

The Self Discovery Deck

Energetic Fields of Influence – EFI

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There are times we feel lost. We can't quite figure out what's going on inside of us, why we keep creating the same situations repeatedly, or how we can break free from these patterns. Other times we simply feel the urge to explore 'what can I discover about myself now?' *The Self Discovery Deck* offers a powerful way to uncover and explore what's happening within us on multiple levels and gives us the opportunity to change what isn't working.

The Deck guides you in finding your own answers to any situation you face. The key to remember is that you already have the answers within, whether they are conscious or unconscious. These cards help access what is hidden in your unconscious.

Using *The Self Discovery Deck* allows you to tap into your current mind or emotional state to see how they are affecting and shaping your experiences, relationships, health, all of your life and giving you insights to begin moving into creating a life of your choice.

This deck is part of a unique process for those seeking freedom—freedom from the shame, guilt, fear, grief, and unhappiness that prevent them from fully enjoying life. It helps you become aware of what you are consciously or unconsciously creating, empowering you to shape the life you want rather than simply accepting what you have.

What are Energetic Fields of Influence?

Energetic Fields of Influence (EFI) are fields of energy that shape our thoughts, emotions, and experiences. Each EFI represents a different state of consciousness or vibrational frequency, influencing how we perceive and interact with the world. In this context, EFIs are like invisible fields around us that resonate with our beliefs and emotions, unconsciously guiding our reactions and attracting similar people and experiences.

Here's a breakdown of how EFIs work and why they matter:

1. **Influence on your perception and behavior:** EFIs determine the kinds of thoughts, beliefs, and emotions we're most attuned to. For instance, if you're operating within an EFI dominated by fear, your thoughts and actions will likely be cautious and defensive. Higher vibrational fields, like love and joy, foster more openness, positivity, and resilience.
2. **Attracting similar energy:** Like attracts like. Each EFI has a specific vibrational frequency that pulls in people, events, and circumstances with matching energy. If you carry beliefs of self-worth, you're more likely to attract supportive relationships. Alternatively, if you feel unworthy, you may find yourself in critical or dismissive environments.
3. **Impact personal growth and healing:** By identifying and shifting the EFIs we resonate with, we can gradually release limiting beliefs and step into higher consciousness levels. Clearing low-frequency EFIs like shame or guilt opens us up to fields of love, joy, and

wisdom, leading to new experiences and personal growth.

4. **Dynamic and ever-changing:** People fluctuate among different EFIs throughout their lives, influenced by their thoughts, beliefs, and circumstances. However, everyone has a dominant EFI that they resonate with most strongly, shaping their default patterns and reactions.

Essentially, EFIs are like energetic “filters” that color our perception, interactions, and sense of reality. Becoming aware of these fields and learning to shift to higher frequencies can empower us to create a life aligned with our true desires.

We refer to energy fields as higher or lower vibrational, based on their frequency rather than any judgment of being good or bad, positive or negative. Each field, whether high or low, is simply an expression of energy.

Lower vibrational fields—like those associated with shame, guilt, fear, apathy, grief, desire, hostility, and pride—hold certain emotional and mental patterns. These are where people feel disconnected, disempowered, or reactive. Life is often seen as a struggle. Mastering these lower vibrational fields is essential for us to move toward enjoyment and fulfillment in life. By understanding and integrating these fields, we can progress into higher vibrational states that offer greater peace, joy, and balance.

Each of us shares a core essence, but our unique thoughts, beliefs, and knowledge shape the way our energy fields function and interact with the world.

When we engage with particular energy fields—whether consciously or unconsciously—our state of being is affected. For example, if shameful thoughts are dominant, they continuously weaken and disrupt our energy field. Over time, this repeated exposure integrates shame energy into our personal field, influencing our mental state, physical health, and emotional stability. It also makes us more receptive to similar low-frequency energies, creating a cycle where shame continues to impact us on physical, mental, emotional, and spiritual levels.

