She catches up to you and pulls you and your bike out of the ditch. She gently wipes away the tears with her thumb, looking in your eye, "Did you get hurt?" she asks.

Your lower lip is pushed out in a pout, and you quickly scan your body from head to toe. The bike did land on top of you, but you realize that you don't feel pain anymore, not now that you are standing.

"No," you reply, furrowing your brow, confused.

"Do you think maybe it just scared you?" she asks.

You let go of your lower lip, take a deep sigh, and burst out "YES!" before starting to cry again.

"It's ok to be scared." She says with a laugh.

You do not like that she is laughing.

"It's ok," she says again. She steers your bike to the middle of the road and holds her hand out for you to join her.



You huff and puff again and then grab hold of her hand. "All right," she says, "let's try this again."

"NO!" you exclaim, crossing your arms and turning your back. "I'm not riding my bike ever, ever again."

"Well, that is just silly she replies. We have so many fun adventures to go on together. I know you're scared, but buddy, you are doing great!" She tried to get in front of you and then squats down to your level.

"Buddy, you will fall sometimes, and sometimes it will hurt. Sometimes it is going to be scary. But that's ok because we will learn how important it is to get back up and try again. Can you show me how you can get back on your bike? I'm right here. We can do it together. I know you can do it."

"Fine," you huff. "Don't let go of me."

You say. "I won't; I'll hold onto your bike until you get on." She promises.

You put your foot back on that lower peddle, and with shaky arms, you lift yourself back up and onto your bike. You sit back on the seat, both legs on either side resting on the peddle, her hand holding onto the handlebars and your seat, and she takes a step back, and she lets go as you muster up all your strength and push one foot forward and then the other. Before you know it, the wheels are spinning again, and your body is rocking with the bike's motion. You are moving as one again, and the air flows around you, welcoming you back. The smile grows again, and you see her running along beside you.


"I'm doing it!" you yell to her.

"You're doing it!" She yells back.

You have just experienced your first taste of freedom.







## Letters to a Loved One

Everyone experiences grief of some kind at some point throughout their lives. It can be the death of a loved one, a divorce or separation within a family, a loss of the life you thought you would have, or a loss within your own self.

Often times when we have these experiences, we don't always have the words or even know what to say.

What if you could write that person a letter? What if you could say all of the things that were left unsaid? Words are a powerful form of magic.

Many times they allow for a release that we didn't know we needed.

I would like to offer you the opportunity to write these letters to whomever you would like and share them. Release your words and allow yourself to grieve. That is exactly what I did in the process of writing my book Good Night and Good Luck. I want to give everyone that opportunity and a safe place to do so.

Stay tuned for more on this project.

# The Grief in the Attic

BY JADE EBY

I sat with my eyes clenched shut and imagined a cardboard box sitting in front of me. Large enough to hold all the contents I wished to put into it, but not big enough that I would miss it if I went looking for it. With that visual in mind, I began to place the events of July 28th and August 6th into the box.

The first thing I put into the box were the moments that I watched Laina and Sophie's last breath seep out of them. Then I put in the moments leading up to those events. Then on top, I placed the moments directly following those events. The ones where I couldn't deny that they were actually gone.

Once I'd sufficiently packed up all those moments and memories, I imagined taping the box shut just right – so I could maybe pull it open a little inch at a time and take a peek. But enough so that the box stayed closed.

Then, I took the box and put it in the attic of my mind to be dealt with later. I knew those moments, memories, and emotions were safe in the box. I knew the box would stay full and ready when I could unpack it again. I said a quick goodbye to the contents residing in the box and opened my eyes.

• • •

For as long as I can remember in my adult life, I've treated my grief this way. Shoving it in individual boxes, all lined up in tidy rows in the attic of my mind. Some of the boxes have never been opened. Some have been peeled back slowly and emptied. While others are in a state of lock and key.

As a trauma survivor and trauma-informed coach, I know this "boxing-it-up" method of compartmentalizing my grief isn't the preferred or the healthiest way to go about processing what I'm feeling. But I also know that it's my route of safety.

Grief demands to be felt, yes. But it's also funny in that it will bend and conform to your will for a little while. Sometimes a particular box of grief will spontaneously combust, and I have no choice but to deal with the contents, but mostly, for a little while at least, they stay packed away as I put them.

After losing our oldest dogs, Sophie and Laina, the grief and heartbreak was so intense... so undesirably painful, that I had to put them in the box. Even though I wanted to stop the turning of the world for just a bit and soak in what was happening within me, I just couldn't.

I took one day off. Then I went back to work. I went back to my responsibilities. I went back into "work-until-exhaustion" mode to stave off reminders of the box, and its contents.

It's interesting how often people would comment on this, almost in relief. They would ask, "how are you doing?" And I would reply with, "I'm doing okay." Which wasn't a lie. I was doing okay. Because I wasn't allowing myself to feel anything.

Then someone else would say, "Wow, you're doing amazingly well! I couldn't get out of bed for a week after my pet died."

I would smile and brush it off. I wanted to say, "Yeah, I would be too, but I can't. Because if I let myself go there, I won't get out of bed. I won't find a reason to get up and move forward."

Of course, I didn't say that.

I wish I could tell you that I've been able to open the box, but that would be a lie. Even in writing about NOT feeling grief – I'm not feeling the grief.

It's a very strange predicament to be in when the thing you rely on for everything in your life isn't working. I thought writing this article would allow me to peel back a little bit of the tape on the box. Instead, it feels as sticky and boxed up as when I first put it away.

Maybe it's too soon. Maybe my mind/brain is protecting me from what I'm truly scared of.

What I know is that once I can tap into it, there will be a floodgate. There will be tears, guttural screams, and a desire to want to crawl into a ball and die.

I also know that the page *will* be there when I'm ready for it. It will be a willing witness. And it will hold those tears, those screams. It will hold my desire for death to come to me. It will hold everything my grief has been holding.

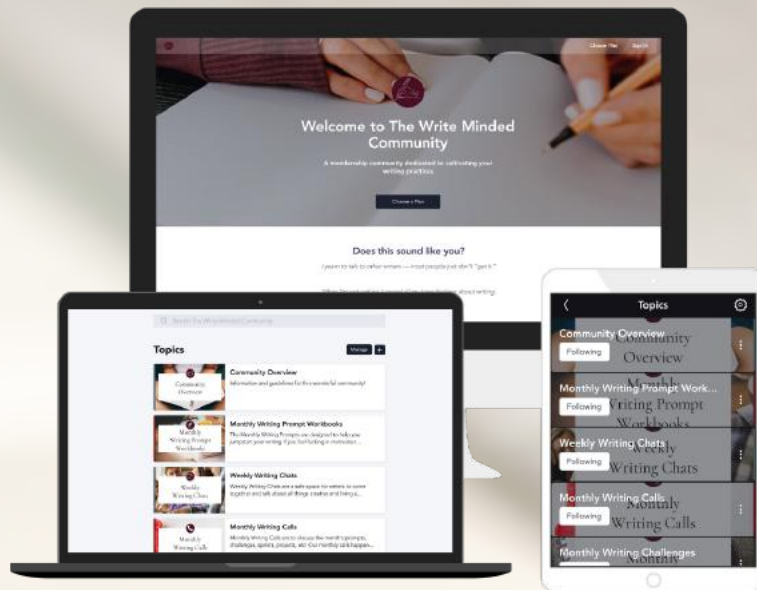
And for that, I'm eternally grateful. To know that I have a place to turn to when I'm ready is a lifeline of sorts.

But I wouldn't be honest if I told you I was ready to open the box.

I'm not.

But when I am ready... you will be my witness, too.





# It's time to rediscover your self through writing.

## Does this sound like you?

- I yearn to talk to other writers – most people just don't "get it."
- When I'm not writing, I spend all my time thinking about writing..
- I write more creatively when I'm inspired by others.

## What if you could...

- Gather with a community of write-minded individuals who desire the same safe & supportive environment as you?
- Nourish and be nourished by others who understand the writing life?
- Be inspired by connecting with other writers?

- Brainstorm, collaborate or co-create with other writers who inspire you?
- Discuss, vent, celebrate, and more with a community of writers?
- Be equipped with all the tools, resources and support you need for long term growth and writing practices?

**If that sounds like you – this community was made for you.**

**LEARN MORE →**

# The Empowered Writer Path: Doing

BY: JADE EBY

In my article, [The Empowered Writer Path: An Introduction](#), I wrote that the *doing* stage is the least “sexy” of them all. And I stand by that. It doesn’t always look or feel as monumental or as big as the other stages, but that’s what makes it so damn important. Because it’s in the doing stage that we commit to ourselves and our writing practices. It’s within the doing stage that we show up for our writing even when it doesn’t feel good. Even when it doesn’t feel like progress. Even if it feels like we’re just putting stupid words down on a page or simply *talking* about writing.

But it makes a difference, I promise you.

## WHAT IS THE DOING STAGE?

To me, the doing stage is like starting any new hobby or practice you want to improve upon. Once you “learn” how to do it, the only way you improve is by actually doing it. Over and over again. So in this *doing* stage of empowered writing, we’re simply dropping into our practice and showing up for ourselves and our writing, over and over again.

This stage is where we get to put all of ourselves into our practices – the good, bad, and brutiful (brutally beautiful). Some days, the

best we can do is show up on the page and write a few words. Other days, the words will seem to flow from us without effort. But the

point is that no matter which kind of day it is – we choose to continue to show up for them.

What does the *doing* stage look like, though?

