

Journey into Consciousness: Cards of Empowerment **created by Shelly Wilson**

All of the answers you seek can be found within if you take the time to listen. ~ Shelly

I was inspired to create this deck as a divination tool to empower you to connect to the you within. I purposefully have chosen not to include detailed instructions with this deck of cards as I encourage you to explore and use them as you are guided to do so.

You may have a specific question that you are seeking guidance and clarity on. Ask the question aloud or within your mind and then shuffle the cards and select one card or as many that you feel led to select. You can also simply choose to ask the question, “What do I need to know for today?” and then choose a card or as many that you feel led to select once again.

To assist you, I have included how I would interpret the cards myself. I use the term *Spirit* as a collective term for our angels, guides, God, Source, Consciousness, Higher Power, Universe and even our loved ones who have transitioned. Please utilize the terminology that resonates with you personally.

You may also be guided to connect with the color of the flower and correlate it to the respective chakra color. I have included more information about the chakras and intentionally working with them in this guidebook as well.

Please note that the following card interpretations are based on my own perception. I encourage you to practice discernment and apply the following messages as you are guided to do so. Remember, my intention for creating this deck of cards is to empower you to connect to the you within. Listen to the guidance you receive within your mind and take note of any impressions, words, thoughts, feelings, images and so on.

You are Safe ~ Protection Surrounds You

Spirit is reminding you that you are safe and that protection surrounds you. Honor what you are feeling and choose to shift the energy from fear to love moving from root/base chakra to heart chakra. If the energy feels heavy, do some conscious breathing by tuning in and taking note of the inhalations and exhalations as you simply breathe.

Release the Fear, Worry and Doubt

Spirit is encouraging you to release the fear, worry and doubt. Shift any worry you feel to one of concern and awareness. Worry, fear and doubt are heavier, lower vibrational energies that originate in the root/base chakra. We are spiritual beings having a human life experience, so it is natural that we will feel these emotions.

Be Present ~ In the Now

Spirit is urging you to be present and focus your energy in the now. Become aware if you are dwelling in the past or constantly thinking about the future. The now is where we create. Spending time in reflection of past experiences and considering our future is part of our human life experience. We just don't want to miss out on the present moment.

Abundance ~ You are in the Flow

Spirit is reassuring abundance and recognizing that you are in the flow. In addition to financial prosperity, abundance includes health, happiness and well-being. When manifesting, do your best to release the aspect of time and manifestation details. See yourself in the flow of creation. Better yet, see that you are the flow.

Create Consciously

Spirit is inspiring you to create consciously. Become aware of your energetic emission with your thoughts, words and actions as well as your intention behind your creation. Everything is energy! Release the linear aspect of time and trust in the Divine timing of the Universe. Also, focus on how you want to feel and inject that feeling into your creation.

Shine your Light ~ Stand in your Power

Spirit is encouraging you to shine your Light as you stand in your power. Choose to be you and feel confident and empowered. Your solar plexus is your power center and can be drained or refueled depending on the energies around you. Become more aware of who and what may be affecting your energy center.

Focus on Love ~ Let Love Lead

Spirit is prompting you to focus on love as you let love lead. Intentionally choose to let love be the guiding force in all of your thoughts, words and actions. Heart-centered consciousness begins with each one of us. We are creating a positive ripple by intentionally letting love lead, especially when we feel challenged.

Speak your Truth ~ Communicate Clearly

Spirit is encouraging you to speak your truth and communicate clearly. Confirm that your message is being heard in the way you intend it to be. Become aware of when you feel unable to express yourself fully or are fearful of how your words will be received by others. Infuse love into what you communicate and remember to communicate your needs and desires to those around you as well.

See Clearly ~ Trust your Intuition

Spirit is assisting you to see clearly and prompting you to trust your intuition. Clear the fear and doubt as you focus on seeing through the lens of love. Trust the guidance coming through for you as thoughts, words, images and impressions. Be sure to ask for additional information or clarification as needed.

