



0. CHOICE

Keywords: Choice, Options, Opportunity, Free Will, Self-Determination, Mindfulness, Manifestation, Cause and Effect, Reward, Consequence, Procrastination

Key Phrases:

- Choice creates reality
- Belief is a choice
- Inaction is a choice
- The choice is yours
- Determine your direction
- The past has influence
- Choice offers reward or consequence
- Weigh your options
- Choose wisely
- Stop procrastinating
- Be responsible for your choices
- Awareness empowers

Meaning: All that you are, all that you have learned and experienced, is born of choice – the choices you have made, the choices others have made on your behalf, or choices they have made for themselves that have impacted on or influenced your life. You may believe that you have no choice, but that in itself is a choice. You may also exercise your right to allow others to decide for you – this too is a choice.

You may believe that you have too many options, and allow this to confuse and cloud your ability to choose – this is yet another choice. You are free to choose, or to allow others to choose for you. You can choose blindly, or with care. You can choose to act, or procrastinate. You can make your choices wisely, with knowledge and awareness, or make them in ignorance. Whether you choose to believe it or not, you are blessed with free will – the power to act and choose independently, and determine your future.

You are a product of your choices and the choices of others. All that surrounds you within your environment is the result of your choices and

the choices of others. All comes back to Choice.

The Past: When you were a child, dependent upon your parents and family for food, shelter, love, and protection, your choices were limited and often made on your behalf. As you grew older, your power to choose and play an active role in your experiences increased. Those choices – made for you and by you – helped shape you, and played a foundational role in creating the person you are in the present.

All that you have experienced because of those choices has shaped your beliefs, how you perceive the world around you, and how you experience it.

We cannot un-make our choices. We cannot reverse time and relive the same moment over again. It is the past, and the past cannot be changed. We can, however, choose to make different choices in the present because we have chosen to learn from our past choices, and the consequences born of those choices.

Be mindful of your past – how you were raised and the environment that you were born into – as it will play a foundational role in influencing your ability to see and make new choices. Ask yourself, am I a slave to my upbringing? Have I been conditioned to believe and behave in a particular manner?

Does this conditioning enable and empower, or limit and restrict? Are you holding on tight to hurts and bad memories that bind you to a past moment? Is this preventing you from moving forward and making choices that will result in more positive and affirming experiences?

When the Choice card appears in a past position, you are being asked to question how your past may be influencing your ability to choose, in an empowered manner, in the present.

The Present: In *this* moment, exists an opportunity to create or transform your future. You stand at the crossroads. The past is behind you, and the future lies ahead. Now is the time to take control of your life and determine the direction you wish to take. Be both mindful of, and responsible for, the choices you make in the present. Take note of how your relationships, beliefs, and emotional state are influencing you.

Do you see opportunities and options available to you in abundance, or

are your opportunities few, and your options limited? Are you a glass half-full, or a glass half-empty kind of person?

Use this moment to take stock. Ask yourself if the decision you have before you is being overly influenced by your relationship with another. Are you choosing in order to make someone else happy, or to make yourself happy? Is your choice fraught with risk? Have you given thought to the potential consequences or rewards of this particular course of action?

Remember, the choice is yours, whether that choice involves taking a risk, allowing someone else to choose for you, or giving another's happiness and wellbeing more importance than your own. It is even your choice to do nothing at all.

When the Choice card appears in the present, you are being asked to make your decisions with the awareness that your choices define you, and have real power. Your choices create your present and future reality, and, for good or for ill, *will* have an impact not only on you, but also on those around you.

The Future: For every action there is an equal reaction. For every choice you make, and then act upon – or do not act upon – there will be a direct or indirect reward or consequence. The Choice card, in the future position, asks that you practice mindfulness even when making spontaneous decisions.

What will your choice bring into your life? Have you considered the potential consequences, or only the potential rewards? Have you taken the time to weigh your options, and take into account the potential impacts of your decision, and the reality that a choice cannot be un-made? Your choices have the power to open and close doors, build bridges and burn them.

Could your decisions have potential consequences that you have not considered? Could your choice bring about the ending of friendship or marriage, the loss of your job, or worse, when a different choice could bring abundance and delight? Regardless of the choice before you, take time to consider the future ramifications of your decisions and actions, and choose in a way that brings change of your own design and making.

