

A
Soul's Journey
Oracle Deck
GUIDEBOOK



by
LANA LOUISE



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About the Author :

Lana is a Clinical Hypnotist.

Living in Boston Massachusetts, she is Internationally known.

**She has studied and taught with amazing
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**Most of her time is spent offering Psychic, Mediumship, Hypnosis
Sessions, Events and Classes,**

Writing and Traveling to different parts of the world.

**“Most of all, I work to help people find peace,
comfort and their light within them.”**

**“My mission is to reach as many people around the globe as
possible in some way with kindness and compassion, to share my
Light while I am on this earth.”**

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Why this Deck was created: Getting to know your Soul

Following your Souls nudges leads you to joy and fulfilment, so why not let yourself explore and see what happens?

It's really important to remember that your oracle cards are just a tool that helps you communicate with your soul, and your intuition. They are not there to tell you what to do. This means that you need to be careful about how you word your questions, so that you're not expecting the cards to solve all your problems.

Ask questions knowing that what you're asking for is guidance, not instructions. Make sure that you keep your power at all times, and that you don't give it away to some unseen force. You can get plenty of guidance on pretty much any situation, but the decision on what to do next is still yours to take.

*Blessings,
Lana Louise*

A Soul's Journey Oracle Deck

How to Ask the Right Questions Of The Oracle Cards

Step 1: Tune in with an open heart and soul

The best way to approach the Oracle is with respect. You're going to connect with and open a dialog with the Universe/Divine/God/ Higher Power of your Soul.

I like to treat this conversation like a sacred ceremony. Focus on intending only the highest good and to do no harm to anyone.

Take 3 deep breaths, go into your heart center.

Step 2: How to use oracle cards: here's exactly what you need to do

- **Phrase your question** - stay away from yes/no questions, oracle cards can't tell you what to do. Some good questions include 'what am I not seeing right now?', 'what's the best way to approach this situation?' or simply 'what do I need to focus on most right now?'

- **Shuffle your cards** -I like to close my eyes to help my concentration.
- **Pick the card** that feels right. You may think that you don't know how to recognize the right card, but you do. Trusting your impulse to pick a particular card takes time, so don't worry if this part feels uncomfortable. Trust is a matter of practice and there's no shortcut.

Relate to the card you pulled to your question. This is really important, most people forget about the exact question they asked and therefore don't get the full meaning of the card they pull! Ask a question that your Soul would like you to know, the answer to what the situation is. Think of what you would need to know for your highest good or the highest good of others.

Asking the question from the perspective of your soul's highest good will help show how you can move past things that may not be good for you, but especially, you will receive the messages that show you when you're back on the right track. When you're in alignment with the Universe that's where the real magic shows up! Know that the answer you need is not always what you want. Your Soul and your higher self always speaks to you. Have an open heart and allow for your soul and the Universe to speak to you. Heart, Soul and Trust the Universe.

Example of Questions to Ask

Here are some example questions that will help you understand how to ask questions for the highest good, and reveal what you need to know.

“What do I need to know most today?”

“How can I resolve my problem with this situation?”

“What do I need to focus on for my highest best?”

“What should I do about this relationship for my highest good?”

Step 3: Ask what you need to know or steps that you need to take

Asking what you need to know will help reveal the results of the situation or action and how you may end up feeling. It will also show you what part in any situation you play a factor in and how you can create an action to change it or advance it. When you use the cards often enough, and learn to ask the question in a way that really looks to your highest good, life gets easier. You'll learn to trust the cards, but more than that, you'll learn to trust yourself. Because YOU are reflected in the cards. They are mirrors that show you everything about you, not just what you're looking to see.

Learn more about using Oracle Cards to open your connection to your Soul and the Universe. Get the clarity you need to make the decisions that shape your life... Visit www.LanaLouisedesigns.com



All major cards are flanked by diamonds (◆)

Major Cards are marked with a diamond on each side of the title, both on the card and in the descriptions in this booklet.

They are the most important cards in this deck to use for your connection here on earth with your soul, intuition and the universe.