Tuning In ~ Access Divine Wisdom

Spirit is reassuring you that you are tuning in and that you have the ability to access Divine wisdom. Pay attention to the inspiration and guidance that flows to you. Many times, the thoughts, words and impressions are subtle or we may even wonder if it is our imagination is making it up. You can absolutely ask for clarification or additional information, so don't hesitate to do so.

Meditate ~ Connect to the You Within

Spirit is reminding you to meditate, so that you can connect to the you within. Clear your mind and open your heart to receive the guidance and inspiration. Meditation can take many forms, so choosing what is comfortable and resonates most with you is essential.

Practice Self-Love

Spirit is prompting you to practice self-love. Take time for you and honor your emotions. Self-love and self-care is definitely not selfish. Your physical health and mental/emotional well-being are extremely important. Intentionally practicing self-love will benefit you and those around you.

Observe and Allow

Spirit is presenting you with the reminder to observe and allow. Everyone is having their own human life experience. Make observations and then be in the flow of allowance. You decide who and what you invest your energy in. Invest consciously and intentionally.

Honor your Emotions

Spirit is reassuring you that it's essential to honor your emotions. In each moment, allow yourself to feel the emotion as it arises. You have to feel it in order to heal it and clear it. Rather, than setting the feeling aside for later when it's more convenient for you to feel it, begin a practice of honoring the emotion in the moment. Your mind, body and spirit will thank you!

Forgive Yourself

Spirit is urging you to forgive yourself. Every choice was always the perfect choice in that moment based on the information you had available to you. Every experience is an opportunity for learning and growth. Recognize that every experience has made you who you are.

Balance is Essential

Spirit is imparting that balance is essential. Take time for you as you take time for others. Balance work with play. Balance giving with receiving. There is no need to analyze a percentage for the balance. Simply choose to recognize when adjustments are necessary.

Shift your Perception

Spirit is inspiring you to shift your perception. Are you looking through the lens of love or fear? Pause, breathe and spend a few moments in reflection. Now, allow yourself to see the person, situation or experience from a new Higher perspective.

Journey of Discovery

Spirit is reassuring you that this is a journey of discovery. You are a spiritual being having a human life experience. Explore, discover and experience more of what brings you joy. Life is meant to be lived and emotions are meant to be felt.

Focus your Energy

Spirit is urging you to focus your energy. If your energy feels scattered or you feel overwhelmed, take a moment to pause and focus as you ground and center your energy. Become aware of your breath and become present in this moment.

Spend Time in Reflection

Spirit is inspiring you to spend time in reflection. Allow memories and feelings to arise, so that they can be honored. There is no need to attempt to relive the experience within your mind. Simply allow thoughts, feelings and memories to come into your conscious awareness, so they can be reflected upon.

Yes ~ Proceed

Spirit is providing you a yes and a suggestion to proceed. This may also mean that you are supposed to say yes to opportunities that resonate with your spirit. Yes may also correlate to the heart chakra and remind you to let love guide you in your words and actions.

No ~ Not at this Time

Spirit is providing a no or not at this time. This could be a reminder for you to feel comfortable and empowered to also say no or not at this time. Having boundaries is part of practicing self-love. No may also correlate to the root/base chakra and remind you to release any fear, worry or doubt you may have.

Pause and Breathe ~ Stay in a Space of Grace

Spirit is prompting you to pause and breathe as you stay in a space of grace. Everyone is having their own human life experience. Consciously breathing will shift the energy. Allow yourself to become present and aware of your surroundings, yet choose to maintain the peace within.

Have Patience ~ Trust in the Process

Spirit is reminding you to have patience and trust in the process. Remember, everything does happen in Divine time. Humans function on the linear aspect of time with clocks and calendars. Allow yourself to be present and in the flow of creation without restricting the flow with the element of time.

Release the Time Constraint

Spirit is urging you to release the time constraint. As humans, we function on clocks and calendars. The Universe operates on Divine time. Do your best to trust in the process and bring your energy to the present moment. Dwelling on the aspect of time can hinder or restrict the flow of creation.

