

power up
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7 Steps to
Personal Growth,
Empowerment, and
Spiritual Healing
with Tarot and
Oracle Cards

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Power Up Your Woo Woo: 7 Steps to Personal Growth, Empowerment and Spiritual Healing with Tarot and Oracle Cards

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The Woo Woo of Synchronicities

“This is called synchronicity – a state in which you almost feel as if you are in a collaborative arrangement with fate.”

—Wayne Dyer

Why are you here? Why did you open this book? I’m here, too, and so, on some level, at this very moment, we’re agreeing to meet at a very meaningful intersection. We’re here together for a reason. According to the Merriam-Webster dictionary, synchronicity is:

“The coincidental occurrence of events and especially psychic events (such as similar thoughts in widely separated persons or a mental image of an unexpected event before it happens) that seem related but aren’t explained by conventional mechanisms of causality —used especially in the psychology of C. G. Jung.”

At a workshop I attended right before the COVID shutdown, James Van Praagh referred to such intersections as “destiny points,” where we’re stepping up to explore some aspect of the “curriculum” we signed up for when we came to planet Earth. When we think of our time here as a big school where every moment we’re learning and teaching, it changes our whole perspective. When we pay attention to signs, messages, inexplicable coincidences, we’re tuning in to our own intuition and the guidance that’s always available to us from Source Energy, the Universe, whatever we call this powerful force. Sometimes, we get hunches or warnings that save our lives. We’ve all heard stories, or maybe this has happened to you or someone you know, of people changing their travel plans at the last minute and avoiding a terrible accident. Sometimes, we walk into a shop we’ve never been in before and meet the love of our lives. Sometimes, we get confirmation that a loved one, who has passed on, is still very near us and showing us their presence and love through signs such as a red bird, a special song, or something else totally random that we ask to see. We’ll start to recognize synchronicities more easily and understand them when we begin to question our purpose and mission here on planet Earth. When we open our minds and hearts to learn and deepen our understanding, it will happen. If you’re interested in an incredible account of synchronicity and an exploration of what it all means, you have to read *Super Synchronicity: Where Science and Spirit Meet* by Gary E. Schwartz, Ph.D. I think Gary is a synchronicity magnet because he’s so curious about how this magical power works in our lives to guide us, teach us, and bring us together with people and events that turn out to have so much meaning for us.

Two Sides of the Same Coin

As a part of the answer to this question of what the heck are we supposed to be doing here anyway, if you can believe that every person with whom you come in contact is in some way either a student or a teacher for you, then this book is meant to be a part of our learning and teaching experience. I’m a life-long learner, but I’ve also been a professional teacher for many years. It’s a reciprocal sort of process. And we can do and be both at the same time. Many others have been and still are teachers for me as I’ve learned

and prepared over many years to share this exact book with you here at this specific intersection.

I'm happy to let you in on a process that's changing my life in many fascinating ways. My purpose in writing this book is to share a method, a system that will open new pathways for personal growth, personal empowerment, and spiritual healing for anyone who follows it with sincerity and intention. I'm here to teach you how to tap into a limitless information and power source that can enrich your spiritual journey, help you on your path to receiving guidance and wisdom so that you can explore best options for answering life's most perplexing questions, and help you heal from past emotional wounds so that you and the people in your life can experience the best version of you. When we're living the best versions of our own lives, we can help and support others, teach them, and share our experiences with them. We can truly love them.

Where Are You and Where Are You Going?

Since you're reading this book, I know that you're a seeker, a learner, and that you aspire to live your best life. You've seen and heard the terms personal growth, self-improvement, self-evolution, and personal improvement used interchangeably. For the purposes of this book, I'll use the term personal growth because I like thinking of our inner selves as living entities that can evolve, improve, change, and flourish like a beautiful flower or tree. One of the goals of this book is to give you an amazing tool to help you on your own personal growth quest.

