



Welcome, Friend

Come, draw a chair up to the fire and gaze into the dancing orange flames. It's chilly outside, and midnight-dark, but in here, all is cosy and toasty warm. Feel the heat as it paints your cheeks with a radiant, rosy glow. Soak in the comfort of the flickering candlelight as it illuminates what is in your heart – a light so bright it is a beacon for others, and should be a source of strength for you too.

It can be hard to recognise though, since so many of us look outside ourselves for validation. We refuse to imagine ourselves through other people's eyes, instead falling back on our own self-critical summation. And when times seem dark, it can be even harder to see our own worth, our own sparkle, our own light.

But it is there, just waiting for you to acknowledge it, accept it and integrate it, so you can start shining your beautiful light outwards as well as within. In troubled times, it's important to find your own light. To allow challenges to push you forward rather than stay stuck where you are. And to ponder the things you hide, and those you must let go of. Secrets, grief, shame and pain all conceal themselves in the darkness, but you have the power within you to spotlight them with your radiance and force them to the surface for examination, where you can nurture and heal your heart as well as your soul.

Don't worry though that darkness itself is bad, or negative, or against the light. It's not. It's an intrinsic part of the

make that true, by moving your body, drinking more water, eating well and staying on top of health checks.

And if you catch yourself being critical of others, let the thought go, then think of a positive quality about that person. Being petty about yourself or anyone else does not become you. It drags you back into the mire of judgement and comparison where no one wins, and reinforces your negativity. Remind yourself that you are filled with light, and with love and hope and magic, and you want to share them with everyone.



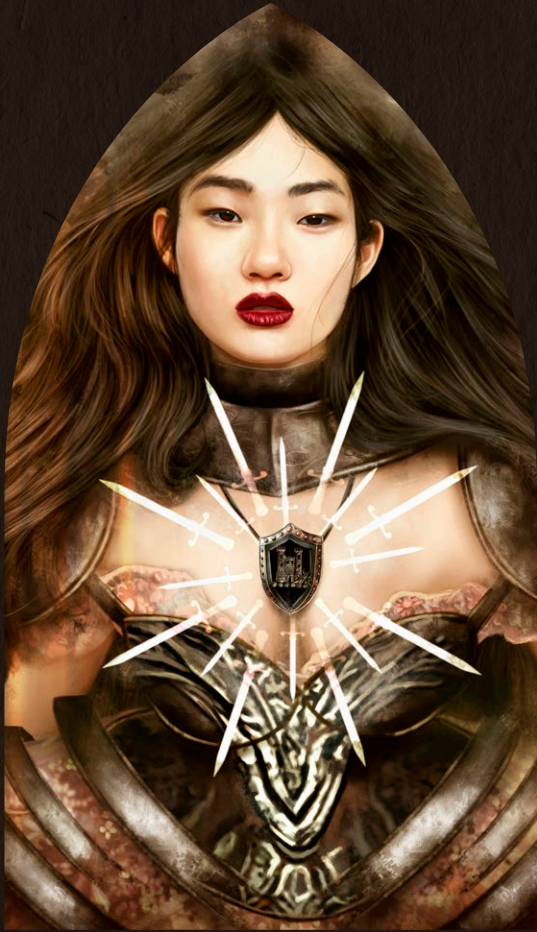
Invoke a Goddess or a God

Each card also has an associated deity you can work with to enhance the situation you're dealing with. Working with the energies of gods and goddesses from around the world can be a powerful tool, as you can invoke their energy and strength to help you with the situation you're dealing with. Calling on the energy of Artemis, the Greek goddess of the moon and the hunt, can help you feel more powerful, determined and capable of facing a challenge. You can invoke Guanyin or Tara, the Buddhist goddesses of compassion, if it's forgiveness, benevolence and peace you

require. You can call on Egyptian deities Thoth and Ma'at for issues of justice and balance, or invoke Ceridwen, the Celtic goddess of rebirth, transformation and inspiration, for support in making a change and transforming your life.

Working with these deities can be as simple or elaborate as you wish. The first step is to communicate with them, which for some may be praying, for others a conversation either out loud or as an inner dialogue, while others still will connect through divination, channelling or ritual. You can create an altar devoted to a deity or deities, find a statue or other representation to display, offer sacrifices—of herbs, oils, time, food, crystals or incense—burn a candle in their honour, write them a poem or story, wear a pendant or other jewellery that symbolises them, work with the cycles of the moon or the seasons they're associated with, or dance and sing to exalt them. You might also feel drawn to protect animals in the name of your chosen deity, support a cause they're associated with, or communicate with them through your own art, craft, words or song. You can also research their myths, legends and history, examining the way they've been portrayed throughout time, in stories and song, paintings and sculptures.

