

A R C A N A

*Folia*

ORACLE

By Nora Paskaleva

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## INTRODUCTION

The language of nature is a powerful tool that can steer us towards a more authentic self, a happier life, and a more fulfilling existence. Arcana Folia, which means “secrets of the leaves,” is an oracle deck that draws inspiration from nature and the signs that the universe sends our way. This journey may sometimes feel challenging, as we need to overcome obstacles and personal discomforts on our path. But, it will bring us joy and self-actualization. Using this deck will help deepen your intuition, guide your journey toward self-improvement, and help you navigate difficult situations. This deck reminds us to take some time out of our busy lives to reconnect with nature and listen to the messages it offers us. Even spending five minutes hiking or doing something we love outdoors can renew our energy and prepare us for the road ahead. Let the pure vibrations of plants clear your thoughts and energize your spirit!





## 15 • MINDSET

### Find a different perspective

*Patterns, Divine role, Different perspective, Re-evaluation, Growth, New ideas, Changing your mind*

It's possible that you may have fallen into repetitive patterns or are feeling unfulfilled with your current situation. To be able to step into your divine role, it's important to look at things from a different perspective. Sometimes, taking a step back and reevaluating everything can bring new ideas and help you see the part you play in certain circumstances. It's okay to change your mind as you grow as a person, so don't be afraid to do so.





## 16 • EPIPHANY

*Cycles repeat until the  
lesson is learned*

*Light, Completion, Karmic cycle, New chapter, Lessons,  
Overcoming challenges*

You have recently had an epiphany, and it is now time to close the karmic cycle and move on to a new chapter in your life. Congratulations on completing the cycle! You have learned important lessons and are now confident in your actions.

Although there may be more challenges ahead, you are equipped with the skills and knowledge needed to overcome them. The light of your newfound understanding illuminates all shadows from the past. It's time to accept the lessons you've learned and move forward with confidence.





## 17 • SWEETNESS

### Set clear boundaries

*Beautiful nature, Attractiveness, Clear boundaries, Respectful limits, Beauty, Kindness, Empathy*

You possess a sweet nature and a precious beauty that attracts many different people. However, not everyone who comes into your life has good intentions toward you. It's crucial to set clear boundaries to safeguard that loveliness. It's our responsibility to communicate and uphold those boundaries. You will eventually find your soul tribe who will respect your limits, and you will enjoy great times with them. No one else should be granted that access.





## 18 • SELF-CARE

### Heal, repair, reconnect

*Recharging, Repairing connections, Positive interactions,  
Healing, Healthy routines*

If you have been through difficult times, it is important to take time to recharge and heal. The card suggests that you need to focus not only on self-care, but also on repairing connections with loved ones and friends. The healing process is ongoing, and it is important to recognize that we do not have to put our lives on hold to achieve it. Rather, we should find time and space within our current routine to recharge ourselves. This will create room for more positive interactions, and over time, it will lessen any stress.



## 19 • CUT OFF

Let go of what no longer serves you

*Canceling plans, Blocking followers, Rejecting offers,  
Politely declining, Saying goodbye, Leaving*

Trim all negative vibes sent your way. It's time to distance yourself from people, places or situations that are negatively impacting your mental health. Instead, align yourself with the people or activities that support and motivate you. Knowing when to leave a situation is empowering, will bring confidence, and strengthen your self-worth. It's important to maintain your boundaries. Be clear about what you will accept, and do not let others take on the important role of choosing for you.



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