Maybe you're already working on your own personal growth goals. That's great! You can continue with what you're already doing and add what I'm going to teach you to your current practices. There should be plenty of areas where the two will overlap. If this is your first time thinking about doing a personal growth plan, good for you! You'll learn a lot here, and you'll make progress if you follow the plan with intention. No matter where you are in your journey, you'll learn and benefit from reading this book and following my method. I know that there's no **one-size-fits-all** when it comes to finding inner work tools, so check out the list below to see if any of it resonates with where you'd like to go.

GPS Please

- Get focused on your WHY
- Connect with your source of Divine Guidance and grow your intuitive skills.
- Face your areas with the best potential for personal growth.
- Desire positive changes in your life.
- Acknowledge and express gratitude for your areas of strength and your lessons.
- Challenge yourself to be the best version of you.
- Feel more inspired, creative, and empowered.
- Get guidance on confusing, troubling, and difficult choices and circumstances.
- Do the work of self-reflection, goal setting, and taking inspired action continually.
- Learn the lessons you're meant to learn. Lessons will be repeated until you get it! (Do you keep making the same unhealthy choices in some areas of your life)?
- Adjust your goals as you evolve and get better at the process.

There are lots of tools and ways to help us on our paths to personal growth. Some of these have been referred to as woo woo: meditation, self-help books, podcasts, life coaches, therapists, astrologers, holistic healers, crystal energy work, and religious beliefs and practices. We're living in a time of sublime resources and easy access to all of them through the internet. We have amazing opportunities at our fingertips if we're ready and willing to explore them.

This book will give you a truly unique and powerful tool to help you on your journey of personal growth using Tarot and Empowerment (Oracle) cards. It's a tool that holds unlimited potential for learning, inspiration, challenge, and healing for those who are curious and open-minded seekers. It's an exciting and powerful tool that uses multi-sensory input to help us understand our life lessons and make healthier decisions. And even better news is that ANYONE can do this! Even if you've never laid eyes on a Tarot or Oracle card.

Aligned for Success

This book and the method it will teach you will work best if you:

- Are a life-long learner with a curious mind, an open heart, and the motivation to do the inspired action to realize your highest potential.
- Are OPEN to possibilities.
- Have questions about choices, relationships, decisions, and your life purpose that perplex you and for which you would like to get guidance and clarification.
- Want to identify and heal past emotional wounds so that you can grow and move forward.
- Desire to focus on the life you would love to live in all aspects.
- Are interested in learning how to strengthen your intuitive skills.
- Want to connect with your Higher Power, Source Energy, spiritual guides, whatever you prefer to call your Infinite Spiritual Team (IST) and learn how to tap into its perfect wisdom.

Can You Say Clear?

This book is NOT meant to fulfill certain purposes. If any of the points below are what you're after, please use this book as a first step or foundation for you as you make your way to achieving any or all of them. If you hit some of the alignment points above and are willing and curious enough about the woo woo art and science of using Tarot and Oracle cards to help you on your life journey, then you've come to the right place.

This book isn't meant to be:

- A complete and exhaustive guide to personal growth, personal empowerment, and spiritual healing.
- The complete history and guide to interpretation of the Tarot.
- The "one and only correct way" to use Tarot and Oracle cards (hint - there isn't one).
- A how-to for giving Tarot and Oracle card readings for other people.

- A how-to for using Tarot and Oracle cards for commercial purposes.
- A secret guide to find out if you're going to win the lottery - seriously?

There are hundreds of fabulous resources out there for those who are interested in learning about any or all of the above (well, maybe not the lottery one, but a quick google search might tell us otherwise). I just want to be upfront that the above are all beyond the scope of this book, and aren't the intention or purpose of what I'm sharing here. This book is totally focused on a way for you to go inward and do inner work just for you. I'll give you step-by-step instructions that are easy to follow. Of course, as a result, the new you that interacts with the rest of the world will be a more enlightened, compassionate, happier, more focused, and successful version of yourself. You'll easily move into a space of gratitude, aspiring to help others, contributing, and having a positive impact beyond yourself and what you may already be doing. Your life will become more fulfilling by consistently following the method I'm going to teach you. Blessings and miracles will begin to reveal themselves to you more regularly. A lot to like!