The direction you take now will lead you to your future. See and weigh up your options. Determine your direction. Look to the potential

consequences and rewards, and consider the impact your choices may have. Decide whether those choices are worth the cost, and whether they will bring forth a future that is in harmony with your intentions and desires.

Potential Blockage: Are you spending all of your time looking for options and opportunities because you do not like the options that have already been presented to you?

Sometimes our searching fails to uncover a choice that brings us happiness or an outcome that we desire, so we continue to look, hoping that something better will come along. In this way, we may be only delaying the inevitable.

The reversed Choice card symbolises a need to accept that, sometimes, the only choice available is the one we do not want to make. Sometimes we have to choose the next best option, or the path of least reward. Sometimes, the path of least reward will lead us to unexpected treasure.

Sometimes we are limited to a choice that will bring us happiness, albeit fleeting, and one that will not ... a choice between immediate gratification and self-sacrifice. Make your choice with the awareness that instant gratification might not prove to be the most rewarding option.

Do not allow a fear of being unhappy or disliked, or having to work hard or go without, prevent you from making a choice that will bring greater rewards and benefits in the future.

Consider that your procrastination, or your inaction, may result in someone else making a choice for you, and creating a future that is even less to your liking.



I. THE CHILD

Keywords: New Beginnings, Innocence, Magic, Divine Love, Trust, Hope, Forgiveness, Awareness, Potential, Anticipation, Dependency

Key Phrases:

- A new beginning
- See your potential
- Heal emotional and psychological wounds
- Time to play and laugh
- Acknowledge your successes
- Delight in the moment
- Believe in magic
- Laughter heals
- Turn dreams into reality
- Forgive the past
- Reconnect with innocent pleasures
- Put doubt aside

Meaning: The Child stands confident, taking innocent joy and delight in her connection with the world in which she dwells. She is untouched by fear, and full of hope and trust. Despite any hardship, struggle, and harm she has faced, she continues to see only beauty through eyes bright with wonder. She sees the good in all. She is both magic and magical – an innocent soul who believes in happily ever after.

The Past: In many ways, the Child illustrated in the card's artwork is representative of a time in childhood to which many of us wish we could return. She represents a time when we laughed with ease, wore our hearts on our sleeves, and were willing to take life and the people we met on face value. She conjures up a world where we could trust others, and were free from cynicism and scepticism. The child in us is pure of heart, light of step, and free from the inner voice that criticises and condemns.

How about you? Have you become afraid to dream and to follow your dreams? Have you become afraid to make a commitment because you believe you will only be disappointed? Do you move through life with a fear that others will not like you, or will reject and abandon you? Have you become old in spirit before your time? When the Child appears in a position that represents the past, she is asking you to consider these questions, and that you acknowledge and heal the emotional and psychological hurts that prevent you from taking delight in life.

All too often, we hold on to the painful memories and moments, instead of remembering those that were full of love, laughter, and delight. We focus on the moments when we felt the most alone and afraid, instead of those when we were surrounded by love and happiness. We see every failure and forget to acknowledge our successes. We see only what we have not achieved, instead of what we have accomplished.

Yes, life *has* offered you moments of pain, hardship, and suffering, moments that failed to meet expectations. It may have broken your heart, stolen both innocence and joy, or silenced your laughter. Has that pain and disappointment silenced the child within you? Or, worse still, has it given rise to a wounded ego that has made you harder than is necessary?

Do not let past disappointments and personal failures lessen your ability to trust in yourself and others. Do not allow them to make you cynical and sceptical, or hard and unyielding.

Do you now believe that laughter and play are a waste of precious time that should be invested in more serious pursuits? They are not. To play and to laugh is to *live in the moment*. The result transports and transforms us, and can literally change our state of mind, and lift our spirits.

Laughter and play bring healing.

The Child who speaks of your past is asking that you forgive those moments. It is time to take delight once more – to share, to smile, to laugh over the good memories, and to reconnect with those innocent pleasures that gave you such joy.

The Present: Joy, and the ability to dream, are the gifts the Child bestows upon you. It is time to dream and imagine, and to believe that anything is possible if you are willing to try. Forgive and forget all past failures and

disappointments. Turn mistakes into positive lessons instead of reasons to give up. Be hopeful. The Child, in the present, represents positivity and potential – a new beginning – one that will bring happiness and joy to your life, especially if you are willing to embrace an open mind and heart, and put ideas into action.