In this way, our thoughts and beliefs don't just shape our mindset but actively affect the balance and strength of our energy field.

This process allows shame energy to integrate into your personal field, affecting both your mind and body. It also increases your susceptibility to attracting more shameful energy. The more you bombard yourself with shameful thoughts or beliefs, the more you will experience shame's effects on physical, mental, emotional, and spiritual levels.

When you clear the root cause of shame, you start to feel less shameful, and that energy field gradually weakens. As it dies off, you'll notice improvements in both your emotional state and physical well-being.

These energy fields are inherently neutral, like germs or bacteria—they simply exist around us. Let's use bacteria as a metaphor. Bacteria are always present in the air, meaning we could

technically be sick all the time. What protects us, though, is our immune system—an invisible field of energy that surrounds us and keeps us healthy.

Similarly, our consciousness acts as an energetic immune system. Just as our physical immune system guards against illness, our consciousness helps us navigate and filter through different energy fields, influencing how these energies impact us.

Our thoughts, beliefs, and knowledge interact with the energy fields around us, influencing our state of being. When you hold onto shameful thoughts, for example, you are constantly exposing and weakening your energy field with that specific frequency.

This repeated exposure allows shame energy to integrate into your personal field, affecting both your mental state and physical body. It also increases your susceptibility to attracting more shame energy. Thus, the more you bombard yourself with shameful thoughts, the more deeply you experience shame on physical, mental, emotional, and spiritual levels.

Some individuals are more sensitive to certain fields, while others are less affected. How you interact with these fields depends on your unique beliefs and patterns. These internal programs unconsciously decide how you process and store different feelings, ultimately shaping your physical and emotional experiences.

When you address and clear the root issue causing shame, you begin to feel less burdened by it, and that energy field weakens. As this field diminishes, your overall well-being improves, and over time, any physical symptoms associated with shame may also start to fade.

Energy fields themselves are inherently neutral—they simply exist around us, like germs, bacteria, or gases. Just as some people are more sensitive to certain allergens, individuals may react differently to various energy fields. These fields affect us in different ways depending on our unique sensitivities and internal states.

Everyone is influenced by these Energetic Fields of Influence (EFIs) in some way. EFIs are vibratory fields that create sensations people identify as emotions. Each vibration corresponds to an EFI, which we then label with terms like grief, sadness, or fear.

To create change, you don't alter the field of grief, sadness, or fear itself—you shift your own vibration, which changes the fields you resonate with and experience. This transformation comes through increased consciousness, not through willpower or desire. By raising your consciousness, you can move to new vibrational fields and access different emotional experiences.

The EFI's

Shame

Shame is the knowing of the worthlessness of your being, the mistake that you are, your judgment of your essence. At its peak, shame often manifests as suicide, where the individual sees no other way that they can face life. Shame based personalities often try to compensate with a prideful external personality. Prideful people always have the flipside which is shame. Shameful people often appear shy, may not socialize, or can be aggressive, bullies, intolerant. They tend to keep to themselves but a person in shame, using a prideful appearance may seem confident, outgoing and secure. When in shame people are always on the lookout, either consciously or unconsciously for ways to interpret the world around them shamefully to support their belief of worthlessness.

Guilt

Guilt involves feelings of remorse or self-judgement of wrongness about our deeds and behaviors. It is a judgment of ourselves, rather than others judging us. Guilt arises when we believe we haven't lived up to our own standards or expectations of right and wrong, good and bad. In a state of guilt, people often feel like victims or martyrs, believing everyone is aware of their perceived "wrongness." They blame and get angry with anyone or anything that points out the wrongness that seems to reinforce their self-judgment. Paybacks are appropriate. This field is often about "waiting for other shoe to drop." When in this field, people need to be perfect as to avoid something bad.