Major Cards are:

12. ◆Universe◆

19. ◆Soul◆

24. ◆Light◆

25. ◆Divine◆

26. ◆Love◆

27. ◆Abundance◆

29. ◆Forgiveness◆

Card Descriptions

1. Peace - Conflict will cease, it will be replaced with harmony. Go have a sense of peace within you. Find that time for peace within your soul no matter what the situation is, it will soon be resolved and in your favor. If you're facing a storm right now in your life: I know your world is spinning right now. While it's hard to stay present amid anxiety and worry, and when things seem out of control, just remember, God is always in control. He is with you wherever you are, and His peace passes all understanding. No matter what kind of storm we face, we can have **peace** in our hearts.

Mantra- "I have peace within me every breath I take."

"I choose Peace for me."

2. Release - It's time to release and let go the things, people, situations, bad habits, and old beliefs that are not serving you for your highest good. Release and let go in order for things that will be better for you to come along. Do not worry God, the divine and your angels are in control.

The things we cling to are the things we most need to let go of. Inconvenient truth!!! Recently I was forced to let go of something I've been clinging to for over a decade. The truth is that I knew I was clinging to it. Doing all I could to hold it together. But for some reason way deep down I felt I needed it. To fill something in me. I also knew that by clinging to it I was stopping myself from filling it up with goodness, moving into wholeness and letting something better/more fabulous/deserving in. As painful as it was to let go of (and the pain always comes first) I am so grateful that life finally forced me to do so. And, today with you as my witness I'm making a promise to myself to not cling tightly (or loosely) to anything anymore.

Mantra - "I Release and let go of old ways, anything or anyone that is not for my highest best, easily and effortlessly. I know it is unhealthy for me in every aspect of my life."

3. Cleanse-Your body mind and soul need to rest. It is time to cleanse in order to replenish itself in every aspect: physically, mentally, emotionally and spiritually.

No one is immune to life's pleasures and pains. Earth is a planet of polarity and sometimes being human is HARD!

The pleasures stretch our heart and the pains do exactly the same thing. We are here to grow through the pleasures and the pains. We cannot use spirituality to avoid the pains or to hold onto the pleasures forever. But we can use it to know that both are wonderful no matter how pleasurable or painful they are.

Cleanse your soul, and your body regularly. Cleanse every day with meditation, prayer and physical shower or bath.

Mantra- "My body is a temple. I keep my temple clean."

4. Protection- know that you are divinely protected in all situations. Picture a beautiful golden light around you, with warmth, love and protection in the situation. Call upon your guides, angels and God for their protection in the situation. Practice emotional and energetic boundaries. Don't be naive, be aware of your surroundings, who you're with and where you are.

Mantra -"I am safe and Secure at all times."

5. Harmony -Things, people and situations are all in sync in your life now. Notice the easy flow, how it comes in and out of your life in perfect harmony. When People or situations are fighting or arguing it is not Harmony. Conflict is resolved in a situation that was troubling you. Know that you deserve this peace and happiness, and accept it graciously. Holding an elevated viewpoint sparks miraculous healings in all of your relationships. Conflict drops away, revealing the clean and new truth about everyone and everything.

This card comes to you as a sign of new harmony that dawns upon you.

Mantra- "I flow with the universe."

"I am in perfect harmony, with the experiences, people, and opportunities that are flowing in my life."

6. Transformation- You are transforming. You are not the same person you were before. You look at life differently in a beautiful way, just like butterflies. They wait till the right time in order to grow their wings and now it is time for you to spread your wings and show just how beautiful you are. There are amazing things on your horizon and you could find your

whole life turning around rapidly. The opportunities awaiting you could have you back on the path that fate dictated for you and change everything!

Mantra- "I am transformed in a beautiful way. I am spreading my wings to show the world who I truly am."

7. Lessons- There are so many lessons in life. You will continually look at the challenges and learn the lessons of your Soul's Journey here on this Earth. It is okay to learn in a process. It is okay to look at what we've been through, those were the lessons in life in order to continue our Soul's Journey. What did you learn? Will you go back and do it all over again the same way? Every moment is an opportunity to deepen our learnings of life. When we resist saying "oh this, I already know this" we open the door to life to come in and touch our soul even more deeply. We are all students forever. I am so happy to have learned this recently, even more deeply than I knew it before. Look forward to learning it even more deeply than you think you know it now. Sometimes words get in the way of truth. Soften your mind, and your soul will be touched.

Mantra- “I have gained knowledge through my lessons in life.”

“I know what is best for me and have learned.”

