

INTRODUCTION

This card deck was created to help you remember the love that you are and help you embody the vibration of heart-centered consciousness throughout your interactions and daily encounters. Whether deepening a sense of intimacy within your own self or as a catalyst of transformation throughout each of your relationships, this deck acts as a steadfast companion and beacon of insight to provide you the nourishment, clarity, and connection you so deserve and desire.

This card deck of sacred heart wisdom can be used for intention setting, for an ongoing dialogue with the most tender parts of your inner self, or to align yourself with the higher possibilities of a destiny always moving into greater living awareness. You can follow the guidelines suggested or create new daily adventures to help unearth clearer road maps that always lead your heart back home to you.

Ten key attributes are included to help you cultivate and embody this heart-centered consciousness. These include:

ENCOURAGEMENT

VALIDATION

REVERENCE

MERCY

WORTHINESS

PATIENCE

RESPECT

APPRECIATION

BRAVERY

FORGIVENESS

Each is featured with its own corresponding color, so that if you want to work with a specific attribute it will be easy for you to find the cards that apply to it.

INSTRUCTION

Begin with a few cleansing breaths and shuffle the cards to match today's energy, while enjoying one of the following ways this card deck can serve you:

INTENTION SETTING: A card can be pulled to declare today's intention for how you can respond to self and others—no matter the circumstances in view.

STAYING OR GOING: A card can be pulled to help provide clarity for any relationship in your life:

- If in a relationship you desire to stay in, a card can be pulled to reveal the attribute such a connection is helping you cultivate and can act as a gentle reminder as to how you can best show up in that connection.
- If in a relationship you question or desire leaving, a card can be pulled to reveal the attribute the ending of this partnership is providing to all hearts involved.

LIFE-DIRECTION

A card can be pulled to help provide clarity and support for any question of life-direction:

- If in a career or living environment that resonates, a card can be pulled to reveal the attribute such a career or environment is helping you cultivate and can act as a gentle reminder as to how you can best show up in that role and location.
- If in a career or living environment you question or desire leaving, a card can be pulled to reveal the attribute the ending of that career or moving is cultivating in you.
- If considering a new career path or location to live, a card can be pulled to reveal the attribute such a new path or environment will help you cultivate.



ENCOURAGEMENT

INSPIRATION

I allow my encouragement
to be agenda-free, as an offering
of compassionate support
for the healing of all.

VALIDATION

PRACTICE

Notice how your experience with hurtful feelings and even pain transforms when you validate how you feel, including how much you dislike feeling this way.

MERCY

PRACTICE

Try the practice that's affectionately known as "the barf bucket."

It begins when a person who has emotions to purge asks someone else, "Are you able to hold space for me?"

If so, the space holder metaphorically creates a container of safety for the words the person needs to spew in order to move the energy erupting inside.



WORTHINESS

INSPIRATION

I intend to hold space through the attribute of worthiness for myself and others without taking out my pain on anyone else or justifying the ways others may hide from pain by mistreating me.