Apathy

Apathy is a state of hopelessness, knowing that nothing matters and there is nothing you can do about it. It is having lost all interest in any or everything. It is a mental state in which there is a lack of desire, willingness or energy to be engaged in anything or everything. There is always a something preventing the person from moving forward. This person might say, "Why should I?" or "What's the use?" It may be a rebellious attitude done out of spite or a prideful inference. People in this field can be poor, jobless, unresponsive, can't do things and have a negative bleak outlook on life and their situation There is a feeling of being condemned and that there is no way out.

Grief

This is the field of perceived loss and victimhood. Here we also have the poor me, the tragedy of life and addiction to drama. These people love to stir the pot. Without its stirring life is boring. They do not know what to do with themselves. They are often complainers and whiners, either

verbally or internally. This field of energy is focused on the past, filled with regret, remorse, loss, disdain, sadness, depression, and mourning. Disdain is very common here. This is a communicated lack of respect, looking down on treating with contempt, seeing someone or something as less than or even beneath them, belittling behavior. Everything in this field is about the past.

Fear

Fear can be a motivator or a immobilizer in this field. The world is not safe. Fear is the favorite weapon of governments, power driven people, and businesses. Fear is a control factor of certain religions. It is never the tool of an evolved being especially the source of creation or being referred to as God. Many fear the punishment of God. Fear is only a tool of men and lesser evolved beings, worriers, followers, procrastinators and those who can't think outside of the box. Habitual people and anxious people are examples of those in the frequency of fear. Fear is always about the future like grief is about the past. Fear is about the unknown and change. It limits or ceases growth and it paralyzes and cripples the spirit of a person. It assumes danger or pain that one must avoid.

Desire

This field is highly responsible for motivation. It can lift us out of the more destructive fields and catapult us forward, but it can also sustain an addiction or an obsession. This is when the desired thing or person becomes more important than all else, including life. This field will also drive greed, excessive and perceived needs. When in this field people become demanding, often entitled. Here more is never enough, and enough is always about acquiring more. In this field, it's about denying or being denied, disappointed, expectations, craving, wanting, chasing and envy. The universe, God does not support me in life, it's disappointing.

Hostility

For the most part, hostility is frustrated desire. Hostility has the capability to thrust a person into great positive change when they are so fed up with things they change them. Hostility is a response to an inner emotion, typically hurt of some kind. It is not planned. It is also often a response to a period of feeling weak or helpless, people who appear very calm are often filled with repressed hostility. Often it is because hostility is seen as bad and to avoid it they will find other more subtle ways of expressing it, such as passive, aggressive style, sarcasm, etc. Sometimes it is used as blackmail or to manipulate as a way of gaining what is desired. People in the frequency of hostility are commonly seen as scary. Some other things that trigger hostility are feeling injured, invaded or perceived injustices.

Pride

Pride, in some societies, is seen as an elevated and positive self-esteem. Pride is a false elevation of self-worth. Pride feels good only compared to lower level EFI and in comparison, may feel extremely positive. But pride lives hand-in-hand with its sister shame. If one is in pride, sister, shame is not far off. Pride has a brother called judgment that is always near. These two together produce division, separation and competition. Pride is also the source for denial, for denial acts as a buffer to prevent shame or pain. Pride does what serves itself first. It is about self-interest. Unity is generally threatening to pride unless we are prideful as a group for a common goal. In pride, there must always be an adversary or something less than to compare ourselves to. In equality, pride cannot last. Shameful people use pride as a balancer or to hide their true perceived shamefulness.

Courage

Courage brings a respect for life, the inner joy of feeling and the possibility that we can create life the way we want. In this frequency people are willing to take ownership of their life, decisions and actions. They will do what is necessary even if it means they may be uncomfortable. People in this frequency are empowered by their choices. "I can do it" and "It is possible," is the attitude. Creating what they want to experience is the theme in this EFI. At this place, we willingly meet their fears head-on. By being humble, open and teachable, we will quickly access even more evolved EFI fields. Courage allows us to do what we may not have thought possible.