Be at Peace ~ All is Well

Spirit is encouraging you to be at peace and know that all is well. Breathe in peace and exhale fear, worry and doubt. When we attain the feeling of peace within, we can then choose to respond to our circumstances rather than allowing what is happening around us to affect our peace.

Be True to You ~ Make Conscious Choices

Spirit is prompting you to be true to you and make conscious choices. Feel into who and what is right for you. Your solar plexus (gut instinct) will guide you. Bring your awareness to your core. You may be guided to ask the question, “Is this right for me right now?” Then, listen to what your body is telling you.

Honoring Change ~ Move Forward

Spirit is prompting you to move forward as you are honoring change. Each day offers a new beginning. The past is in the past. Choose to be present as you consciously create the future. Sometimes, we may become fearful of change or the unknown and what’s next. Honor what you feel in every moment, but allow yourself to step into new possibilities.

Learning Opportunity ~ New Knowledge

Spirit is acknowledging a learning opportunity and recognizing that you are attaining new knowledge. Remember that each experience and encounter with another provides an opportunity to learn and to grow. This may entail taking a class, reading a book or learning a new skill.

Embrace Well-Being ~ Take Time for You

Spirit is encouraging you to embrace well-being and reminding you to take time for you. Take care of your physical health and honor your mental/emotional well-being. You are your own best authority of what is right for you. Listen to the guidance you receive and trust it.

Follow your Heart ~ Surrender to the Sweetness of Life

Spirit is inspiring you to follow your heart and surrender to the sweetness of life. This is your life to live. Do more of what brings you joy. Move through any fear or doubt that may arise and embrace your aliveness.

Time of Change and Transformation

Spirit is supporting you during this time of change and transformation. You are growing, changing, evolving and transforming. You are not the same person today that you were yesterday nor will you be the same person tomorrow that you are today. Allow the transformation to occur!

Time of Growth and Expansion

Spirit is assisting with realizing that this is a time of growth and expansion for you. Every opportunity provides you with an opportunity to learn and to grow. Embrace the new you that is evolving and the wisdom and life experiences that you are attaining.

Plant the Seeds of Intention

Spirit is inspiring you to plant the seeds of intention. What do you wish to create and manifest? Become aware of your energetic emission and create consciously by choosing the seeds you wish to grow. Water your seeds with love, joy, happiness, good intent and well-being.

Remove Restrictions and Limitations

Spirit is assisting you to remove restrictions and limitations. Do your best to clear the fear, worry and doubt as well as the element of time. These energies only inhibit and restrict our manifestations.

Passion ~ Ignite the Spark

Spirit is acknowledging passion and prompting you to ignite the spark. Feel into what brings you joy and then do more of that. The sacral chakra is the area of connection and creation. Work with this energy center intentionally.

Window of Opportunity ~ New Beginning

Spirit is presenting a window of opportunity. Choose to recognize this as a new beginning. This message may represent a new individual coming into your awareness, a new relationship, work-related prospect or other opportunity. Allow yourself to begin anew and move forward.

Door Closing ~ Ending

Spirit is supporting you during this time when a door is closing, which signifies an ending. Allow the proverbial door to close, so that a new one can open. This message may indicate a chapter in your life closing, the end of a relationship or other ending. As the saying goes, when one door closes another door opens.

You are not Alone ~ You are Loved

Spirit is reassuring you that you are not alone and reminding you that you are loved. Your angels, guides and loved ones in Spirit as well as family and friends on the earth plane are here loving and supporting you. In those times when you may feel alone or unsupported, please honor what you feel. Then, begin embodying the energy of love for yourself.

Clear your Mind ~ Keep it Simple

Spirit is reminding you to clear your mind and keep it simple. Do your best to stop overthinking and overanalyzing. Clearing the mind provides space for inspiration and guidance to flow, so the answers we seek will appear.

Everything is Energy ~ Practice Mindfulness

Spirit is acknowledging that everything is energy and reminding you to practice mindfulness. Become conscious of your own energetic emission with your thoughts, words and actions as you become aware of the energy around you. Be present in order to be mindful.