8. Beauty-True beauty is not just the outside. It is the beauty of your soul and your spirit: how you respond to the world, to Nature, to people, and to the universe. How beautiful it is and you are! You show up to be beautiful, others seek your attention. Beauty makes you smile and feels beautiful on the inside and outside. This also a gentle reminder to remember how beautiful you are don't let situations make you ugly. Take care of you and create your beauty every day with yourself and others. Truly, perception is everything. Are you seeing only the flaws in your circumstances or in another person? Are you looking at what is wrong instead of what could be made right? If you take some time to adjust your eyes and see things exactly as they are, you cannot help but admire their perfection. A glass half empty is the same as a glass half full, yet so different according to how it is perceived. Expect to see the beauty and you will attract your highest good.

Mantra- “I see beauty in all things all around me.”

“I see, feel and know the beauty within myself and respect myself in a loving way.”

“I am beautiful.”

9. Progress- At times we rush through life doing things that we try to accomplish, careers, relationships or situations in order to progress. Know that it is divinely planned that you are progressing through your life and learning during this time. Do not forget to stop to smell the roses, in order to be present during this situation and time. The reactive world where instant response is so often expected and at times even a currency, it can feel almost impossible to take a breath, let alone give ourselves the space to rest and reset. Conversations that should be had heart to heart are flung via comment, email and text. It seems that everyone has anxiety these days, constantly scanning our phones for something we might have missed. Keeping our minds and bodies pointed in the same direction as our souls is near impossible at such reactive speeds. Practice at being in the moment when things feel urgent. Go slowly and let the new ground form before you.

Mantra- "Time is not running out."

"I am slowly discovering that no matter what happens today, or what doesn't happen today... If it's truly important and truly for me to deal with, it will be there tomorrow, and often, God will work it out for me while I sleep."

10. Creativity- Let your imagination soar. Stay open to all creative ideas about how to pursue a dream or solve a problem. You are blooming with new ideas. If you have been feeling stagnant or stuck it's time to get moving, do hobbies, create the life, career, relationship that you want and need that your soul is calling you to take action. Leave what isn't healthy for you. Remember that you can't fix anything or anyone but, you can be creative. It also reminds you to go outside to get some fresh air. Let your mind wander in your imagination, laughter, joy and happiness within you and those around you. Don't feel you are stuck in the mud, or have a sense of that. If you are, it is calling you to do something about it in a creative way. What gives you joy and pleasure may surprise you.

Mantra - "I am creative, I create healthy and beautiful relationships all around me."

“I create Joy and happiness in my life at all times.”

11. Growth - As you progress through life, your experiences can increase and deepen your spiritual understanding of yourself and your place in the universe. Growth is reaching out to, and connecting with, your inner soul and is a method of becoming more harmonious with life around us. Feel that inner strength and power. Grass says “break away”. It may be time for a change of scenery. It also shows you: ‘what are your intentions?’ ‘What did you plant for your desires?’ ‘Have you done the work?’. Visit a foreign country, embark on a new enterprise or learn a skill. Most importantly, grow! This card is encouraging you to manifest your true self and live in accordance with your soul’s contract for the present life.

Mantra- “I am learning and growing in a healthy way.”

“I seek growth in my life in a healthy way without fear.”

12. ♦Universe♦ - One fundamental truth is trusting the Universe- of holding a dream close to your heart...of listening to your

heart's wisdom and intuition of putting in the work towards your dream, and trusting that for each step you take, the Universe will take a step towards you, too. When we answer the whisper of our soul we say YES to the Universe, we automatically slip into the mysterious flow of Life. If your soul is whispering (hint: it always is), my wish for you is that you will find a way to say a 'YES' RIGHT NOW. And after you do, the Universe will deliver with something beyond what you could have possibly imagined. The Universe Has your back and is supporting you.

Mantra – “I connect to the Universe easily and I am in flow with it.”

“I am fully aligned with the Universe.”

13. Loyalty - Evidence of loyalty will appear in your life. The questions may also arise, are you being loyal to yourself and others and to your desires? Be honest about the situation and with yourself. Others will show you if they are truly loyal to you. Who fought for you and always made sure you were good? Spirit is always loyal to you at all times. Trust, have faith and connect to the Divine for devoted loyalty.

Mantra- “I am Loyal.”

“I am Loyal to my entire being.”