Let's Banish the White Elephant in the Room

Okay, I think this is a good time and place to get a few things out in the open. The M's are the Myths or Misunderstandings, and the D's are the Debunks around the topic of Tarot in general. Tarot is way more mainstream and better understood these days as all things woo woo have become more mainstream. There are plenty of people across every country, culture, and religion using Tarot for lots of different reasons, but in case you're new to using Tarot/Oracle cards and have any misunderstandings, check these out:

M:You have to be a psychic or medium to use Tarot/Oracle cards effectively.

D:While some Tarot/Oracle card readers have traditionally been and still are psychics or mediums, it's absolutely not required to

enjoy using and benefiting from the cards. There are many ways to interact with the cards and gain guidance and inspiration. The cards are a tool like a computer, a cell phone, a book, or an ink pen. We can learn to use the tool to our benefit. And we all have intuitive skills we can improve in the process.

M: Tarot/Oracle cards can be scary/evil/occult.

D: This is an outdated attitude. If you're interested in the history of the cards, please check out the resources I provide at the end of the book in the Resources and Recommended Reading section. Many people were scared of TVs, computers, and cars when they first became available. Any tool that isn't fully understood can be a source of misunderstanding. The remedy is to LEARN and have an open mind.

M: Tarot cards are too complicated to really understand.

D: It's true that Oracle cards, in general, are easier to use and understand than Tarot cards. It all depends on your goals for using the cards. I'll show you how to use the Tarot cards easily and successfully for our purposes of personal growth, empowerment, and spiritual healing. It's a learning journey, but I'll lay it out for you and give you lots of resources if you'd like to go beyond the teachings of this book.

M: Tarot cards can mean bad luck.

D: Well, so can black cats, cracks in the sidewalk, and broken mirrors if you're into that kind of thinking. These old superstitions (also known as one type of limiting core belief) come from a place of fear. Superstitions are stories people make up to try to explain causes and effects in their world. Such thinking is old-style woo woo thinking based on not understanding the Source of the information we get through our Tarot cards. The good news is that we're going to be working at a much higher vibrational level.

M: If the cards tell me something bad, it will definitely happen.

D: Another fear-based approach which we won't be using. ever. This is partly about interpretation. This type of thinking is, again, at a lower vibrational level, and not the level where we'll be working. The interpretations we'll use are instructive, inspirational, empowering, and useful because they come from a place of love, compassion, and healing. This way of thinking also has to do with expectations and how we ask our questions. I'll teach you a way to ask questions that will give you the best information and guidance. And in all cases, whatever messages you receive, you always have the power of free will and personal choice. You'll come to understand that nothing that comes through any reading is etched in stone because of your own power to choose, think, believe, and act.

It's a Collaborative Effort

So, you probably noticed the two cards at the very beginning of this chapter. The one on the left is a Tarot card; the one on the right is an Oracle/Empowerment card. Each chapter in Sections I and II will feature two cards at the beginning. At the end of a chapter, I'll explain how those two cards relate to the messages and learning of that chapter. This will familiarize you with the cards if you aren't already. Something important to understand right away is that the cards themselves aren't giving us the messages we receive. The cards are like a website, TV program, or painting. They provide information, but the Source of the information isn't the cards themselves. The messages come from the synergy of our own intuition and connecting with the collective superconscious of what I call our Infinite Spiritual Team (IST for short). I'll go into a lot more detail about your IST in Chapter Eight. For now, I want you to know that the combined energy and intelligence of my intuition with the superconscious of my IST agreed that these two cards would best represent Chapter One. So, my IST is inspiring me as I write this book! And I'm so grateful that it is. I couldn't imagine doing it without them.