When was the last time you paid attention to your daydreams – moments when you allowed your imagination to wander away from the mundane? So often, it is in those moments that our minds show us the truth about what we would really like to be doing with our time.

Does something prevent you from making your dreams a reality? If so, are the reasons legitimate, or founded in doubt and a fear that you will not succeed or do not deserve to succeed? Do you dream of a holiday in a distant land? Do you dream of changing careers, and doing something that you love? Or does your daydreaming reveal a simple desire to reconnect with nature?

Whatever your dream, now is the time for you to act. Put doubts and skepticism aside, and delight in doing something that you love. Give yourself permission to do what you need to do in order to make those dreams come true.

The Future: Look forward and see the wonders of life through the eyes of the Child. Allow yourself to feel anticipation and excitement over making plans for the future. Yes, our goals are important, as we all need something to aspire to – but sometimes we need to take a break from serious plans, and just have fun. The Child in the future reminds you to schedule in some time to play. Arrange to meet up with friends or family, and do nothing more than take delight in each other's company. Don't let excuses get in the way of your celebrating life!

It can be just as important to make time for yourself. Stop and relax, pet your cat, or take your dog for a walk. Do something you have wanted to do for a long time, but have put off time and time again because something else seemed more important. You were not born to spend your entire adult life working hard in order to pay the bills. Make a habit of scheduling in time to let your inner child be the voice that guides you. Be playful. Have fun.

Potential Blockage: Was your childhood so sheltered, happy, and carefree, that adulthood fails to meet your expectations? If so, it may be time to learn that life is meant to be full of highs *and* lows, delights *and* disappointments, successes *and* failures, and that you are in part, or entirely, responsible for all that you experience. Parents and friends cannot shelter and protect you from life's disappointments or responsibilities. Nor can you depend on others to always be there to help you accomplish your goals.

Instead, be a little more independent and take responsibility for your choices and actions – or lack of them. Be willing to try for yourself, rather than playing the role of the 'forever child,' and allowing others make choices and act for you because you are unwilling or afraid to choose.

On the other side of the coin, if your childhood was painful, and your relationship with your past was, or is, rife with conflict or discord, the Child may appear in the blockage position in order to tell you that it is time to put aside blame and forgive. Do so for no other reason than to set yourself free from the pain and fear that binds you to a moment that cannot be un-lived.



II. THE MAIDEN

Keywords: Fertility, Independence, Self-Esteem, Confidence, Self-Expression, Self-Exploration, Self-Interest, Sexuality, Creativity, Selfishness, Co-Dependence, Timidity

Key Phrases:

- Follow your dreams
- Discover your passions
- Focus on self-discovery
- Address self-imposed limits and restrictions
- Increased independence
- Seek your own answers
- Release feelings of fear and abandonment
- Craving attention
- Needing rescue
- Express goals and desires
- Be true to self
- Acting with empathy

Meaning: The Maiden walks an unfamiliar path, but does so with confidence and grace. She has been taught by those around her that it is not selfish or conceited to follow her dreams and actively work to manifest her goals and desires. She does so without needing permission from anyone.

Much like her male counterpart, the Youth, the modern Maiden is not afraid to ask questions, challenge the answers, and be the adventurous explorer, but while the Youth explores new horizons, the Maiden explores herself. The Maiden is equally interested in first discovering and then nurturing her interests, and increasing her self-knowledge, and exploring her waking sexuality.

She forms relationships with healthy boundaries, and expresses her sexuality with innocent pride and confidence. When she chooses to take a lover for the first time, it will be done without shame or fear of judgement. If she chooses to remain alone, it is not because she believes herself to be

undesirable, but because she does not believe that she needs a lover in order to be happy or fulfilled.

The Maiden card is one of youthful confidence, empowerment, and increasing independence. She is fertile, but uses that fertile nature to create, express, and explore. She is on a journey of self-discovery, focussed on learning more about who she is and what makes her happy, and she knows that her explorations in the present will give rise to a future self who knows what she wants from life and is not afraid to make it happen.

In the past, the Maiden was expected to do as she was told and be true to the expectations of family and society. In the present, the Maiden chooses to begin the journey toward self-awareness and empowerment.