14. Messenger -Use your inner wisdom right now because It is trying to tell you something. Trust it. The owl is a powerful messenger from the spirit world for mankind. The white owl is also a guardian that allows us to see with clarity beyond fear and illusions. To see things that you were hoping for, seen or unseen, here in the psychological world. Just when you thought you would never receive a messenger or notice, you will. It's about divine timing from your loved ones: good or bad. Trust that love comes from the universe always having your back, even if it's unexpected.

Mantra- "There are messages all around."

"I am aware when synchronicity sends me subtle messages for my high good."

15. World- You have hopes and dreams wishing to get out into the world. You may be traveling soon. Remember even though the world seems so far away we all have something to offer the world. We are all here to shine and serve. The world has so much to offer you. Send your desires out into the world. Put your full heart and soul into your intentions: to

shine on behalf of the divine, to live a good life, and leave the world better than we found it. Trust the invisible world even if we don't understand it. You have everything you need.

If you feel as though you have the weight of the world: send it back. Don't carry anyone else's burden.

Mantra- "I have a purpose in life"

"I have the power to live a good life"

"I support the world and it supports me."

16. Serenity- With so much noise going on in your head and in the world, take advantage of the tranquility. The calmness of the world and the pure, sweet stars above make it easier to focus. By focusing deeply on your being, and all of the plights that have battered you over the years, listen to your soul. Take time to find that calmness within you and around you. Take time to empty out everything that was ever so hurtful, that is beyond your control. Now is the time to have that serenity. It is a state of mind. Tune out the noise. Deep breathing and intense focus during meditation can help enhance the feeling of serenity.

Mantra- “I am in complete control and deserving of calmness and peace in my life.”

“I have the courage to access help in my life from people, god and the universe.”

17. Wisdom- It may start out as an ordinary day, but, a situation may arise that uncovers talents that you had no clue you had. Be adaptable and willing to say ‘YES! I’ll give it a try!’ rather than saying ‘well I’m not sure’ or ‘I have never done this before’. Be positive, optimistic, and sure of yourself. It is the perfect day to learn and know what you have learned throughout your life so far. It will be perfect and useful and profitable as well as exciting. Wisdom, especially spiritual wisdom, is not just about knowing what's good for you, but applying that knowledge into your everyday life. When you do that, this is when you know that you are truly wise.

Mantra- “My wisdom always guides me.” “I am Smart.” “I have the knowledge and wisdom to achieve anything.”

18. Journey- A Journey is sometimes scary if we don't know where we are headed. In life everything is a journey, and there's a part of you that knows the answer to everything you seek. Your path and your purpose, which direction to move and exactly when to move. This part of you jumped right in and is ready for a new adventure. Only pick up the people and experiences along the way that you want to experience, it's fun and exciting, for all the world has to offer you now awaits. Whatever and wherever you choose to be and take action, know you are having a new day and a new experience every day. Trust the process. Willing to be ignored time and time again, the part of you that Knows vowed to never give up, no matter how long it takes. That part of you knows that you are in exactly the right place to do everything that you set out to do. For, the part of you who Knows, also knows that deep down you know too. You're ready. You know the next step. The part of you who knows is calling you right now and wanting you to get ready to leap.

Mantra- "Throughout my journey, I will always be divinely guided."

"My journey is my choice."

19. ♦ Soul ♦ -Your Soul is speaking to you. What is best for you? You already know it. Answer the yearning. Our soul speaks to us through yearnings, longings, whispers and deep prayers. They're not always loud and they are not always communicated in words, but rather through symbols, poetry, feelings and magic. Connect with your higher self and your God, divine, source. If you create space every day to listen, you'll find that your soul has all the wisdom and insight that you need to take the next step. Live in the moment and appreciate it with all of your soul.

Mantra - "I am completely connected to my soul and spirit." "I know what ignites the spark of my soul." "I know what my purpose is in life." "I am living every moment of my life."

20. Connection- What's your heart's deepest prayer? It is a tribute to our innermost being. We are always looking for happiness in the external world until we discover meditation and we learn to observe the inner space. With practice and deepening, we realize what we are looking for is within ourselves. Every heart

has a deep prayer that makes all the other desires, goals and wants look like background music. When we dive deep within our heart, this prayer pulls us towards the strongest light. When we create the space and honesty to dive into it, we cannot help but surrender to its humble truth and raw beauty. When we offer up our heart's deepest prayer to the divine, we stop relying on our own strength to make it happen. We realize that our own will and its will are actually one of the same. The deep prayer in your heart not only knows the way, it IS the way and is making a connection with our loved ones, God and people here on earth. Speak to them and your angels, guides. Know that they hear you. This is an invitation to open our hearts and rest in our true nature. What's your deepest prayer? Let it unfold the way it should be. We all have the ability to connect with those who we love, and ourselves

Mantra- "My connection is deep within myself." "I am able to connect to external and internal for my own truth." I am connected to all things."