Neutrality

Neutrality is when life feels like it is flowing smoothly. We don't have to prove anything to anyone. We experience the release of different upsets here and there. No more strain or pushing, just lightness and ease come over us. Life has a way of giving us what we need but sometimes not what we want or the way we expected it. In neutrality, we roll with the punches so to speak and we take things in stride. Here we become more connected to our inner wisdom. We are in a more balanced place, feeling stable, centered and more fluid in our life. We may even feel indecisive as we are more willing to see what comes and then adventure into it. We no longer take sides. We see all sides and their value. Real trust in life and our inner knowing begins to develop.

Wisdom

Wisdom feels like we know what may happen before it does. We are becoming more aware of our own motives, programs and beliefs while in this field. We also become more aware of why we are like we are and how we became this way. We are more aware of the hidden ways that govern our existence, and learn how to use them to create change of our choosing. Yet we know that we barely know anything while we are eager to know more. We have greater clarity, more

compassion, clearer logic and reason. We are able to see more of our purpose in life and see the purpose and value of others more clearly. We see more of the big picture and multiple possibilities. We see value in everything and are more introspective than ever while maintaining functionality in our life. Wisdom answers many of the questions we had about life.

Joy

Joy is an inner knowingness and intuition about what is happening around us. Miracles are acceptable without question and in fact can be commonplace. Everything feels in harmony. We see the beauty in all things no matter how simple or mundane. The word becomes our playground. We realize that we are on earth to play, enjoy, wonder, love and experience just because. There are no goals and no agendas. There are however directions and avenues of pursuit. Everything becomes about the art of living a human life. We see life in its purity, yet we are not naïve to the ways of the world. We see past the flaws of life; we acknowledge life's flaws and challenges. We look for and enjoy the beauty behind the flaws. We witness the synchronicities and the order in the seeming disorder of life. We revel in all our experiences and what we are learning.

Love

Love is unconditional reverence for all that is. It is far more than human love. It is what the ancient masters spoke of and often time is far beyond the human love that we all know. It is expansive and all inclusive. This is the state of literally loving and honoring all life at every level of existence. It is the recognition that everything is related and part of the whole. Here, life is not polarized with good and evil, right and wrong. Everything is benign beauty. We live from intuition, which is the state of remembering what we have forgotten. In this field we receive and have everything we ever need. Everything is part of our family and is regarded with great appreciation and love. Unconditional giving and receiving is natural. We never give at the expense of ourselves, but rather give from the endless energy of the universe. We respect others by allowing them to find their own way but may offer support. We do this in the know that their own love and experience is first and foremost and our ego does not need to fix it for them. It is the balance of self-love and reverence for other's self-love.

Mastery

Mastering worldly things is necessary to function in life. Self-mastery is most important. Mastery feels just like it sounds, nothing needs to be done, yet nothing remains undone. All things are endlessly unfolding, and how they do things is just perfect. Energy is perceived as flowing in and around us, and a master directs it with their awareness. Nothing outside can ever change how a master feels inside.

Mastery is a completion and lends itself to the feeling; I exist and there is joy in my existence. A master shines the light of their consciousness, simply by existing. There is no need to teach or

tell others anything, they live by example. A master is kind, benevolent, firm, loving, compassionate, allowing and self-aware. A master is always seeking to know themselves at every level. It is the admission and recognition of one's own flaws, program, beliefs and limitations that are a master's greatest challenge. Becoming a master is not for those who are weak of heart as it is fill with many self-challenges yet it is beautifully rewarding. A master does whatever it takes to know self.

Unity

Unity is the field of the conscious experience of knowing all is one, we are all things and nothingness. Everything is interconnected. There is separation yet no separation. What one experiences, we all experience. We feel integrated, whole, complete, and all things are sacred. We are the thought, we are the idea, we are source, seeing ourselves in human form. We exist at all places at once. All dimensions are part of us. Time is an illusion, and time is now. We see, know and experience the beauty of our relationships, our self and all life without judgment. We are infinite and yet finite. Here we experience the flow, the harmony of all things and situations with great joy, wonder, pleasure and purity with a state of pure observation, without judgment.