The Past: The Maiden, when appearing in the past position, has a transitional meaning and is a combination of the Child and Maiden. How the Maiden perceives the world, and herself, is influenced and shaped by the experiences of the Child that she was, and her transition from childhood to early womanhood. She is at her most vulnerable during this transition, for it is between childhood and adulthood that the seeds of self-esteem take firm root, grow, and blossom.

If the Child has been treated in a harsh manner, or has been neglected, the Maiden may feel lost and alone, unsure and uncertain, with no real sense of belonging and security. If she has faced ridicule and scorn, she may become timid and meek, afraid to speak or act independently, lest her actions give rise to anger in those around her. She may be overly dependent on others for guidance, validation, acceptance, and protection – and yet, paradoxically, simultaneously be afraid to trust those very same people. She may also feel compelled to use her body and blossoming sexuality to draw forth the love, affection, and attention she craves.

Just as the bud of a flower can be harmed by frost, or fail to thrive in unfavourable conditions, the Maiden can also be harmed by neglect, or by harsh words, ridicule, and mockery. The damage can be even greater if those words and deeds issue from someone she trusts and loves. Feelings of betrayal and abandonment can leave permanent psychological scars that influence her future choices.

If the Child, who grows to become the Maiden, has been wounded,

seeds of doubt and insecurity, low self-esteem and self-worth may take root. Over time, those seeds grow and give rise to a self-limiting and restricting mindset, and patterns of behaviour develop that can have a destructive influence from inception until death.

Conversely, the Child who is nurtured and loved may grow to be the confident and sure-footed Maiden; her sense of self is positive and affirming, and so she moves out into the world with a carefree step, more inclined to seek out and follow her own path, instead of being directed or shepherded by another.

Do you hesitate to speak your truth for fear you will be laughed at? Do you find yourself in constant need of approval? Are you unable to trust both in yourself and others? Are you dreaming of rescue – that someone will suddenly appear and change your circumstances?

It is the innocent, yet self-aware and confident Maiden, who walks the path before her without fear. When she appears in your reading, she, like the Child, asks that you release those feelings that limit and restrict – especially those born of the unkind words and actions of others. Stand tall. Devote time to the experiences in life that bring you deep personal pleasure and satisfaction. Do so knowing that your path, and those activities to which you devote your time and interest, are not for others to determine, question, or judge. Do not allow a fear of being rejected prevent you from knowing and being true to self.

The Present: The Maiden – young, beautiful, and pure – represents the arrival of spring, a time of transition and change. She is symbolic of a moment that is bright with new promise. It is a fertile moment, one that may bring both abundance and independence. Now is the time to embrace growth with excitement and anticipation.

However, just as late frost can lay waste to new growth, ridicule and unkind words from others can give rise to doubts and questions that can, in turn, result in self-sabotaging behaviour. Be strong and firm. If there is need, take steps to protect and nurture all that is new and vulnerable in you from those who seek to limit and restrict your growth. It is time to put your interests first, to walk your own path, and to sow the ideas that have been germinating within. Express yourself. Let that which has lain dormant

awaken and come to life.

The Future: The Maiden, as illustrated in this deck, is the epitome of self-exploration, and the independence and empowerment that is born of self-awareness. To know who you are is to know what you wish to do with your life. To know who you are is to know what will fulfil you and, in turn, bring abundance to your life.

Do you know what you want from life? Do you know your goals and desires? If not, it is time to look within and reflect. Do you know how to express those goals and desires and what steps you need to take in order to manifest them? If not, it is time to find your voice and speak.

Seek the answers. Do not wait for others to offer them to you or impose them upon you. Be proactive. Ask. Take the first steps toward becoming the person you want to be, and do so knowing that the only obstacles in your path are those you have created or allowed to prevent you from moving forward.

The Child was the seed, and the Maiden is the young plant about to bloom. How she blooms is up to you.

Potential Blockage: The reversed Maiden asks you to look at your dreams and aspirations. Are you acting from a place of genuine love and desire to improve yourself? Or are you resisting because you want things to go your way without a care for others? When we choose to follow our own path, it is not always possible to avoid hurting or saying 'no' to those we care for; however, we can say 'no' with mindfulness, empathy, and understanding.

Be firm, but kind. Be clear when expressing your desires and goals. Take into account the needs and feelings of others, and avoid behaviour that makes you appear childish or selfish. This behaviour will not help others to understand your decisions or respect your choice to walk your own path.