And the answer is – it can look any way you want it to, so long as you’re showing up for yourself and your writing in an authentic way.

Personally, my *doing*

stage is often deepening and maintaining my daily writing practices. I have two, actually. One for my morning/daily pages (more on that below) and one for all my public-related writing. And often, the more intentional and consistent I am with my daily writing practice, the more inspired and motivated I feel to drop into my public writing practice.

One of the biggest changes I made to my writing practice in the last year and a half was committing to being consistent. This was an internal way for me to practice the *doing* of writing in a way that could also help others. My articles, e-zine, blog posts, and short stories – they’re all about me *doing* the work of writing. Not for others primarily, but for *me* first.



What I've learned by consistently *doing* this is that I'm making more progress than I can see in a single session. The *doing* adds up to make a huge difference! When I look back at my output for last year, I was shocked by how much I wrote and how compelling the pieces still were to me. It taught me that the *doing* stage is an important part of the cycle, and it has far more benefits for me than I can conceive of. I think that's true for anyone who commits to *doing* what their soul asks them to do.

## WHAT ARE SOME WAYS TO ENTER THE DOING STAGE?

### **Consistency**

- Being consistent with showing up is one of the hardest but most rewarding parts of the doing process. And it can look any way you want it to as long as you are bringing yourself to the page authentically.
  - This could look like daily journaling (check out Julia Cameron's [The Artist's Way](#) for a great introduction to daily pages!)
  - This could look like mindful sketching complemented with text
  - This could look like blogging or writing articles

### **Taking a Chance on Your Work**

- What better what to show yourself that you're *doing* this writing thing than materializing it?
  - This could look like writing a piece to be submitted somewhere
  - This could look like sharing something you've written with a trusted person
  - This could look like writing something new or experimental

### **Being in Community**

- This one goes for every stage, but it's particularly potent in the *doing* stage because so many of us have either been there or are there. When someone else experiences similar highs, lows, struggles, and triumphs – we not only feel connected, we feel as if we're not alone on this journey.
  - This could look like joining a writer's group (more on that in the next section)
  - This could look like having a writing buddy
  - This could look like contributing to conversations around writing on forums, Discord servers, etc.

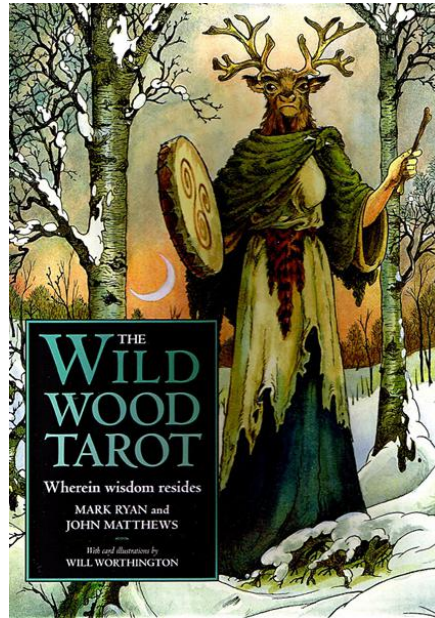


## **My Resources:**

- I will shamelessly plug my writing-focused community here not just because I think it's fabulous but because it is *essential* to my own *doing* stage. Having a place to talk about writing, to discuss the struggles or highlights has been highly influential in my prolific writing and dedication to a writing practice. If you want to see what [The Write Minded Community](#) is all about, I invite you to join us for a month free.
- My Journaling Workbook Bundles are compilations of 100+ prompts in each set. They are guided by themes and include a wide range of topics from self-introspection to creative projects and writing exercises. These are fantastic starting points for healing through writing. Volume One is free for my newsletter subscribers (and clocks in as the largest of the bundles – 200 pages!), so [sign up to test it out](#). You can find all the other workbooks [here](#).
- Feel called to share a piece you've written? Why not submit it to The Augurly (a monthly e-zine I put out with my co-collaborator, Allie)? You can find the [submission page here](#).

# Spotlighting: The Wild Wood Tarot

WITH JADE EBY & ALLISON PRELL



WHAT'S THE PERSONALITY OF THE DECK?

**Jade:** I would say the personality of this deck is nature themed. Very specifically, the forest and beings who live amongst the forest.

**Allie:** The personality is a very earth driven one. It is a crossover between human and animal. For me it give off a very Druid type vibe. It reminds me of Peter Rabbit or Robbin Hood.

HOW HAS THIS DECK HELPED YOU GROW?

**Jade:** Honesty time: I couldn't really connect with this deck in solo readings. In a writing group that I belong to, this deck is used sometimes and often, when it comes up for the group, I find I can get a little bit of wisdom from it, but when I try to use it on my own, it doesn't click for me.

**Allie:** This is no surprise but I feel the same as Jade does with this deck, maybe even a bit more disconnected with it. As for what it has taught me, this deck has shown me the importance of connecting with a deck. I have learned a lot from this deck because I haven't connected with it.

IS THERE SOMETHING THIS DECK OFFERS THAT OTHERS DON'T?

**Jade:** I think this deck differs in the way it re-visions tarot. Cards that are normally titled a certain way in traditional decks become renamed and take on a different connotation in this deck. I think for some people, that can make a difference in the way they approach the deck and readings (in both positive and negative ways).

**Allie:** This deck offers a different view point on the tarot deck. They have gone so far as to change the names for certain cards offering a completely different viewpoint and approach.

#### OVERARCHING THEME OF THE DECK?

**Jade:** The theme is definitely that of wisdom through nature and the forest.

**Allie:** Animal wisdom for sure. I think of a wise old man and folklore with this deck.

#### HOW ACCESSIBLE IS THE DECK?

**Jade:** It's my opinion that this deck has really catered to masculine energy (but that doesn't mean just male readers). But it definitely has a more masculine energetic pull to me. Perhaps that's why I find it a little harder to connect to because personally, I resonate more with feminine energy in my decks. Additionally, I don't think this is a deck that would work well for those who are just getting started in Tarot (if you want to learn the traditional meanings). I feel like it works better as an oracle deck, actually.

**Allie:** I actually disagree with Jade on this one. I think that this deck is best suited for a beginner with tarot, if they are able to connect with the it. Because it has a very unique approach to the cards I think being a beginner would give you the opportunity to connect with it differently without expecting to see the traditional symbols and names. For me, I struggle with it because I do not see the images or symbols I have grown to relate the cards to. My mind has begun to

search for similarities amongst cards in different decks.

#### IS IT A LIGHT OR SHADOW DECK OR BOTH?

**Jade:** I think it's both – there are many cards that speak to the light side while some cards speak to the shadow sides.

**Allie:** I view this mostly as a light deck.

#### DID THIS DECK MEET YOUR EXPECTATIONS OF IT?

**Jade:** Sadly, no. But again, it could be because of the energy it gives off... it could be because I'm not particularly drawn to the images or names of the cards.

**Allie:** This deck did not meet my expectations of it at all. I was in a group reading when it was first introduced and I was so enthralled by it that I immediately went to try and purchase my own deck. I hesitated on purchasing and I believe that was for good reason. Beyond that first reading I have struggled to connect with the cards. I wanted so badly to love this deck!

#### WHAT'S YOUR FAVORITE CARD?

**Jade:** I think my favorite card is The World Tree (traditionally, the World card). I like this card because the World Tree is a very symbolic for me, personally, and I can make the connection between it and the traditional way of thinking about The World card.



**Allie:** My favorite card in this deck is the Three of Stones. I was drawn to the imagery of this card, a woman standing with her hands and body supported by the stones behind her and the earth beneath her. It is clear that she is drawing energy from the world around her and I love how everything connects.

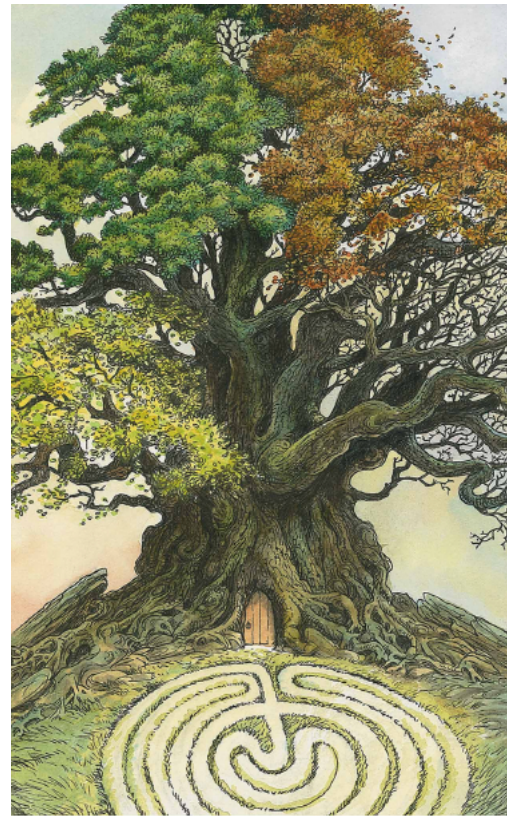
#### WHAT'S YOUR LEAST FAVORITE CARD?

**Jade:** Well, this is a case in which I dislike more cards than I actually like. I don't think I can choose. As I mentioned above, I have a really hard time connecting with this deck and a large part of that is the imagery. It doesn't really speak to me.

