

BLESSING THE DECK

To bless the deck, you can cleanse it and dedicate it with a simple prayer of intention, such as:

I call upon the enlightened spiritual consciousness of the universal divine heart. I ask for your blessing to clear and empower this deck, as I dedicate it to healing for the highest good. May all who work with this deck be spiritually supported, guided and protected, becoming divine medicine to spiritually benefit all beings.

You only need to do this process once if you are solely using the deck for your own healing. If you loan the deck to others, or use it for readings for others, you may like to spiritually cleanse and recharge the deck from time to time, according to your intuition, by repeating the above.

ONE-CARD READING

Place your hand at your heart and say:

The universal divine heart is the medicine heart, providing healing for all concerns. Opening now to the love, wisdom and protection of the divine heart reveals what is most needed, through grace and compassion. For the spiritual benefit of all beings, so be it.

You can then shuffle the cards and select a card intuitively. You may do this by fanning the cards out face down and allowing your non-dominant hand to select a card. You can cut the deck after shuffling and choose from one pile of cards only. Or you may like to use a pendulum or your hand hovering over the outspread cards to make your selection. My preferred way is to shuffle and allow the relevant cards to jump out of the deck, as this seems to consistently work well for me. Experiment to find your preferred method.

You can also use this process to choose a card on behalf of another and allow them to receive the

teachings as they wish. If facilitating this process for a group, you could intend to select a card that resonates with the entire collective energy of that group.



CULTURAL REFERENCES

WELCOME BELOVED,

Below are summaries of the symbols and references to specific cultural, Indigenous and shamanic ways of knowing found within the cards. If you desire a deeper teaching and descriptions of the cultural containers of these symbols, then the full-size edition of the *Medicine Heart Oracle* and guidebook by Alana Fairchild provides this, including an appendix of suggested additional reading.

1. MEDICINE CIRCLE

Through diverse cultural expressions around the planet, the sacred circle, the medicine circle, is a symbol and a place for healing. It is a spiritual map for the maturation of the human soul in harmony with natural law and the soul's innate

higher purpose. Medicine circle is the threshold into the divine abode, the dwelling place of the sacred from which spiritual nourishment flows to empower the heart. Within it, all things—no matter how difficult or confusing—can be contained, processed and liberated into beneficial form. This can be a reminder of our innate sacred power and a need to embrace the processing of our experiences so that they can become ‘sacred fuel’ for our life path.

2. SACRED PIERCING

For over five thousand years, ancient peoples of Asia and the Pacific, Africa, Egypt and the Americas have practised body piercing. Piercing practices open the body for a myriad of purposes, from beautification and communication of certain hierarchies in society, to ritual religious offerings and initiations. It can be seen as a signifier of divine masculine energy becoming particularly relevant in one’s life.

3. SONG OF SANGOMA

Shamanic song expresses healing through the potency of energy and voice. The Sangoma healer singers of Southern Africa receive extensive

initiation and training, the beginning of which is typically triggered by an extended period of suffering. The Sangoma refer to this troubled time as *eyamanzini*, which translates as being in or under water. During this time, the initiate learns how to navigate the spiritual realms and face the challenges inherent in such experiences. This can symbolise increased psychic capacity or emphasis on the development of spiritual abilities, especially in relation to one's voice, energy and/or truly profound emotional healing.

4. MATER MATERIA MEDICA

Materia medica is Latin for 'medicinal substances'. The *Ebers Papyrus*, an ancient Egyptian medical text, identifies many magical and medicinal objects and practices, including plants, minerals, amulets, spells and invocations. Our Earth Mother generously generates abundant resources for healing. She is our *Mater Materia Medica*, our Medicine Mother. This affirms our rightness in trusting the divine mother to provide all that we need for healing. Have faith!

5. SECOND SIGHT

Owl is unusual amongst her feathered kin. Her eyes face forwards rather than being at the sides of her head. She is able to sense distance with great precision. She also has the capacity to hunt accurately in complete darkness due to her exceptional hearing. She relies upon sight and sound, rather than scent, to hunt successfully. Wolf has sharp vision and hearing, and has high intelligence, yet his most powerful sense is smell. Together, this unlikely duo represents the fullness of spiritual discernment, insight and the capacity to recognise and accurately interpret subtle energies, including messages of spiritual guidance. Drop below your rational mind and trust your intuition.

6. DRAGON'S GATE

In Chinese and Japanese myth, a great school of thousands of koi were swimming upstream, gaining strength through pushing against the currents. Once the fish reached the end of the river, they encountered the intensity of a great waterfall. Sensing the difficulty and danger ahead, most turned back, choosing to swim downstream with the current. Others persisted. Legend states

that these koi kept swimming against the waterfall for one hundred years. Eventually, one koi was able to leap to the top of the waterfall. As a reward, the gods transformed it into a dragon. This signifies the attainment of an extraordinary and rare success — the alchemical point where strength and determination to persevere will attract divine blessings of remarkable grace, providing transformation and triumph over all odds. Believe in your power to accomplish marvellous—even seemingly miraculous—magic in your life.

7. CEIBA YAX CHE

Ceiba is the sacred tree of the Maya. *Yax Che* means ‘Green Tree’ or ‘First Tree’. This is the universal tree, the natural home of divine presence, the world tree that connects all dimensions and realms of Life. Another name for this spiritual tree is the world axis or *axis mundi*, linking the north and south poles of the globe and stabilising the energetic flow that circulates through our planet. This signifies the importance of divine timing—such as planetary and karmic cycles in our lives—as well as a reminder of the spiritual protection available for those who sincerely request it.