Ground and Center your Energy

Spirit is urging you to ground and center your energy. Doing so will help you feel more balanced and stable. To ground your energy, visualize your legs as tree roots growing deep within the earth. Staying hydrated and working with crystals, such as hematite, smoky quartz, black tourmaline and jet, help ground us as well. Centering involves connecting to the peace within. Bring your awareness and visualize white light at your core and then see that white light shifting to yellow as you take a few conscious breaths.

Clear Energy ~ Cut Energetic Cords

Spirit is suggesting that you clear energy and cut energetic cords. Practicing good energetic hygiene is essential for our physical health and mental/emotional well-being. Cutting cords assists with clearing the lower vibrational emotions from our energy field.

Increase Awareness ~ Pay Attention

Spirit is inspiring you to increase your awareness and encouraging you to pay attention. Tune in and take note of what you see, hear, feel and know. As you do, you will heighten those senses, which enhances your intuitive abilities. Information is flowing to you and through you, simply tune in.

Time to Cocoon ~ Go Within

Spirit is offering this time to cocoon, so that you can go within. Gather your energy and intentionally bring it back to you. Tune in and listen to the guidance you are receiving. Cocooning may also involve resting/sleeping and establishing boundaries.

Free Will Choice ~ Take Action on your Idea

Spirit is acknowledging a free will choice and a suggestion to take action on your idea. Remember, you have free will and the power to choose in order create consciously. This card is reminding you that this is your life to live.

Be Thankful ~ Express your Gratitude

Spirit is reminding you to be thankful and express your gratitude for that which you are thankful for. Gratitude assists with the flow of abundance. Being grateful for the blessings within the challenges is essential as well.

Achieving the Outcome you Seek

Spirit is recognizing that you are achieving the outcome you seek. Do your best to be present and also release the manifestation details and the linear aspect of time. Many times, the end result may differ from our original concept or plan.

Practice Non-Attachment to the Outcome

Spirit is urging you to practice non-attachment to the outcome. Do your best to release the details and aspect of time. Having preconceived notions or expectations about a situation or relationship could lead to disappointment or frustration.

Releasing Old to Make Way for New

Spirit is presenting a loving reminder that you are releasing old to make way for new. This may include habits, patterns, beliefs or even relationships. Honor your emotions as you make space for new energy. Allow the new to come to you!

Conscious Connection ~ Assess your Relationships

Spirit is acknowledging a conscious connection and also reminding you to assess your relationships. Choose to cultivate the healthy balanced relationships and establish boundaries within those relationships that feel unhealthy or imbalanced. Invest your energy wisely!

Keep your Heart Open ~ Nurture and Compassion

Spirit is prompting you to keep your heart open as you nurture and have compassion for yourself and those around you. Do your best to let love guide you in all that you say and do. Previous experiences or relationships may cause us to be hesitant or even fearful. This is a reminder to love even more!

Shelly Wilson is an author, intuitive medium and conscious creator who is passionate about helping people wake up to their greatness. She supports others as they navigate their own journey into consciousness to experience aliveness. Shelly's books, *28 Days to a New YOU*, *Connect to the YOU Within*, *Journey into Consciousness* and *Embracing the Magic Within* are available in paperback and eBook. She is also the creator of Cards of Empowerment and Clarity Cards.

Strengthen your Chakras with Visualization **by Shelly Wilson**

Our Chakras or energy centers are spinning wheels of light that act as energy transformers through which we receive and transmit life force energy – spiritual, emotional, mental and physical. When the chakras are too receptive or too non-receptive, an energetic imbalance and even physical pain may develop since each of the seven main chakras is associated with emotions and physical organs. Maintaining a healthy and balanced chakra system is essential. Allow yourself the opportunity to tune in to what your physical body and energetic centers are conveying to you. In addition to clearing and balancing your chakras, it is important and beneficial to *strengthen* them as well through intention and visualization involving color.