**Allie:** Again, I am in agreement with Jade. I struggle to pick my least favorite card because there are quite a few I'm not able to connect with. I'm used to tarot decks changing a few things here and there, like the names of the suits, or a few names for the major arcana, but this deck changes so much. With that in mind my least favorite card would have to be The Blasted Oak. This would be The Tower card in any other deck. I'm not a fan of the imagery and The Tower card is sometimes one of my favorite cards in a deck.

*Purchase the Deck:*

**BUY IT →**



21 *The World Tree*



*Three of Stones* ♣ *Creativity*

Images from © The Wild Wood Tarot

# Monthly Collective Reading

WITH JADE EBY & ALLIE PRELL

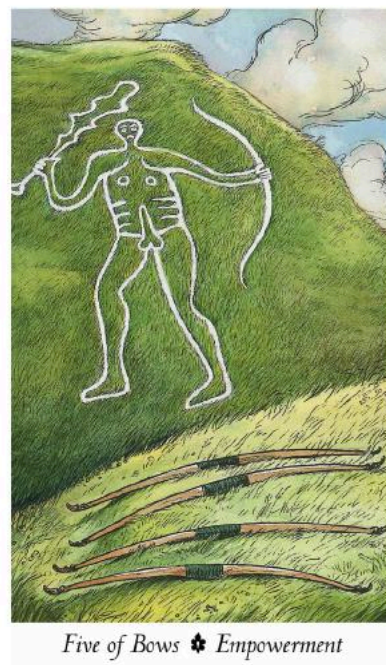
## THE PATHWAY SPREAD FROM WILDWOOD TAROT



The Issue



Action to Avoid



Action to Take

### CARD ONE – THE ISSUE

**Jade:** Even though this card in this deck is called "The Woodward," in traditional RWS decks, it's the Justice card. Which makes sense why it's coming up in this position *and* reversed. Why? Because I think globally, we have been focused on this sense of Justice... often to the detriment of individuals and society. (Ahem, Jan 6th's events). Fair justice, in of itself is a good thing, but issues arise when the pursuit of justice becomes obsessive or obstructive to others.

### CARD TWO – ACTION TO AVOID

**Jade:** The Nine of Stones (Pentacles) in this deck talks about tradition – both the reverence of it and the potential negative effects of it. I believe this card, in this position, is telling us that clinging to tradition or traditional values is keeping the issues going. When we cling to outdated traditions it builds friction and creates points of contention between groups of people. It also creates this sense of duty to protect those traditions, regardless of whether justice is involved or not.

### CARD THREE – ACTION TO TAKE

**Jade:**The Five of Bows (Wands) in this deck talks about empowerment and in the case of this reading, I think it's referring to the empowerment of standing up against injustices. I think it's speaking to the heart of the "issue" around justice and the need to be "right." Because so many people are afraid of losing their power, they inadvertently try to disempower others through means of violence and other means. So I think this card is talking about a fair and equitable sense of empowerment.

### JOURNALING QUESTIONS TO TAKE THIS READING FURTHER:

**What do you think of this reading? Do you agree or disagree? Why?**

**Which aspect of this reading feels aligned with your life right now?**

**What part of this reading did you connect with the most?**



# Monthly Spread

LOOKING TO EXPAND YOUR READINGS? USE THIS SPREAD!

DON'T FORGET TO TAG US!

**#FALLINGFORWARDSREAD**

@PURRFECTALCHEMY & @LADY.OF.LIBRA

**FALLING FORWARD SPREAD**  
A TAROT/ORACLE SPREAD FOR KNOWING WHAT'S COMING UP IN THE FALL

1 2 3  
4 5

Card 1 – What projects/plans/changes are coming to the surface?  
Card 2 – How I feel about these upcoming projects/plans/changes?  
Card 3 – What I can do to prepare for these upcoming projects/plans/changes.  
Card 4 – What else do I need to know about these upcoming projects/plans/changes?  
Card 5 – What will support me during these upcoming projects/plans/changes.

@purrfectalchemy & @lady.of.libra

# This Student is Ready

BY: JADE EBY

“When the student is ready, the teacher will appear.”

This is a quote that has a long (and pretty unknown) history. It's been attributed to many different people over the years, but I'd like to think the theory that it comes from a Buddhist Monk is the more likely option. At any rate – it's a quote that I adore. I have found it to be true in my life in so many ways, but it's also not as literal as one might think. The first time I heard the quote, I thought it meant that a human being would suddenly show up in my life in the form of a “teacher.”

Oh, how naive I was.

The basis of this quote is not so much in the human realm (though it certainly can and has been in my case) but rather in the actual learning of something. Meaning, that sometimes we are not meant to learn a lesson or a skill until we are ready. A great example of this, for me, is spirituality.

I did not grow up religious, and I was quite adamant in my life that spirituality was a giant hoax. I detested organized religion, and because of that judgment, I let it color my thoughts, opinions, and learnings around spirituality. It wasn't until I had done *a lot* of recovery work and introspection that I realized spirituality was completely different than religion. Yes, the two can co-exist, but they can also exist separately.

I truly believe that to have the kind of spirituality I have now, I had to do the work before I could open my mind to it. And when I had done that work, when an opportunity to learn about spirituality landed in my lap, I was ready to take it on. I was ready to learn with a completely open mind. Thus – when the student is ready, the teacher will appear.

Fast forward to the last few months. It's been a hell of a ride, and I've felt a bit spiritually bankrupt lately. I craved a deeper understanding of... something, anything, to help me revive that connection. I didn't just *want* it – I *needed* it.

And wouldn't you know... a series of courses about the Tarot fell into my lap exactly when I needed it to.



Rewilding  
the Tarot

I've been "studying" the Tarot loosely for the past few years but found myself disenchanted with the limitations and the "by-the-guidebook" descriptions. When mystics and readers in my circle talked about using the Tarot for deep, internal work, I wondered, "what am I missing?!"

What I was missing was education. What I was missing was someone who had done her own internal work around the Tarot and looked at it through a completely different lens.

Lindsay Mack says she is a: queer, non-binary intuitive artist, mother, teacher, facilitator, podcast host, and founder of [Tarot for the Wild Soul](#)<sup>1</sup>.

But to me, she is so much more. She is the vessel I needed in order to approach Tarot as a teacher.

## TAROT AS A TEACHER

What I've been learning from Lindsay Mack's courses, specifically her *Rewilding the Tarot* course, is plentiful. I can't possibly relate it all here, and to be honest, I wouldn't want to because the learning is so very individualized. You have to experience it for yourself to see how powerful it is because the whole point is to learn how *you* relate to Tarot in a way that supports, empowers, and anchors you to your intuition and own inner wisdom.

But I will say that in studying Tarot through *Rewilding the Tarot*, once you feel a deep connection to a card, you can never go back to the base descriptions of it. You can never look at a Tarot card again and say definitively, "this is what it means." I believe what Lindsay talks about in terms of the "overculture" and how it's saturated the Tarot (and many other spiritual practices, if we're being honest) is indicative of a larger problem in our society: the desire to want to whittle down something into concrete meanings and descriptors which give us concrete answers.

I've never been the kind of Tarot reader who uses it for predictive readings. I don't believe it can do that. But, what I do believe is that Tarot has the capacity to ground and anchor us in our intuition and self-awareness. It can highlight and bring up issues that we already know exist but have been too fearful of approaching.

I really appreciate the way Lindsay says that each card is an invitation. It's *always* an invitation to come home to yourself, but depending on which card you're looking at – the invitations can get pretty deep and specific. Especially if you're working with the cards in the arena of personal growth instead of predictive readings.

## MINI CASE STUDY

You know I love me some visuals to help explain a theory – so here is a little example to show you how I've used Lindsay's approach to Tarot, along with one of her spreads that was perfect for this time in my life. I used her Grief and Big Emotions Spread.



CARD ONE – WHAT IS PRESENT?



CARD TWO – HOW CAN I TEND TO THE EMOTIONS THAT ARE SHOWING UP AT THIS MOMENT?



CARD THREE – THE MESSAGE MY GRIEF, OR ANGER, OR ANXIETY IS TRYING TO SEND ME



CARD FIVE – THE CARD THAT IS HERE TO HELP ME MOVE THROUGH THIS EXPERIENCE OF DEEP SELF TENDING



CARD FOUR – HOW CAN I OFFER MY CARE AND ATTENTION TO THESE FEELINGS?





## TAKEAWAYS FROM READING

So card one, *Five of Cups* couldn't have been more spot-freaking-on. This card is about grief. And in this particular reading, I know *exactly* what it's talking about. After losing two of my dogs, grief is a common thing to expect. Except... I've been avoiding my grief. And this card invites us to not only acknowledge the grief we have... but to surrender to it. To lean into it because that's the only way you get "through" it. This card is politely asking me to make space for it in my life... but it's up to me to say yes.

Card two, *Six of Swords* is so interesting for the position it's in. How can I tend to the emotions that are showing up? Well, this particular six invites us to acknowledge that we're in a transition period. And this doesn't have to be a big transition, but it also *can* be. In my situation, I think life after loss *is* quite a large transition. So it's acknowledging that I am in a transitional time, but it's also inviting me to see if I'm giving myself what I need to handle that transition. What immediately comes to mind here, especially looking at this particular image, is "whose driving or guiding the boat?" Sometimes, in transitional moments, we feel so lost and out of control (this is true for me), and it feels like we aren't even directing the boat at all. We're simply letting it float, and sometimes... that's literally all we can do. We don't have the capacity or bandwidth to steer or guide it. We just need to let it go where it will go. And that feels *very* resonant for me right now.