21. Mind ~Body ~ Soul -

Meditation/Prayer/Chanting

(all 7 chakras):

This non-negotiable practice takes 15 minutes a day, for each example. Let it Happen. No matter what, do this for 15 minutes. It is simple (and realistic) enough that no matter where I am or what I've got going on, there is no excuse not to do it. The more I show up to it, the more my life turns into one big practice, into one big moving prayer. I cannot express enough the impact committing to a non-negotiable spiritual practice can have on your life. The Universe is ready to support you every step along the way. But in order to connect to it, we first need to show up. **Work Your Light.** Do you currently have a daily spiritual practice that you show up to? Are you willing to set 15 mins aside every day to meditate and do other spiritual activities that fills you up? Take simple practices, in every aspect of your life, exercise, meditate, pray, listen to music, and feed every aspect to become more aware of your mind, body and Soul.

Mantra- "I AM." "My mind is brilliant. My body is healthy. My spirit is tranquil."

22. Choose - If you are not on the right path, you'll notice roadblocks along the way. This is the universe telling you to stop, look, listen, and ask if this is where you are supposed to be. When you feel you lose your way, heaven and the angels will guide you back to your true path. It's up to you to choose the best for you.

Mantra – “I always choose what is best for me.” “When I choose to act upon something there is no wrong choice, I am divinely guided throughout my life.”

23. Alone- Alone is not lonely. You are never alone in life. Be aware that your angels, guides and god are with you during this time. They will never leave you; they want you to be happy and do all the things you want to do in life.

Sometimes we don't think we are worthy or good enough in life. You are absolutely good enough and unconditionally loved. You may need time to see this, a deeper meaning of life. Listen to your inner voice, on what you're going through, what you're wanting out of life. Take up hobbies. Speak to your loved ones, family and friends here in the physical world and in the spirit world.

Mantra – “I am never alone.” “I have many people that care for me and love me.”

24.◇Light◇-When you follow what lights you up and lose yourself in the doing, two things happen:

1. You turn on your inner light (your soul and spirit are activated).
2. You light up the world in a way that only you can because what lights you up will be completely different to what lights anyone else.

When you follow what lights you up you are in your Spirit. When you are in your spirit you are in flow with the universe.

When you are in flow with the universe your life is in alignment. When your life is in alignment you are living the life that you were born to live AND even better, the life that ONLY you can live.

When you follow what lights you up you light up the world with your presence.

When you light up the world with your presence you automatically inspire others to connect with their own inner light.

Mantra- “I am Light.” “Light surrounds me at all times.” “My light never goes out.”

25. ♦ Divine ♦-Now is the time to ask for help from the divine. Feel and hear the divine presence around you. All miracles, good and bad, that happens in life is divine intervention. There is no time on the other side. You are divinely guided by this presence. How things and events unfold. Miracles do happen. Having a sacred relationship can transcend into Divine Love and a profound Spiritual and mystical energy. It's when you want the very best and highest best for all that reaches beyond the physical realm and touches all of your being and especially your energy on a deeper spiritual level.
Mantra- "I BELIEVE I AM Divinely connected." "I believe in divine timing."

26. ♦ Love ♦-Open your heart to yourself first. Self-love is healthy and not selfish. Pick yourself up and give yourself a hug even when you fail. Love is one of the deepest emotions someone can have. Unconditional Love is having a genuine desire for happiness for yourself and others. We tend to have conditions, based on what was sad to us or what was done. Breaking the chain and having an unconditional love for yourself, is what

you will attract as well. So, love deeply, receive love. Be Kind. Walk and speak in a graceful way to yourself and others. We are all one love: a droplet of god on this each.

Mantra – “I am Love.” “I feel and know I am unconditionally Loved.” I practice self-Love everyday.”