Perhaps you'll work with a different deity each day, introduce yourself to a whole pantheon, such as the Celtic, Greek or Egyptian gods, or you may choose to work with one god or goddess exclusively, developing a deep relationship with them, and maybe even choosing to devote yourself to study and be initiated as a priest or priestess of this patron deity. You can start a journal or



CARD
MESSAGES



3. The Gift of Yes

3. The Gift of Yes

Embrace a new opportunity or challenge yourself to try something you're not sure you can master. Powerful change comes from stepping outside of your comfort zone. Take a chance, summon your strength and say yes to something you've been longing to experience.

Message

No can be a powerful word, but so can yes. There are times when setting boundaries and protecting what matters to you by saying no is the perfect response, but at other times, a yes can be just what you need. Be brave and agree to do

the thing you fear. Summon your courage and take a risk. Follow your curiosity to see where it leads. Push yourself out of your comfort zone and feel yourself soar. Say yes to the things you love doing and the people you long to be with, rather than allowing the best and most precious things to be what you keep sacrificing.

Pick one thing you want to do that you'd usually say no to, and do it. An invitation, a request for help, a daunting opportunity – if you feel yourself about to refuse, stop, and say yes instead. It might be awkward or annoying, or it could be life-changing. Sometimes forcing yourself to face a fear will be the thing that breaks its hold over you. You might meet a new friend, conquer a fear, find an activity you love, blossom as you work on a passion project, explore a new career path or discover something new about yourself.

Waiting until you feel ready to face a challenge can mean you never do it, leading to deep regret. How many times have you wished you'd said yes when you had the chance? How much longer will you hide your capabilities, and watch as others grab your opportunity and run with it? Changing your automatic no to a yes will shift you to a growth mindset, broadening your mind and increasing your possibilities and potential.

Embracing yes and being open to new experiences can deepen connection with family and friends too, reawakening your sense of adventure and joy. It gives you the space to try, fail, learn and grow. It removes some of the fear and risk, and encourages you to follow your



8. Change Can Be Good

8. Change Can Be Good

When you have an opportunity to walk a new path, embrace it wholeheartedly. There can be incredible gifts in learning new things, great joy in transformation, and whole new worlds to inhabit when you challenge yourself to stretch and grow.

Message

It's time to get out of your comfort zone and embrace change. It can feel difficult, even threatening, to transform an aspect of your life, find a new dream or adopt a different viewpoint, and some people may belittle you for doing so. But "you've changed!" is not an insult; it's the highest

form of compliment. Don't let anyone place limits on what you can do, believe or be, and don't do it to yourself either. Loving your life and where you are is wonderful, but if you're feeling stuck, miserable or discontented with any part of it, open yourself up to the possibility of something new and allow yourself to transform.

You may be essentially the same person you were as a teenager, might care about the same issues and have broadly the same morals, but every year, every *day*, you discover so much more. Sticking doggedly to your adolescent worldview and holding to beliefs that no longer represent you can be harmful — there are some things you *should* change your mind about. You learn about yourself, and are influenced and opened up to the world, from the people you meet, by reading and studying, by your everyday lived experiences and by being open to the possibility that other ideas, opinions and viewpoints are just as valid as yours.

You may even realise you've been wrong about some things, and that's good. That is growth and insight and courage. It's drinking from the cauldron of wisdom and integrating all that you learn therein. It's discarding the layers you've been protected by and stepping out of the shelter of your cocoon, so you can blossom into all the beauty and light you can be.

Embracing change is a powerful way to honour yourself and your progress. To emerge from the expectations of others and find a unique path, hard-won and all your own. And as you unfurl your butterfly wings and celebrate this, gift others the space to change their minds and their beliefs as

to get past their own fears and try something too. Let go of self-criticism, embarrassment and worries over being judged, and get excited by failure. It gives you somewhere to go, a goal to fight for or task to complete, and it builds your character, resilience and tenacity — the bedrocks of lasting success.

Helpful Deities

Call on Ceres, the Roman goddess of determination and the earth, to help you pick yourself up and move forward after a setback, and start to see failure as an offering of precious new knowledge that will increase your resilience and capability. Like her Greek counterpart Demeter, Ceres didn't stop looking for her daughter Proserpine until she found her, continuing relentlessly in the face of repeated failure and setbacks, until she was finally able to rescue her from the underworld, albeit for only six months of each year.

Affirmations

I am brave and will keep trying until I succeed.

I embrace so-called failure for the lessons and experiences it gifts me.

I am eager to take a risk.

I will succeed eventually, and enjoy the journey along the way.

Failing forward is still a step towards my goal.



19. Give Yourself Grace

Start treating yourself with the respect and kindness you grant everyone else, and forgiving yourself for the small things you tolerate without question in others. Be proactive in moving through the stress and overwhelm that darkness can bring, and cut yourself some slack, refusing to sweat the small stuff any longer.

Message

Being let down by someone you trust or having to turn the other cheek at work can be hard to deal with, but unless it's a regular occurrence, most people forgive mistakes and