I have to admit that card three, *Temperance*, threw me a little bit. I realized while doing this reading that I still have a ton of "unlearning" to do. My first thought with this card was: "huh? The message is... balance?" Then I reread what Lindsay had to say about the Temperance card, and it suddenly made so much sense. In her teachings (and I agree), Temperance is less about balance or equality and more about the willingness to expand beyond what we think we're capable of. In the context of the cards around it... we have the Death card right before this card and the Tower card right after. And those are two hugely important cards in the Major Arcana. So it makes sense that Temperance says, "yes, you've been through a rebirth... a transformation. But it's not done yet... you still have more." And then it asks us, "are you prepared to expand even when it's difficult? Even when it's painful?" So, in essence the Temperance card for this position is pretty telling – it wants me to think about acknowledging the literal losses I've recently faced along with the transformation that that brings and how I can still endure. How can I keep saying yes, even in the face of more possible pain?

The *Six of Cups* for this position made me cry because it hit me in the gut. This card is such beautiful energy. It's about nostalgia and good memories, gratitude, and appreciation. But more than that, I think it invites us to ask ourselves how we can drop back into the little child that lives within us. And in this particular reading, the question of "how can I offer my care and attention to this" seems to be answered very gently with this card. But it's more than that, I think. When we think of our pets passing (at least in our case), we imagine they are in some beautiful afterlife, back to their original, healthy forms, playing with no cares in the world. And in a way – that is also how some of us look back on certain moments of childhood. I guess in some ways, the two are interlinked. When I think of a happy, playful puppy, I think of a happy, playful child. And bringing

that together in the essence of this card makes me think that the best way to offer my care and attention to the grief I'm feeling is by dropping into those memories where we (the dogs and myself) felt free. Happy. Playful.

Lastly, the *Eight of Wands* for the final position is probably the most curious of all the cards. To me, this card often brings swift and fiery energy to the table. To me, it has the sense of "let's go, let's go, let's go." At first, I thought maybe it was connected to my desire to get out of the grief space as quickly as I can, but the question of "how is this card here to help me move through this experience of deep self-tending" made me realize it's not talking about the progress or speed of my grief. It's talking about our quick decision to get Mya, our new puppy. Somehow, even though it was done quickly, it was exactly what we needed to move through our deep self-tending.

## GOING DEEPER WITH TAROT

As you can tell, Lindsay's gentle guidance to be curious and approach the cards as an invitation, completely changes the way I approach the reading. That doesn't mean that the cards still don't show me painful things. It doesn't mean that the cards have *answers* for me per se. But it does give me the opportunity to dig deeper into my inner wisdom and explore or excavate what needs to be seen. I think I've only scratched the surface on looking at the Tarot through this lens, and I'm excited to continue learning and sharing what I'm learning along the way.

## RESOURCES:

- You can find Lindsay Mack and her Tarot courses here: <https://www.tarotforthewildsoul.com>
- The deck used in this article is: [The Unfolding Path Tarot by Athene Arcana](#)

<sup>1</sup> <https://www.lindsaymack.com/>

# Things we're obsessed with lately...

Jade loves:



I'LL ADMIT, I'M NOT MUCH OF A "GAMER" (THAT'S MY HUSBAND'S DOMAIN) BUT THE GAME STRAY HAS BEEN SUCH A FUN WAY TO RELAX AND UNWIND AFTER SOME STRESSFUL DAYS. IT'S A GAME WHERE YOU (THE MAIN CHARACTER) ARE A CAT. AND THE VISUALS ARE AMAZING.

TAROT  
FOR  
THE WILD  
SOUL ©  
WITH LINDSAY MACK

THE *TAROT FOR THE WILD SOUL* PODCAST EXPLORES THE TAROT THROUGH AN INCLUSIVE, SOUL CENTERED, TRAUMA INFORMED PERSPECTIVE. IT'S AN ENTIRELY NEW WAY TO THINK OF TAROT AND I LOVE IT!

WHAT I'M REALLY OBSESSED WITH LATELY IS OUR NEW FAMILY MEMBER – MYA, AN 11 WEEK OLD DOBERMAN PUPPY. WE LOVE HER SO MUCH ALREADY EVEN THOUGH SHE IS A LITTLE TERROR.

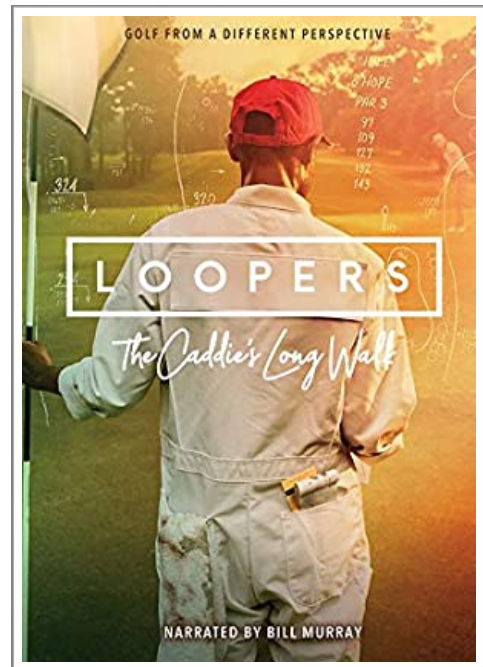




*Allie loves:*

MY HUSBAND SURPRISED ME BY BUYING ME THIS NEW COFFEE MAKER AND I AM OBSESSED WITH IT. I JUST LOVE THE VINTAGE LOOK AND THE FACT THAT IT IS RED!

WE STUMBLED ON THIS DOCUMENTARY AT THE BEGINNING OF THE MONTH AND HAVE WATCHED IT TWICE NOW. I HAVE ALSO RECOMMENDED IT TO ANYONE AND EVERYONE! IT IS SUCH A GOOD DOCUMENTARY AND NOT WHAT I EXPECTED.



TOUCHNOTE IS AN APP THAT I USED TO USE A LOT! IT ALLOWS YOU TO UPLOAD YOUR OWN PHOTOS AND CREATE POSTCARDS THAT ARE THEN SENT IN THE MAIL TO PEOPLE. I WAS REMINDED OF THIS COMPANY AFTER RECEIVING A SPECIAL CARD IN THE MAIL FROM A FRIEND.



WHAT'S  
YOUR  
FLAVOR?



## Looking for a new book to read?

CHECK OUT JADE'S BACKLIST:

Feeling in the mood for a light romance or a feel-good coming of age story? Then I have just the thing for you! Check out the lighter side of my writing!

- Lost in NYC
- That Weekend
- The Right Kind of Wrong
- A Parisian Holiday
- Stuck

It's great to indulge in a dark read every now and again. If you're ready for all the *feels* - check out the dark side of my writing.

- The Back to Bad Series
- The Dirty Proof Duet
- Cupid & Valentine
- Wrong Angle

*Check out the books:*

**LEARN MORE →**

# Available Authenticity

## LIFE, TRAUMA'S EFFECT AND THE PURSUIT OF THE END OF QUARANTINE

BY: JENNIFER KINDERA

Where's my to-do list? What's next? Man, I'm so tired. I don't feel motivated. Maybe a meditation, or maybe I should cook/bake/clean/take the dogs out to play. Crumpling on the couch once again, I don't want to do anything.

I'm normally pretty motivated. I run my own business, have responsibilities, know what I need to be doing to keep things moving. Why isn't my head in the game?

Oh right, we are under self-quarantine because there is a worldwide pandemic.

It's a bit surreal, don't you think? Kind of zombie apocalypse meets toilet paper hoarding catastrophe.

There are a lot of articles out there right now, outlining how you could be spending your time during the isolation period. The implication in our productivity-based society, you must be accomplishing something meaningful to be more worthy. That's a tall order in our shame-based culture, for survivors of trauma living with Cptsd.

My motivation, or lack thereof is so much bigger than just push-through-get-in-gear-bike-12-miles-and-make-a-quiche today. And, just to make one thing clear, developmental trauma survivors are strong AF. We have an underlying spine of strength, having lived through uncontrolled circumstances as children. So, when I say I'm pretty able to stick to what I need to do, I'm not kidding. I have goals. I have freedom as a Cptsd survivor I never thought possible. I can scale tall buildings...well, not really but you get the idea.

At first, there was a sense of calmness. It felt safe to stay home. Let's be honest here too, I stay home a lot anyway. I work from home, so usually my trips out are to the gym and the market. I love going to the gym. I miss it terribly. That's a first world country issue to be having, for sure.

One thing I've been hearing from fellow trauma survivors is a common feeling of ahhhh....at last. At last, all those 'normal' people, who haven't gone through similar circumstances, are in the boat with me. They have to isolate too. I don't feel as alone.

That's pretty powerful. I don't feel as alone during isolation because others are going through it too.

The next theme that came out in sessions and in myself, was okay I got this, I can do it. I still have some semblance of control, how I'm spending my time, but shouldn't it be over soon? I mean, seriously. When can we safely go back out?

That thought feels scary now. Going back out means putting myself, and the people I live with, at risk. How will I feel safe, even when 'they' say it's safe to resume normal activities? How will they know for sure? I want certainty here, and there's really none to be found. The fear is metastasizing.

So in my quest to be my most authentic self, I keep digging through emotions which cause my feelings, based on my perception of this uncertain situation. I went back to the drawing board. One thought kept rising, how does authenticity play a part in this situation?

What does it mean to be authentic? If I were to define it, without looking it up I would say being true to myself, genuine. Be the same version of me, no matter who I am with, what my circumstances are. But there's something missing in that definition.