27. ♦ Abundance ♦ - Living in abundance means seeking after **God** and His goodness. It means using our wealth, any that we might have, to give back to others and help our community. Our treasure is not here in the world but is stored up in heaven, it is your connection to each breath, how sensitive you are to every flicker of sensation and emotion in the body. It is the delight with which you savor each unique moment, the joy with which you greet each new day. It is knowing yourself as presence, the power that creates and moves worlds. It is your open heart, how deeply moved you are by love every day, your willingness to embrace, to hold what needs to be held. It is the freshness of each morning.

It's not just the material wealth, but the abundance of energy, love, nature, spirituality, food, enjoyment, and time.

This card reminds you to practice gratitude, the more you practice the more you feel grateful and give back to others. Abundance is a perpetual state of evolution, expansion, and growth that is mirrored in all that surrounds us. You have everything you need.

Mantra – “I am worthy of what I desire.” “I have everything I need to be successful”.

“I am grateful for the positive things in my life.”

“I am open to limitless possibilities.”

28. Balance - At times, our inner world and outer world feel chaotic. This card is asking you to create balance in your life. A balance between your physical, emotional, spiritual and mental state of being. It calls for you to take something off your plate to create more of a balance. You may need to make some lifestyle adjustments in order to create this. Becoming self-aware is a step towards the creation of the life that you want. Add regular doses of meditation, exercise, and play to your days. Know that balancing your life between work, play, spirituality, exercise, and relationships helps you to grow and feel joy. What do you need to

take off your plate in life? If you feel overwhelmed by your responsibilities, don't hesitate to ask God, your angels, family and friends or professionals to lift your burden.

Mantra- "I am balanced and grounded. I release any heavy burdens from my life now!"

"I AM balanced and centered as I make the necessary adjustments in my life and it feels good."

29. ♦Forgiveness♦ - Is one of the most healing actions one can take. Rather than letting all those experiences and hurts that you have trapped up for so long affect you, this card calls for the action of forgiveness. Forgiveness sets YOU free... It doesn't mean you have to condone someone else's "bad" behavior, or to hang out with them. But, in forgiveness, you send the message to the Universe that you are no longer going to carry someone else's burden, or the hurt that you have caused others. In order to take this action, acknowledge what has happened. Then, imagine how amazing it will feel to be free from all that negativity?! Learn your lessons from whatever has happened, but release all negative

them. You deserve peace and it begins with forgiveness.

Mantra- "I AM free and forgive any heavy and all burdens from myself and others and send it back to the universe with love".

30. Direction - As we pass through milestones, life changes. The first is that you must learn how to access your intuition and tune into your inner guidance, which comes from both your own subconscious mind and the higher power that created this universe and wants us to thrive. We find ourselves having to choose between believing in our dreams and trusting our inner guidance. I will tell you whatever direction you choose to take, take the one that speaks to you the most. Also, if you're always going in the same direction, you may never know what is out there: all the new experiences and opportunities you may have. Stop and think what speaks to you. What are you afraid of? Go by your gut feeling: your intuition, it will never steer you wrong.

Mantra- "I trust myself and the universe to guide me in the direction I am meant to go."

"I'm secure in the direction I am taking."

31. Dream -Creating balance is a choice, it means that no matter what life throws at you, or what you do or don't get done, you maintain an inner sense of peace – a calm in the midst of chaos. Be realistic, but never stop dreaming. The first is that I have learned to **access my intuition and tune into my inner guidance**, which comes from both my own subconscious mind and the Higher Power that created this Universe and wants us to thrive. Dreams can never be too big. This also reminds you to journal about your dreams. What are your goals? Write them down in order to know what lights you up. Then make a plan of action to follow through in order for your dreams to come true. Listen to your dreams. There are usually messages for you: your loved ones are trying to contact you. Dream Big!

Mantra- "My dreams speak to me in a loving supportive way."

32. Nature - When you connect with nature and mother earth, it gives a sense of Goddess. You are able to completely see and sense your spiritual self. It is the authentic self, the unconditioned part, the you without the noise and patterns. It is

the ongoing exchange and relationship between humans and nature and the service we provide for each other. When we connect with nature, we understand our own selves and with all of creation. Experience a greater sense of peace and connection within yourself and with others around you. Nature gives a sense of balance. We can ask questions like 'What is this world all about?' and 'Who am I?' We appreciate more and see life in all forms.

Mantra- "When I connect with nature, I get to know myself even more". "I Am Grounded." "Nature supplies me with a sense of peace and balance."

