



1. BIRTH

BY PLANTING A SEED AND tending to it, you have opened up a portal that brings something new into the world.

This might be a new project, condition, relationship, or simply a current of energy that will fill you with fresh new ideas and opportunities. It's almost certain that you know exactly what is being born in your life. And if you don't, the first possibility that comes to mind is probably it.

Consider the transcendent beauty of a newborn animal or a seedling as it first peeks above the soil. While baby plants and animals have been in this world only briefly, they have not simply appeared out of nowhere. They have been *becoming*, hidden in the darkness of the earth, an egg, or the womb. And then,

miraculously, they move out of the unseen and into the seen. Their unique essence is crystallized and bathed in light. They become, ever after, a part of the manifest world.

This is such a moment of birth. Something that has been becoming is now about to be. How can you help it thrive?

Like anything that has just been born, whatever is making its appearance in your life must be thoroughly adored, nourished, and cared for. While parents tend to love their children throughout their lives, there is something singular about the time they spend with their newborns. In the same way, treasure every moment of this newly arriving essence. Attend to it lovingly, and give it everything it needs.

If it's a project, begin it or bring it closer to being finished. If it's a relationship, put yourself out there to initiate contact or move to a new level of closeness. If it's a condition, take steps to nurture it or bring it into being.

Set clear intentions for this new arrival. What do you want to experience with regards to it? What are your most positive possible visions for it? Write these intentions in your journal, being sure to phrase them in the present tense, as if already true.

Then close your eyes and imagine that they are, in fact, true. This is a form of magic that involves transcending time and attuning to the frequency of what you desire. Feel your heart opening with joy like a flower in sunlight. Finish by calling on the Divine in a way that feels powerful for you and feeling immense gratitude for the new blessing itself, as well as all your wonderful intentions for it, manifested.



2. PRESENCE

AFTER YOU FINISH THIS paragraph—and before you begin the next one—put down the book, take a few deep breaths, notice your surroundings, attune to

your senses, and come into the present. Just for this moment, do your best to release thoughts about the past and worries about the future, and focus on where you are.

Sometimes we can get so caught up in the past and future—what we should (or shouldn't) have done or what we hope will (or won't) happen—we forget about the only moment that actually exists: now. Now is the moment where everything is: all the beauty, all the wisdom, and all the power.

You drew this card because the answer to your question can only be found when you relinquish

the fear, worry, and distraction that arise when you mistakenly place your attention and energy on the past and future. Even the deep breaths you took a minute ago began to help you cross into the portal of presence, which will, in turn, open you up to the answer or outcome you seek.

There is a voice in your head that chatters away constantly. It is never short on criticism, worry, or regret. It pretends to be you, but it isn't you. It's just a voice in your head. It doesn't know everything, and it isn't always right. You know this because the voice often contradicts itself — some of the things it tells you turn out to be dead wrong. Coming into the present moment isn't about silencing that voice: it's about recognizing that it isn't you and it isn't the gatekeeper of your reality.

Your true identity is the silence *underneath* the voice: the presence that *notices* the voice. When you identify with the silent, open consciousness that you truly are, you realize that you are seeing many other things besides the incessantly narrating voice. For example, you notice the sky, the feeling of sitting wherever you are sitting, the rise and fall of your chest as you breathe, and the gentle, intuitive guidance that is constantly available to you if you

listen deeply, with love and mindful sensitivity.

When you step into the portal of presence, you will see that thoughts about the past, worries about the future, and the constant narration in your mind are just a few of the many, many things in the orchestra of your awareness. You are none of those things; you are the infinite space in which they all arise. Remember who you are. Step into presence and listen to the loving guidance and calm inner knowing that well up from within.