How does being authentic play a part in the pandemic and ramifications, thereof?

According to the Etymology Dictionary, the definition and Latin root:

### **au·then·tic**

**/ˈauthentic/adj**

gerund or present participle: **authenticating**

- 1. "original, genuine, principal," also means "one acting on one's own authority," "to accomplish, achieve." Sense of "real; entitled to acceptance as factual."**

Okay, that made sense to me. Being original, genuine and the principal player in my life. Acting on my own authority, accomplishing and working to achieve, internally and externally. Being real, expressing realness; falseness as a trauma survivor, we've had enough of that, haven't we? Yep, lots of layers to struggle with, denial, resentment and the like.

The part that intrigues me though, is the 'acting on one's own authority.'

That's the part missing right now. Because I'm not acting on my own authority. In my daily ways I am, but I think that deeper, the universal concern and layers to the pandemic and how we are truly processing this, is diminishing my available authenticity.

What's available authenticity, you ask? Well, I'm glad you asked, remember I've had lots of time alone with these thoughts swirling around.

Available authenticity is my capacity to express my transparent, real self. Emotionally, physically, mentally, spiritually. It's the non-codependent, loving, compassionate way I view myself. It's commensurate to the amount of stress, pain, and ego I'm living in at any given time.

In times of high stress, such as with the pandemic, as fear grows to living, breathing proportions, my available authenticity is taxed and starts to deplete.

So, what's the brain's job in all this?

Your brain is built to protect you at all costs. The brain doesn't differentiate between physical and emotional pain, it's all pain to the brain. So when the brain, and heart, and body are put



under heavier than normal stress, it's going to compensate, make up for it, by protecting you. Trauma lives in the body, on a cellular level. It has to come out, somehow.

One of my favorite metaphors to use with clients is the sponge. If your psyche is a sponge and you've lived your whole life, filling it with experiences, traumas, good stuff too, but just filling it, at some point it's going to overflow. What happens to a sponge when it's oversaturated? It leaks water out the sides, dribbles, makes a mess.

We are dousing our sponges, people. The uncertainty, the risk factors, the media have fed that fear. I can't say whether fear is the bigger pandemic, I have read that opinion several places, but I will say it's contributing hugely.

So, what do my brain and my heart do when my sponge is full? Gotta get it out. I react, I get short-tempered, anxiety rears it's ugly head, and depression is all it's cracked up to be.

And, my motivation goes down.

Down. And more down. Maybe I stop showering as often, maybe I start eating more to make myself feel better, maybe I let the mess build up around me, stop exercising. I get snappy, tears just beneath the surface, I'm less focused, more forgetful. Potential sadness, exhaustion, anxiety and irritation. I'm just not myself. My available authenticity keeps lessening, with fear coming out on top, and I respond by going into old patterns to cope.

(Last week I accidentally left the sink running and flooded my kitchen. Internal mess, expressed soggily outward.)

Maybe I stop doing the things I can do, things I know bring me joy and brimming with my own authenticity. I'm too exhausted to use my tools. To be active. My nervous system may be at a higher state of activation. I may engage in black and white thinking, and learned helplessness. Hypervigilance is on the field people, watch out, where's my effin window of tolerance!

And from there, it's a very short carnival ride to the shame spiral, where the creepy clowns live, with unending censure.

So, how do I combat this global-level collective energy, which is affecting all of us in so many ways, on a conscious and unconscious level?

Awareness combined with self-compassion and acceptance of me. Where I'm at right now, knowing that I don't have to change it, or how I feel.

Sounds simple, right? Just be kind to myself basically, and not harsh about what I'm doing or not doing.

But what does that mean in terms of practical application for trauma survivors, who are living in isolation, with copious amounts of fear right outside the front door? We need safety. It's like breathing. Completely necessary.

It means that I am kind to myself, I listen to my body, heart and emotions. Emotions are messengers, they are trying to tell you what is going on with you, physically, in a tangible way.

Listening to them, as they rise up, with gentle observation is a key piece to self-compassion. I believe the heart, mind, and body have an innate wisdom that communicate constantly. When I am in tune with myself, and cognizant, I can give myself what I need.

This is not a static concept. It's fluid. Some days it's back to basics, rest, eat, basic needs of self-care. Some days it's more like today. Doing some writing, seeing some beautiful clients, and working my passion to help other survivors.

And some days, curling up under the covers and watching movies is what I need. I get to choose. And there is no shame if you have 12 days where you curl up, and be okay with not being okay. We haven't done this before, it's all new.

One day is not better than the other, just different.

Being gentle with ourselves, for survivors is a completely alien concept. We simply don't know how. Remember you are *practicing* it, no expectation of being perfect. If we can stop holding our feet to the flames every time the inner critic says, 'you should be doing more,' that is absolute growth and progress.

The more I resist the changes that are coming, the unhappier I am. It's okay to take care of yourself, in fact it's more than okay. You deserve the caring and compassion that you didn't get as a child.

And it starts with you giving it to yourself.

Jennifer Kindera is a Certified Supervisory Trauma Recovery Coach & Instructor, Certified Healing Shame Practitioner, advocate & survivor.

You can find her at

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Medium: [https://medium.com/@coaching\\_88893](https://medium.com/@coaching_88893)

*Note: This piece was first published on Medium, May 2020. Reprinted with permission from the author.*

# The Write Minded COMMUNITY

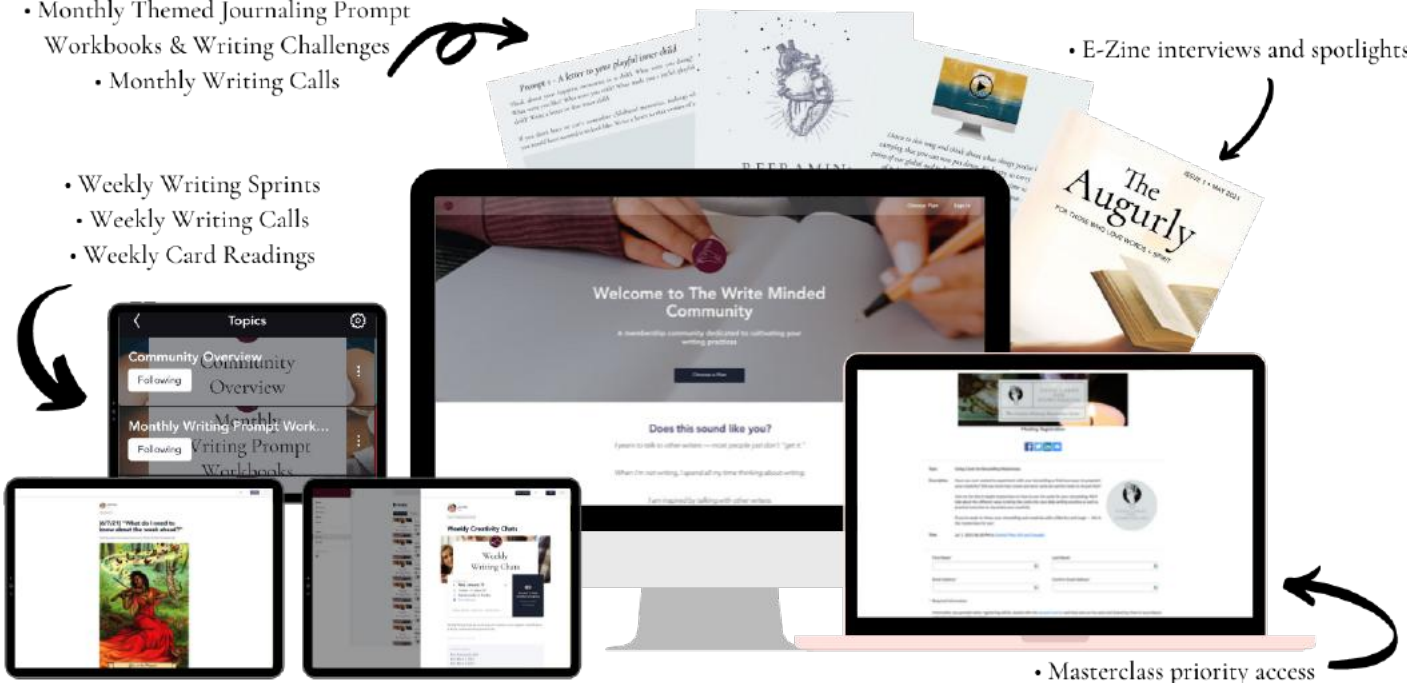


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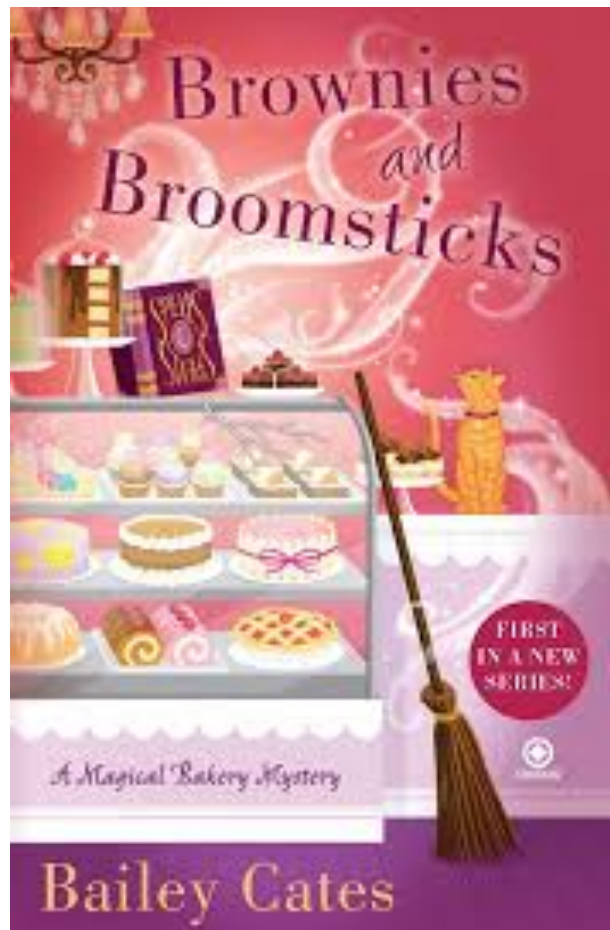
# FROM OUR SHELVES



## ALLIE'S REVIEW

*Brownies and Broomsticks* is the first in a magical series by Bailey Cates. I started this series a few years ago and fell in love with it. This is the perfect mix of magic and mystery. I made only one mistake in reading these books...I binged them, something I do not recommend. I absolutely love them and plan to go back and pick up where I left off. If you are looking for a fun mystery read that has a sprinkling of magic throughout, look no further. I got lost in these pages discovering that I was looking for a little of this on my own life.