The EFI and their Harmonics

In the Energetic Fields of Influence (EFI), *harmonics* are specific aspects or layers within each EFI that shape and influence an individual's thoughts, emotions, and experiences. There are 5 harmonics. They are Soul Memory, Authority view, Life view, Process and Emotion. Each harmonic reflects a particular way that an EFI impacts consciousness, shaping perspectives and behaviors. Below is a simple description to summarize each aspect.

Each harmonic has both a human perspective and a higher or expanded perspective, which provides insight into the underlying belief driving the human perspective. For example, the human issue of feeling unfairly treated by others may stem from an expanded belief that "life is unfair" or "I cannot trust people."

Each harmonic builds on the ones before it, meaning that Soul Memory impacts all other harmonics, and clearing it allows for deeper changes in the others. Lasting change occurs when the earlier harmonics are cleared, as changes in later harmonics without addressing the foundational ones are typically temporary.

Harmonics of EFI

Soul Memory

Soul memory includes the wisdom or judgments gathered over countless lifetimes, shaped through experiences of authority, life view, process, and emotion. It also reflects what your soul seeks to resolve, heal, or experience.

Understanding your soul memory is of major importance, as many of your current experiences are directly influenced by it, often unrelated to events in this lifetime. So the best you can do is find metaphors in this life to explain what has occurred or what you are feeling as a way to get in touch with the essence of the feeling that comes from that soul memory.

Authority View

Any perspective where a person believes they have the right, privilege or power to judge, command, demand or control anyone, anything or even self. It reflects your relationship with authority figures or anything that you believe has power over you, whether it's God, parental figures or yourself acting as the authority of your life.

Authority beliefs are also shaped by family patterns and ancestral lineage. Generational beliefs, shaped by experiences in your family over many generations, are often unconsciously passed down and embedded in the belief system of each new generation.

Life View

This refers to your overall perspective on life—how you see, experience, and approach it, shaped by both your conscious and unconscious beliefs. It encompasses your perception of the world, shaped by unconscious memories from your soul, including impressions from previous life experiences. Your view of authority, often based on early relationships with figures like parents (who may represent "gods" in childhood), significantly affects how you encounter and interpret life, forming the foundation of your beliefs about the nature of existence and your place within it.

When picking a life view card keep in mind, it is about the way you consciously or unconsciously view life and the associated words at the bottom are relevant beliefs that may be held by you consciously or unconsciously.

Process

This is the way you interpret, react to, and make sense of your experiences—a combination of mental and emotional perspectives. It reflects how your mind and heart "think" together, shaping the meaning you assign to life events.

Through this process, you mentally and emotionally evaluate your experiences, treating these interpretations as true, even if they aren't factual. This process is always rooted in beliefs, perceptions, or judgments held as truths, and it guides how you view the world and how it "works" from your personal perspective.

When picking a process card keep in mind, it is about the way you consciously or unconsciously process your world mentally, emotionally, verbally. The associated words at the bottom are relevant beliefs that may be held by you consciously or unconsciously.

Emotion

This refers to your emotional and sensory perspective—how you feel about life, events, yourself, and others. It includes how you sense, emote, and respond to what you experience.

Emotion shapes physical, mental, and emotional reactions and is rooted in underlying beliefs, attitudes, and perceptions, whether based on fact or fiction. Every emotion is triggered by a judgment or belief, reflecting how you internally process and respond to the world around you.

Emotion is what you *believe* you feel—the emotion itself is based on a belief system. Emotions may not be objectively real, but they feel very real to you. Often, emotions are outwardly displayed, but they can also be internalized, affecting your energy system, nervous system, body chemistry, and even physical health.

Emotions may arise unconsciously or appear uncontrollable. When selecting an emotion card, remember it reflects how you process your world emotionally, either consciously or unconsciously. The keywords on the card represent beliefs that may be influencing you, whether you're aware of them or not, within your Energetic Fields of Influence (EFIs).