For each chapter's Tarot card, I'll talk about both the upright position takeaways and the reversed position takeaways because every card has both a light and a shadow aspect. And both aspects are very instructive. At first, my plan was to talk only about the upright position of the cards selected for each chapter, but guess what, as I started writing this book, my IST had other ideas. They guided me to understand that it's best to look at both positions for our purposes (personal growth, empowerment, and spiritual healing). All takeaways/interpretations of the Tarot cards throughout this book are based on information found on the website <https://www.biddytarot.com/> and/or based on *The Ultimate Guide to Tarot Card Meanings* by Brigit Esselmont. I'll tell you more about these fabulous resources in Chapter Nine.

Chapter Cards: The Two of Coins Reversed and POWER

So, the Tarot card for Chapter One is the Reversed Two of Coins. When I first pulled this card, I thought, *No, this isn't the best card for the chapter. I can think of some others that would be better, and why are we starting out with a reversed card?* This is a classic example of my ego wanting to be in charge. Then I went back through the chapter and saw my subtitle: "Two Sides of the Same Coin," I started laughing. The IST pays attention always. The two sides of the coin expressed in this chapter refer to the duality of synchronicity and logic, the two sides of teaching and learning, the myths and debunks, and the fact that every card has its light and shadow characteristics (upright and reversed positions). Duality is always present. It's one of the 12 Universal Laws which you'll learn about in Chapter Six. I also love how the infinity symbol on this card joins the two coins, showing us that we can productively manage several issues/tasks/challenges if we have our priorities in a good place and know what our focus is. And what you'll learn from this book has limitless possibilities for helping you meet all your personal growth, empowerment, and spiritual healing goals.

SOME IMPORTANT TAKEAWAYS FOR THE TWO OF COINS IN ITS UPRIGHT POSITION ARE:

- With the right mindset and focus, you can balance/juggle multiple demands of your time and attention without sacrificing your wellness.
- What kind of life do you really aspire to live? You can create it if you're clear and remain focused on what you aspire to.
- Remain patient and flexible as you reorganize your priorities and make necessary changes to create space for what's truly important to you.

IN ITS REVERSED POSITION THIS CARD ASKS YOU TO THINK ABOUT:

- Where you might be out of alignment, disorganized, and over-committed with all that you're trying to be and do.
- How some areas of life are working while others are suffering due to an imbalance of attention. Where's the imbalance?
- What is one important area to focus on that would positively impact the others? How might you minimize the distractions preventing you from doing that?

Wow, what a powerful card to help us start our journey together. I'm grateful for the message from my Infinite Spiritual Team to talk about both positions of the card. Since the card came out reversed, the message is that if we want to benefit from the information contained in this book, we'll need to assess our lives right now. Are we in good shape to have time to read and follow the guidance in this book? Is focusing on personal growth, empowerment, and spiritual healing our priority? If not, what are some changes we can make to clear the time and space for the inspired action we'll need to take? If so, we're ready to rock and roll and destined for amazing results!

The Empowerment card for Chapter One is POWER. Can't get much closer to the word Empowerment, can we? And there again is the word focus. Our call to action for this card is about blocking out the distractions, creating the space and time to learn and grow. Wow - how is that for alignment with the Tarot card message? You'll continue to be amazed as I

always am at how closely aligned the Tarot and Oracle/Empowerment card messages are in any given reading.

It's no accident that you're here now reading this book or that I wrote it. The Universe, through your Infinite Spiritual Team, uses synchronicities to send you signs and messages to help you meet just the right people or make the best choices all the time if you're open to seeing and receiving them. When you finish reading this book, you'll be able to add this statement to your journal with something life transforming:

Because I read *Power Up your Woo Woo: 7 Steps to Personal Growth, Empowerment, and Spiritual Healing with Tarot and Oracle Cards* and applied the principles it contains, I'm so grateful for this/these amazing thing(s) that happened/are happening in my life...

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