[Purchase Here](#)



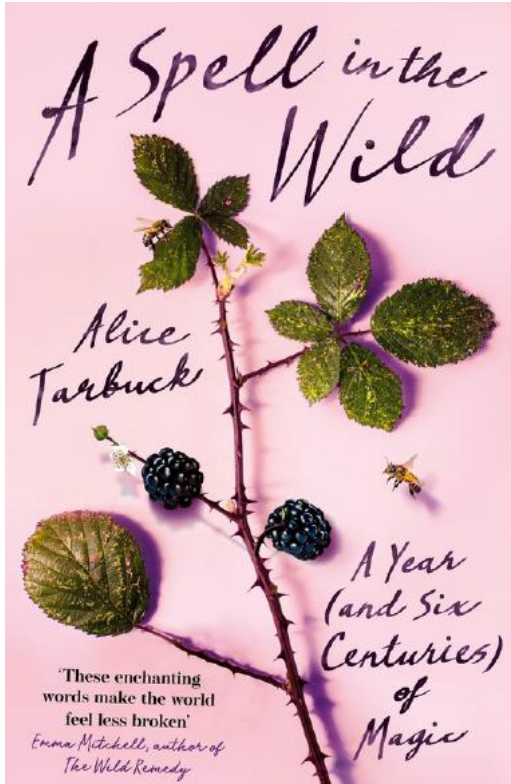
## JADE'S REVIEW

So, I picked this book up on a whim. I'm not even sure where or how I saw it, but I do remember downloading the free sample and reading all that was available and immediately clicking "order" to download the full thing. What I love about this book is that it's grounded in reality even when it's talking about magic.

Alice Tarbuck takes the mundane and makes it magical. The structure of the book is also compelling – she weaves in her personal stories while also talking about the history and long-forgotten habits of witches of yesteryear, while also bringing things around to the present.

I've been reading and studying various subsections of witchery and witchcraft over the last few years and I think I've learned more from this one book than I have in all of them combined. It helps that Tarbuck is actually an academic and has plenty of experience in the research arena. But in this book, it's more than that. She doesn't just give us the information, she infuses it in between her own personal experiences or stories. I found the book completely compelling and fascinating and encourage you to give it a try if you love these hybrid type books.

[Purchase Here](#)



What books are you reading?



# Join a moon gathering

Sponsored by Yoke & Abundance, these gathering will be co-facilitated by me  
and Rebecca Aydelette



LEARN MORE →

# Resourcing the Self

USING CARDS AS MEDICINE

BY: JADE EBY

Have you ever been curious about making your own oracle deck? I certainly have. It's been on my mind for the past few years, but it's never felt like the "right" time to create one. I'd get theme ideas and then lose steam, or I'd come up with a great theme and realize that I didn't have enough content or card topics within the theme to make a deck. Then again, I was looking at oracle deck creation through the lens of what I *thought* creators did before they created their popular decks. It wasn't until I took an oracle card workshop from my mentor, Danielle Dulsky, that I realized I'd been looking at the creation process all wrong.

See, I'd been focused on gathering and curating wisdom from external sources to bring back to the deck when all the wisdom needed was already inherent within me. I didn't realize how much we can resource ourselves for medicine or tap into a higher level version of ourselves to gain clarity.

And the best part? There are so many entry points into the creation of an oracle deck using yourself as inspiration. You can source from memories, experiences, and events. You can resource your ancestors, elders, and loved ones. You can repurpose archetypal energies. You can use the medicine from your relationship with nature or animals. There are endless possibilities when it comes to creating a deck that is personal to you. You just have to be willing to do a bit of the leg work to uncover the gems.

In this article, I'll talk about oracle decks I've created through the guidance of others, and then I'll talk about the deck I made in preparation for my very own Oracle Deck Creation Workshop that launches in October.

## CASE STUDIES:

So far, I've created three decks from various workshops that Danielle has hosted and run. Each is slightly different in theme/context, but each of them contains specific medicine for me. Meaning what might constitute as "medicine" to me may not matter one bit to you. That's the power of personal decks – they will always resonate with you because they are sourced from your intuition and what *you* need from them.

### **Oracle of Ghosts Deck**

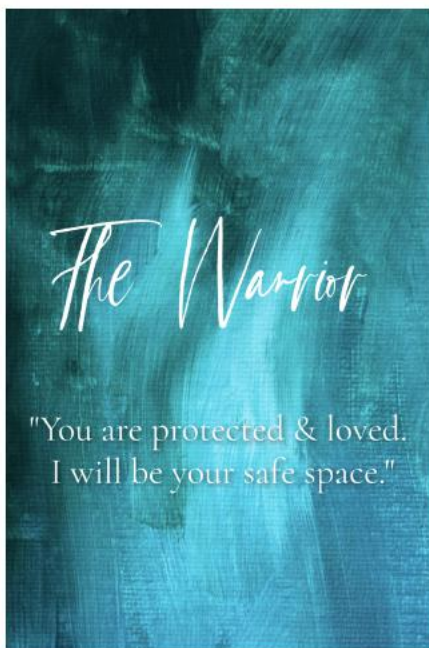
The first deck I created was a 65-card "Oracle of Ghosts" themed deck that utilized past experiences, events, and memories for the messages within the cards. Of all the decks created, this one feels the most "personal" because every single card touches on something deeply



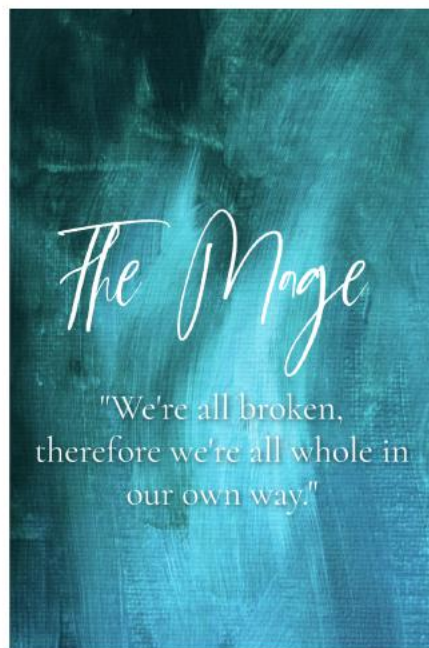
intimate and familiar from my life. The downside to this deck is that because it is so intricately connected to past experiences, memories, and people – it loses some of that universal wisdom gained from other decks. Sometimes when a card is pulled for a question – it does not make sense! And yes, that happens with every deck (personal or not), but it is a bit annoying when it's your own deck. That being said, I mostly find my pulls with this deck to be fairly accurate *and* medicinal.

Here's an example of a *past, present, and future* spread using this deck and the takeaways I received from it:

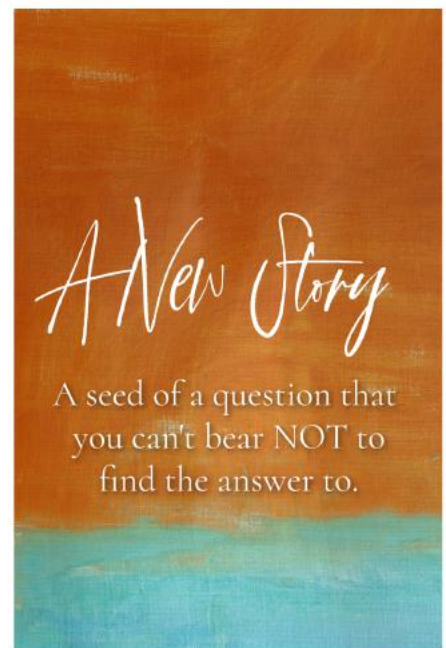
I asked the question: **What do I need to know about my spirituality or the highest version of myself?**



Past



Present



Future

### Reading Takeaways

After pulling these cards, I immediately felt a sense of comfort and peace because these three cards definitely held appropriate medicine for me. For background, I asked this question because in the last few months, I've felt spiritually bankrupt. I wanted my higher power to give me some insight into this. And what I've taken away from this spread is that though I've felt like the warrior in the past, I've felt more like the mage in the present... this sense that something is off. Something is broken. That *I'm* broken. And the future card – whoa. I knew right away what this medicine means – that I'm to take what I've felt as spiritual bankruptcy and rewrite the narrative. The past and present do not have to stay in "what is." I have the power to create a new story around my spirituality and where I'm at in my personal life. The "seed" in question for that last card is this idea

of: What do I do now? And to me, it feels pretty obvious. I need to explore and excavate that further. I'm not sure that I can bear NOT finding the answer to that question. So again, these cards have shown me exactly what I've known to be true but have given me a bit more awareness of the issue.