Why Harmonies Matter in EFIs

Each harmonic within an EFI represents a different dimension of influence, contributing to a fuller understanding of how EFIs impact our lives. By exploring and balancing these harmonics, individuals can gain insights into their unconscious motivations, make more conscious choices, and evolve to resonate with higher energy fields aligned with peace, joy, and wisdom.

Beliefs and Qualities

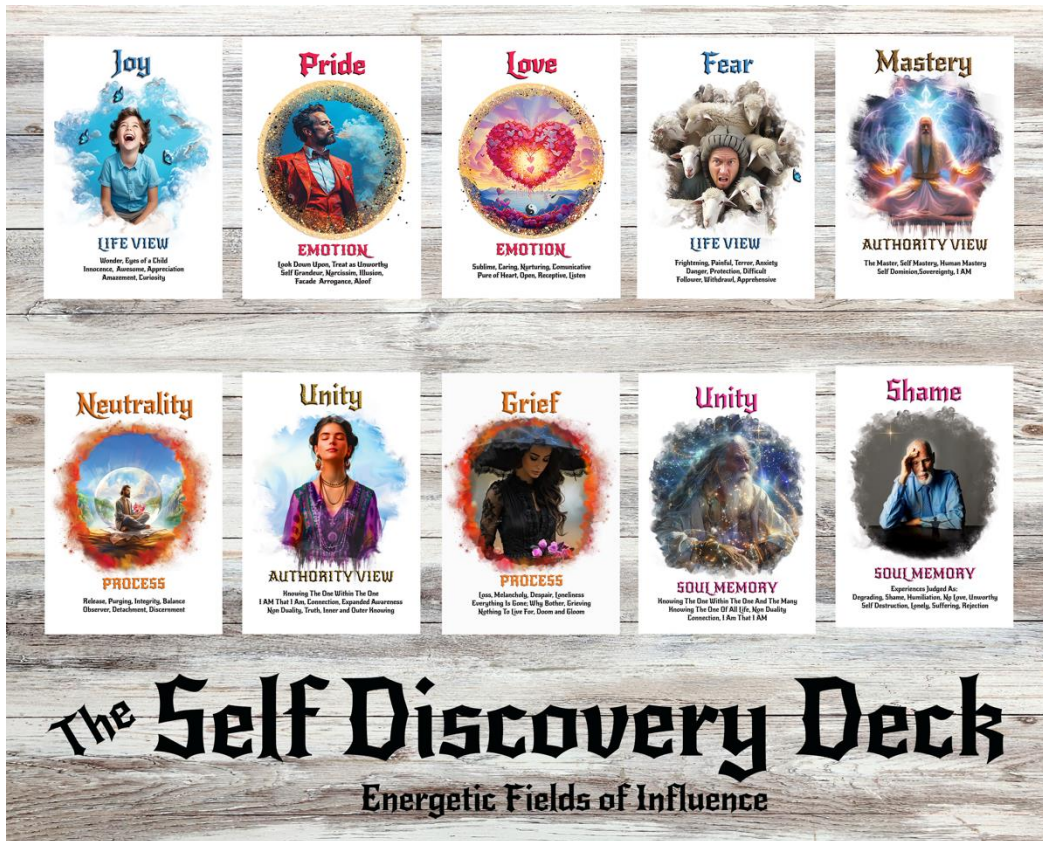
Each card has a number of words at the bottom. These are beliefs and qualities associated with the card. As you read each word. *Feel it.* You will feel a resonance with certain words. Note them. These are clues to where you are blocked or what you need to learn or strengthen in your life.

So now...

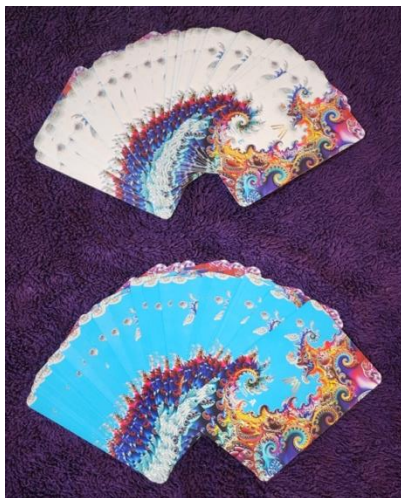
You may have heard that your thoughts and beliefs shape your reality. In truth, your thoughts and beliefs emit a vibrational frequency that attracts similar people and events into your life.