33. Reflection – Now is a perfect time to look back at the energies in your life at this time. Bring your awareness to reflect on all that has come before, where you came from, and the things that needed to be changed. Some things, situations and relations probably have changed over time. Do you need it in your life anymore, if it didn't bring you passion? Maybe, your relationship with yourself has changed and all other relationships as well. Does this feel right to you? It's how you show up and what you become. We see ourselves in our own Reflection in many things:

people, mirrors, light, heat, sound, an image, mental concentration, a thought or an opinion, meditation, spiritual, achievements, art, photography and music. Reflect on your life in a positive way and express it through any of the above examples. Reflection is about your inner self and how you see yourself and the world.

Mantra- “My reflection is pure, kind, honest and loving. I reflect that out to the world as it reflects back to me.”

34. Courage ~ Strength - Be

courageous! You have faced many fears in life. Release your fears, knowing that you have the strength and courage to conquer all, even your worst fears. Face everyone and everything with great care and respect. You have more than enough strength to deal with whatever comes up. Don't display anger or fear in any situation.

Mantra- “I am conquering my fears and becoming stronger each day.”

35. Vision - Creating a vision is to have clear thinking! It also reminds us to stay focused on them. Take your rose-colored glasses off. See people and situations as

they are. Visualize, create, and make a plan and then take action in life that you are so deserving of. At times we see the bad things in life. So, the things you focus on are the things you attract. Never look backwards, look ahead for your future.

Mantra – “I have a clear vision for my goals.” “I see clearly every day who I am.”

“I see what is best for me in every aspect in my life for my future.”

36. No turning back - Something is in progress, but you're too far along to make any real change. You must move forward with the decision you made. Things of the past don't have to hold you back; you have learned those lessons. You recognize that things and circumstances happen for a reason. It's time to walk away. Why do you keep discussing or going over this in your mind? This is not for your highest good. Don't fret or worry or have doubts or fears. It already has caused too much turmoil, start moving forward and let your intuition guide you continually living your life. Change is needed as we go through life.

Mantra- “I am not trapped in any way in my life.” “I am moving forward in my

my life.” “I am moving forward in my life for the better.” “I know another door will open.”

37.Happy – Being happy is a warmth within us of contentment in life. Happiness and suffering are both merely states of mind. Therefore, to truly be free from suffering and enjoy happiness in every moment, takes a focus of spiritual living, counseling, and healing. In a real sense, love and happiness form a strong foundation for enjoying life and also for creating the life you were born to live. Happiness makes you feel good and good things happen when you feel good. There’s a simple reason why this is true. Your outer world reflects your inner world. When you lift your spirits to a place where miracles can happen, they do. Happiness will never come if you don’t have gratitude for what you have now.

Mantra- “I recognize all that I have to feel happy about. My happiness is within me and I can access it anytime.”
“I look inside myself and I am happy with what I see.”

“I am happy with the life I lead.”

“I am grateful for all that I have.”

38. Leap of Faith- Most of us think of failing when we think of throwing ourselves into the unknown - quitting our jobs moving somewhere new, and starting anew.

However, life has a way of leading you to where you're supposed to go when you listen to it.

If you take a leap of faith, you do something even though you are not sure it is right or will succeed. Taking a leap of faith and throwing yourself into the unknown can be very rewarding. It means that you fully surrender to all expectations that you and others have ever had of yourself. It means that you allow yourself to start anew and feel completely free.

Mantra - "I trust myself."

"I have faith that I am making the right decision."

"Jump."

A Soul's Journey Oracle Deck

GUIDEBOOK

In this guidebook: Intuitive Psychic Medium, Spiritual Teacher, and Author Lana Louise teaches you how to use this beautiful 38 card deck, and the meaning of each card. Each word, image and description is carefully enhanced in this booklet- which explains how to use the deck for yourself and others.



This extraordinary Oracle Deck was created to bring insight and clarity at different points of your life. Get to know your Soul's compass in order to connect with your own power of light. It will bring your awareness to common issues and challenges that many people face on a daily basis, including: self-doubt, trust, guidance and much more. Get in touch with your soul's vibration and your intuition. This guide book will guide you through the inspiration from the Spirit within you.

It asks you to unite the energies of Heaven and Earth and the power within your soul. This is the natural alignment of Universal themes.

"As Above So Below" is a powerful statement reminding us that we are connected to both Realms and we are being invited to deepen that connection.