## Oracle of Bones Deck

The second deck I created was the 52 card "Oracle of Bones" themed deck which used mythic images and prompts to deliver the medicine of each card. This deck... wow. It's the one I use most often for myself (and I've used it for others, too) because it's *that* powerful. Even though it's not as "personal" as the first deck I created, there's still a throughline of my existence in every card. Plus, I decided to use AI art for the imagery and it was a magical experience all the way around. The deck ended up coming through to me effortlessly, and the medicinal properties are incredible. I was (and still am) surprised at how much more potent this deck is for me than the first one, but I've learned not to question the cosmic realities of things.

Here's an example of a *Lifescape spread* using this deck and the takeaways I received from it:

This spread is from Danielle Dulsky, and rather than approaching it with a question in mind – it's approached in the form of a mini-story – **This is a story of (Card 1). When (Card 2) was met with the challenge of (Card 3) and learned (Card 4).**



Card One



Card Two



Card Three



Card Four

## Reading Takeaways

So this is a story of *The Cave's Mouth*. When *Grief on repeat* was met with the challenge of *Wedded* and learned *Recovery*.

Sounds nonsensical, right? But actually... it's not. Let's start with Card One – *The Cave's Mouth*. This card is all about stepping into the terrifying unknown but knowing that there is light in the shadow of uncertainty. For me, what stands out about this card in relation to my experiences is that I *have* stepped into the unknown recently, specifically as it relates to the loss of my two dogs. The death of my two pets is the first major immediate loss in my life and going on after they've died is a massive act of stepping into unknown territory. And that confirms the second card that was pulled about grief. I mean, *Grief on repeat* is exactly as it sounds. The compounded effect of grief on the mind, body, and soul. This card is also a nod to letting go of the guilt surrounding the grief one feels – and specifically for me, this means letting go of the “what-ifs” I've been harboring around the death of my pets. And that is challenged by the next card, *Wedded*. Though this card is talking about marriage – it's not referring to traditional marriage. Rather, it's talking about being in a sacred union with *yourself*. This card is all about the vows you make to yourself, and for this reading – what I really believe it's referring to (the challenger per se) is about how I can remain wedded to myself, my vows, and my core values while dealing with the tragedy of loss. It's a reminder that no matter how scary the unknown is or how painful the grief is – I must remain true to myself. This makes the last card, *Recovery* that much sweeter of a lesson learned. The Recovery card is all about the journey we take to heal ourselves. It's a very internal nod to going through the depths of hell to find peace and serenity within our bones.

As I mentioned earlier, this deck, in particular, has given me so many gifts in the form of medicine and self-awareness. I'm amazed right now at the depths to which this reading has hit me. I feel a bit vulnerable and “called out” in some ways as I'm sharing this, but at the same time, I want you to see the deep and potent value in what creating your own decks can do for you.

### **Mythic Medicine Deck**

The third deck I created is still a WIP (work-in-progress) because it's combining several themes based on Danielle's “Story Lantern” method. This method is essentially finding a guiding story (a myth, a fairytale, folktale, fable, etc) that you source for medicine. For example, in her recent “Witching the Word” workshop, we used the *Voyage of Bran* as our guiding story. Now, what's beautiful about this method that Danielle has crafted is that you can use it for anything. You can use the medicine as is, in story format. You can use it as prompts to build a poem or story. And yes, you can use it to build oracle card decks.

So the first 13 cards in this deck (I'm unsure how many cards there will be) are called the “Bran Suite” since that's the story I'm sourcing from. The second set of 13 cards are called the “Deer Woman Suite” because, you guessed it, the story of *Deer Woman* is where the cards' medicine is sourced from. I think there will be at least one or two other stories I'll use to source mythic medicine from to complete this deck, and I suspect it too will carry some potent introspection for me.



Here's an example of a *yesterday, today, tomorrow* spread using this deck and the takeaways I received from it:

I asked the general question: **What do I need to know about the coming weeks?**



The Castle Made Of Bone

Yesterday



The Sunset Voyage

Today



The Shapeshifter's Forest

Tomorrow

### Reading Takeaways

Even though this deck only has 26 cards right now – I can already tell that this one is going to be a bit darker than other ones. A bit more intense. For this reading, the “Castle Made of Bone” card in the *yesterday* position speaks pretty obviously to me. In fact, the ironic thing is that last week, a friend and I were chatting, and she said, “you know, you build these walls, but they’re so brittle and easy to break. Why put them up at all?” And that is what I heard when I saw this card. I’ve been putting my guard up lately, and even though I guess they’re pretty flimsy walls, they’re still there. And why? What am I so scared of?

For the *today* position, the “sunset voyage” holds some potent medicine as this card represents the changes that a voyage presents to us. Like light turning to dark and dark turning back into the light, we are never quite the same each time we wake up. We sail into the sunset believing we are one thing and wake up a slightly different person. It’s the natural cycle of life. So I feel like this card is reminding me that even when it doesn’t feel like it – changes are happening. I may not see what’s happening behind the scenes, but if I look close enough, I can see the subtle differences in that magical hour between light and dark.



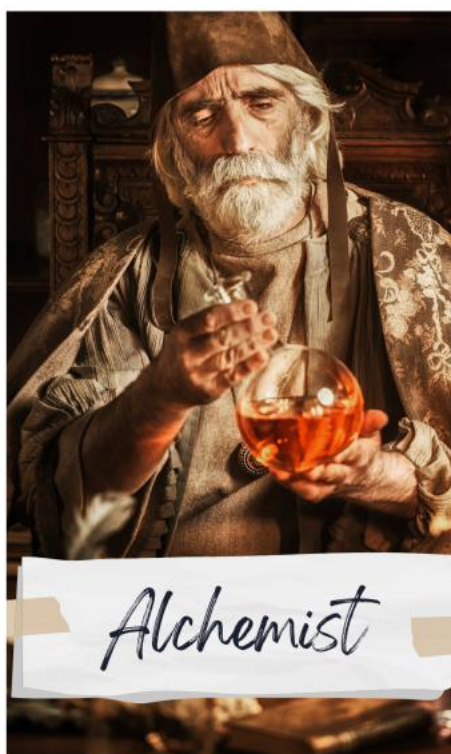
The "Shapeshifter's Forest" is an elusive one for *tomorrow*. I think what it's trying to convey is that I need to be able to adapt. This forest belongs to the shapeshifter because it is able to blend, mold, and adapt to what the forest is feeling or giving out. The shapeshifter feels gratitude for the forest's ability to hide it but to also draw it out when needed. I think, personally, this card is about recognizing my own ability to adapt and blend in. And to think about what or where is my forest? How is it helping me hide? How is it helping me adapt?

### **My Personal Archeo Deck**

I've known for a while that I wanted to bring the revelations of personal oracle deck creation to my community for a while. But I wasn't sure how I wanted to present it in a way that was unique but also universal. I want every participant, no matter where they're at in their spiritual or personal journey, to get use of their deck. Through my research and experiments, I found the right way to frame the workshop and the deck creation process. The next step was to test it out by creating my own deck first. What I found in this testing process was a beautiful new layer of medicine and healing. Yes, I knew the power of creating decks, but I have to admit that I didn't expect as much power from this deck as the others. But I was wrong. And I was also on to something. I knew after creating the deck that it was definitely something I wanted to share with others, which is why my Oracle Card Creation Workshop is launching in October (more on that below!)

To give you a taste of the cards that I created (and what will be included in the workshop), here's an example of a simple spread using this deck and the takeaways I received from it:

My Question: **What should I know about the energy of this coming week?**



## Reading Takeaways

Oooh this is a really fun card pull! So the energy of the week card pulled is *Eccentric* and the energy is really about individuality, following whims even when it's not understood by others, and living life with a "YOLO" mindset. I pulled a "clarifier" card just to see what else I should know about this energy, and the *Alchemist* card came up, which is SO MUCH FUN! This reading tells me that the energy it wants me to work through is quirky transmutation. Although the cards don't say it *specifically*, I'm getting an intuitive hit that this really revolves around alchemizing the quirky, whimsical, and playful parts of myself into something that sparks joy or creativity. I have been in a low vibration place lately, so this reading makes a ton of sense to me.

## JOIN ME?

If you found this article inspiring, insightful, and helpful, I hope you'll consider joining me at my [Oracle Card Creation Workshop](#) in October. During our time together, I'll guide you through the process of creating a 50-card oracle deck based on archetypal images and prompts. By the end of the workshop, you will have a beautifully constructed base oracle deck to work with. This workshop includes several bonuses, too!

- A beautiful workbook to take notes and explore your deck further
- Examples of the card creation stages
- Spreads and exercises you can use with your newly created deck
- Resources to take your card creation even further
- And more!

So what do you say? Want to join me this October to create your own Oracle Deck?