Using the respective color for each chakra, set the intention to first clear, balance and then strengthen each one. To begin with, focus on bringing your energy to the present moment in the here and now. Then, set the intention to ground and center your energy by envisioning your legs as tree roots growing deep into the earth (grounding) and a ball of white light at your core (centering). Take a big deep breath and visualize yourself breathing in emerald green healing energy from Archangel Raphael and letting go of anyone and anything that no longer serves you or your Highest purpose, including any fear, worry, doubt or any of the lower vibrational emotions. Consciously choose to feel these emotions, so that you can acknowledge and release them as you move into the higher vibrational heart-space of love and trust.

The Root or Base chakra is red and is associated with survival needs along with the lower vibrational energies of worry, fear, doubt, regret, guilt and shame. It is our foundation and the connection to the physical plane. Physical organs include the colon, rectum and adrenal glands. To balance and strengthen this energy center, **work with the color red for the Root chakra** – wear red clothing, eat red foods (strawberries, apples, red pepper, watermelon, tomatoes, raspberries) or visualize what you are eating or drinking as red and work with red crystals, such as jasper, garnet or any of the grounding crystals, including hematite, smoky quartz or jet.

The Sacral chakra is orange and is correlated with creativity, inspiration and sexuality. Physical organs include the kidneys, lower abdomen, liver, prostate gland and reproductive systems. To balance and strengthen this energy center, **work with the color orange for the Sacral chakra** – wear orange clothing, eat orange foods (oranges, carrots, orange pepper, cantaloupe, apricots, butternut squash, sweet potatoes) or visualize what you are eating or drinking as orange and work with orange crystals, such as carnelian, topaz and orange calcite.

Cards of Empowerment

The Solar Plexus chakra is yellow and is your power center and *gut* instinct. The digestive system, spleen and stomach are the physical organs connected to the Solar Plexus, which is related to our will, personal power and identity. To balance and strengthen this energy center, **work with the color yellow for the Solar Plexus chakra** – wear yellow clothing, eat yellow foods (squash, bananas, pears, pineapple, corn, lemons) or visualize what you are eating or drinking as yellow and work with yellow crystals, such as citrine, yellow calcite, yellow tourmaline and tiger’s eye.

The Heart chakra is green and is associated with love, including love for self and others, and all other emotions. Our *spiritual home*, the Heart chakra is tied to the physical body organs of the heart, lungs, rib cage, thymus gland and breasts. To balance and strengthen this energy center, **work with the color green for the Heart chakra** – wear green clothing, eat green foods (celery, green pepper, green grapes, lettuce, kale, cabbage, limes, avocados, green beans, peas, broccoli, cucumbers) or visualize what you are eating or drinking as green and work with green crystals, such as amazonite, aventurine and chrysoprase as well as pink rose quartz, which is the stone of unconditional love.

The Throat chakra is blue and is your voice - the area of communication and self-expression. Physical body organs involve the neck, voice, thyroid gland and throat. To balance and strengthen this energy center, **work with the color blue for the Throat chakra** – wear blue clothing, eat blue foods (blueberries, blackberries, figs) or visualize what you are eating or drinking as blue and work with blue crystals, such as blue lace agate, blue calcite, lapis lazuli and sodalite.

The Third Eye chakra is indigo or violet in color and is your area of intuition and spiritual awareness. The physical body organs include the pituitary gland and the higher brain centers, including the endocrine and nervous systems. To balance and strengthen this energy center, **work with the color purple for the Third Eye chakra** – wear purple clothing, eat purple foods (eggplant, purple grapes, plums, purple cabbage) or visualize what you are eating or drinking as purple and work with purple crystals, such as amethyst and purple fluorite.

The Crown chakra is white and is your connection to Source energy. This energy center involves all-knowing and understanding and is connected to the pineal gland and highest brain centers, including metabolism. To balance and strengthen this energy center, **work with the color white for the Crown chakra** – wear white clothing, eat white foods (white onions, cauliflower, coconut, garlic, mushrooms) or visualize what you are eating or drinking as white and work with clear crystals, such as crystal quartz, clear tourmaline and opal.

Remember, intention is *key* to assist you in enhancing those energy centers that may require some attention. Take note of what your physical body is saying to you as you incorporate visualization with color into your spiritual practice.