#### A BRIEF NOTE:

Shortly after releasing our last issue of *The Augurly*, I joined the [Tarot for the Wild Soul](#) school from Lindsay Mack. It's been incredibly rewarding and illuminating, however, it's also opened my eyes to the limitations of the study of Tarot. And while studying Tarot through Lindsay's courses, I've discovered that there's so much more to the Tarot than I could have even imagined. Which brings me to this note I'm writing. I'm not sure I gave *The Fool* card as much richness or credit in my article last month as it deserved. I also feel like the structure was very much based on overcultural expectations of the cards which is exactly what Lindsay Mack is trying to dismantle (due to the systemic, oppressive, and patriarchal systems in place in the world).

What I'm learning from Lindsay Mack and her view of Tarot is that the cards give us such an opportunity to come back home to ourselves. To invite us into different ways of viewing the energies of the cards rather than looking at them through standard definitions and meanings. Because when we start attributing "labels" to cards, we unintentionally start limiting the ways people can relate or be "with" a card. I will get more in depth with this in later cards but as a quick example – in traditional and standard Tarot decks – the *Lovers* card depicts two people (often cisgendered). Even in "non-traditional" decks where the lovers are depicted as same-sex individuals – it's still giving the insinuation that the energy of the *Lovers* is that of romantic relationships. It takes autonomy from the deeper meaning of the *Lovers* and places an "external" element into the mix. This means we bypass some of the most important medicine that the card has in store for us. And as Lindsay says often, the traditional meanings and descriptions of the cards aren't all bad. It doesn't mean that those things *aren't* also true. It just means using discernment and critical thinking to develop our own personal kinship with the cards.

So with all that said – this article is going to include a revisit of *The Fool* *and* a deep-dive into *The Magician* using some of the perspectives I've learned through Lindsay Mack's courses as well as my own intuition and feelings about the cards (which is the entire point of the Tarot!)

## THE FOOL (REVISITED)

“Maybe the yes comes before the readiness. Maybe you say yes and then you become equipped to handle whatever is about to happen.” — *Glennon Doyle*

In my first article on the Fool, I talked about the emphasis of the energy on this sense of “new beginnings” or taking a “leap” into something new and unknown. And while I absolutely believe that can be the case when we get the Fool in a reading or working with the energy, after studying the Fool in Lindsay’s class, reading TK and TK, I have a slightly different perspective on the Fool and its energy.

Rather than feeling like the Fool is symbolic of a new adventure, a new beginning or a “leap,” – I feel that it is the energy of acknowledging and then committing to an internal shift. I realize now that it’s very often *not* talking about an external element in our lives (like a new job, new position, new relationship) but rather a *new* perspective or *new* way of being. And that can mean something big or something very little. It can mean saying “yes” to more the self-care that we’ve been neglecting. It can mean saying “yes” to honoring our bodies in a more intentional way. It can mean saying “yes,” to that boundary you need to put up around not working after five p.m. In essence, more often than not, what the Fool energy is telling us is that we have a choice to make (that is such a recurring theme in the Tarot!) and that choice often includes saying “yes” or “no” to a shift in our life.

The other night, I laid out several different Fool cards from various Tarot decks and I just sat with them. I observed the imagery. Felt into the energy each card brought forth. And it hit me that in small ways, we are the Fool every single day of our lives. Every single day that we wake up, we make small (and sometimes big) choices that are ultimately saying “yes” or “no” to ourselves. So it makes sense that when the Fool card is reversed, sometimes it’s asking us to consider what perspective or shift we are resisting making a choice about. And maybe, it’s not even about making a choice... maybe it’s something that is going to happen whether we like it or not... but we *do* have a choice in how we respond to it. And the Fool is simply asking us to make a choice on how we want to sit with or be present with what is.

I also think the Fool is a reminder that because we don’t know what will happen in the future – we are taking “leaps” into the unknown every day. We’re *always* the Fool at the beginning of a journey because nothing is ever certain. And while that’s terrifying, it’s also cathartic because it puts us all on a level playing field. We are all stumbling pretty much blind throughout our days, hoping, wishing, preparing for a future in which we have no clue what’s going to happen. To me, that’s comforting. It makes me feel less alone on this journey we call life. And I think when we pull the Fool in a reading or work with it directly, it’s a bit of a reminder of the universality of the energy.

Here are some journaling questions that I’ve created to help me connect deeper with the Fool energy. Perhaps you’ll find them useful in your work with the card as well:



- What, if anything, am I being asked to say “yes” to internally? What wants to be acknowledged? What wants to be heard or shifted?
- Where in my life have things stagnated? What choice has been lingering and needs a decision?
- Have I been saying “yes” to things that are not aligned with my internal knowing?
- Have I been saying “no” to things out of fear or uncertainty when my heart is really saying, “yes?”

## THE MAGICIAN

“At its essence, art is an alchemical process. Alchemy is a process of transformation.” ~ Julia Cameron

If you’re a follower of Tarot, I’m sure that when you think of the Magician, you think of the powerful imagery depicted on the decks like that of a man (most often) or woman (not as often) with all the elements (fire, water, air, earth, ether) laid out before him/her, the tools at their disposal. What alchemy are they trying to achieve? What magic will they weave together? What transmutation or transformation are they in search of?

But what if the Magician energy isn’t any of those things? What if the transmutation and transformation is all internal? What if The Magician energy is one where we’re alchemizing all of our life experiences, sorrows, triumphs, and more into something within ourselves? What if the elements at our disposal are not so external, but rather internal? How would it feel for us to bring together the fiery sparks of our creativity, the airy



introspection and self-awareness of our knowing, our watery, ever-changing emotions and our physical bodies that literally provide the vessel for everything else we do in our life? What if all those things alchemize together to form who we are?

As I’ve done a deeper-dive into the Magician, I’ve come to understand the energy as something that moves within me, not *outside* of me. When I first started using the Tarot, whenever I pulled the Magician, I thought of the energy in terms of something external and outside of myself. Like, okay, what am I supposed to be creating now? Which of my many creative gifts am I supposed to be using and sharing with others? Now, though, when I pull the Magician card, I ask myself, which parts of me are wanting to be alchemized? Which elements, that are already inherently within me, are asking to be transformed and shifted?

When I turn to the Magician for support, I now ask it to give me signs of ways in which I need to use my inherent gifts to support *myself* first and foremost. As a society (and in the overculture) we place such a priority of



THE MAGICIAN

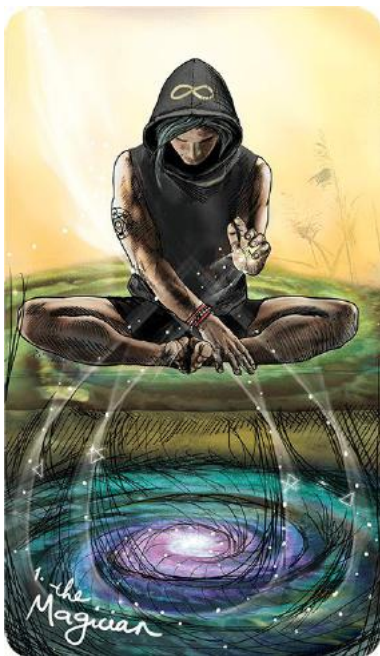
being in service to others at the expense of being in service to ourselves. That whole “put your mask on first before you help others” theory. It’s normal and common to pull the Magician and ask it what we need to be creating, manifesting or alchemizing for the greater good of others... when really, I think it’s important that we consult what we need to be creating, manifesting or alchemizing within ourselves for our own good. Because when we accept what is already within us... what we know to be true about ourselves and the work we do in the world – we are better able to shift that alchemy to others.

I think the Magician energy is highly powerful and when used to help gain clarity on our internal workings, we amplify that energy in all other areas of our lives, including the external. But I think it’s important to remember that we have to start with ourselves first before we can move into external representations.



The Magician

Here are some journaling questions that I’ve created to help me connect deeper with the Magician energy. Perhaps you’ll find them useful in your work with the card as well:



- What aspects of my internal self are asking to be alchemized?
- What would it look/feel like to feel my way through something uncomfortable in order to alchemize it into something greater?
- How can I take the elements of who I am and rearrange, shift, or transform them into a new and potentially more aligned version of myself?
- What inner knowing is my soul asking me to pay attention to for my greater good? What aspects of myself need more tending to in order to shift and transform into a version of myself that I feel aligned with?



# The Many Faces of the Magician





# Available Card Readings

## HEALING



### HEALING TRAUMA

This reading is intended to integrate the 3 A's of Awareness, Acceptance, Action as it relates to trauma and healing.



### HEART CALLING

A short and sweet reading to look at what your heart is calling for in this moment and how you can move forward on it.



### LIMITING BELIEFS

This reading is intended to show where limiting beliefs are affecting creativity.

## SPECIALITY



### FICTION GENRE

A quick spread/reading that will give insight and inspiration for your story.



### CREATIVE PROJECT PREP


A quick spread/reading that will assess a creative project before you begin.



### GHOSTS OF CREATIVITY

A quick reading to determine which ghosts of your creativity are lingering.





Stuck in a rut  
with your  
creativity?

Need a  
jumpstart to  
get back to it?

Why not try a card reading for creativity? You never  
know what could shake loose!

**LEARN MORE →**

A close-up photograph of a person's hands. The right hand holds a rustic, hand-painted ceramic mug filled with dark coffee. The mug has a brown base with teal and white splatters. The left hand holds an open book, with the index finger pointing to a line of text on the page. The person is wearing a light green, textured knit sweater. The background is softly blurred, showing more of the sweater and a hint of a wooden surface.

Thanks for Reading!

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