Each time you release something within an Energetic Field of Influence (EFI), you open yourself to new possibilities—both within yourself and in your surroundings. As this shift happens, new people and experiences enter your life, while old ones naturally fall away. Changing your beliefs about yourself transforms your experience of life, bringing more of what you truly desire.

Use the deck to enhance your understandings, perceptions, - your life.



The Self Discovery Deck



Energetic Fields of Influence – EFI

Each card includes the three main aspects.

The Energetic Field of Influence (EFI)

The Harmonic

The Qualities or Beliefs

	
<p>Fear (Title/EFI)</p>	<p>Mastery</p>
<p>LIFE VIEW (Harmonics)</p>	<p>AUTHORITY VIEW</p>
<p>(Beliefs) Frightening, Painful, Terror, Anxiety Danger, Protection, Difficult Follower, Withdrawl, Apprehensive</p>	<p>(Beliefs) The Master, Self Mastery, Human Mastery Self Dominion, Sovereignty, I AM</p>

Ways to Use the Cards

- **Gain new insights about current situations.** When we're in a challenging situation, we often get stuck seeing it from only one perspective. These cards help us explore new ways of viewing the situation, opening us up to fresh possibilities and directions.
- **Support for decision-making:** Decisions can be influenced by our wisdom or by past patterns and issues. The cards provide a way to examine how we're making our choices and whether they truly align with what's best for us.
- **Enhance self-awareness:** By revealing why we act and choose in certain ways, the cards enable us to make choices that bring us closer to the feelings, emotions, and experiences we desire.
- **Encourage personal growth:** Personal growth involves understanding where we are now and envisioning where we can go. The cards offer access to our inner wisdom, helping us shape a life that aligns with our true desires and values.

The white backed cards represent what we have called the lower frequency cards. Again, these are not bad or good and don't reflect anything "bad" about us. They simply tell us about the conscious or unconscious programming we have which could come from our soul memory or what we received in our childhood. We all have them to some degree.

The blue backed cards are about what is in your true essence and naturally available to all of us but we may or may not have forgotten.

When using the cards first take the time to actually feel and connect to the situation you are asking about. It makes a huge difference in your results.

Once you have pulled a card focus on it. *Feel* the picture. Allow the EFI, harmonic and beliefs or qualities to sink in. Note those that feel particularly resonant. Note what you notice or feel looking at the picture.

If you find the cards don't mean anything to you there is a great possibility that you weren't fully focused on the issue. **However**, if you find yourself resisting a card or word there is a very good chance that it is exactly what your own spirit is telling you it is time to learn!

Below you will find potential layouts. You may use these or explore ways of your own.

The Self-Discovery Deck Layout 1 *Energetic Fields of Influence*

The Quick Draw Instructions

Ask while shuffling the deck: "What is the source of this situation or problem?"

Draw a white backed card from the deck.

Then draw a blue backed card from the deck.

Now spend some time with your layout. Explore what it is telling you. Taking a picture of it so you can keep it and journaling what you learn makes the results you get even more powerful.

The Self-Discovery Deck Layout 2
Energetic Fields of Influence

The “Situation” Reading
Instructions

As you shuffle cards, **focus** on the challenge or situation you want addressed.

Ask:

“What is it within me that I need to resolve that is causing this problem?”

Draw a white backed card from the deck, place it on the #1 spot on diagram.

Then ask:

“What is it, within me, that is causing this problem?”

Draw a white backed card from the **white** deck, place it on the #2 spot on diagram.

Then ask:

“What is it within me that is the source of this problem?”

Draw a white backed card from the deck, place it on the #3 spot on diagram.

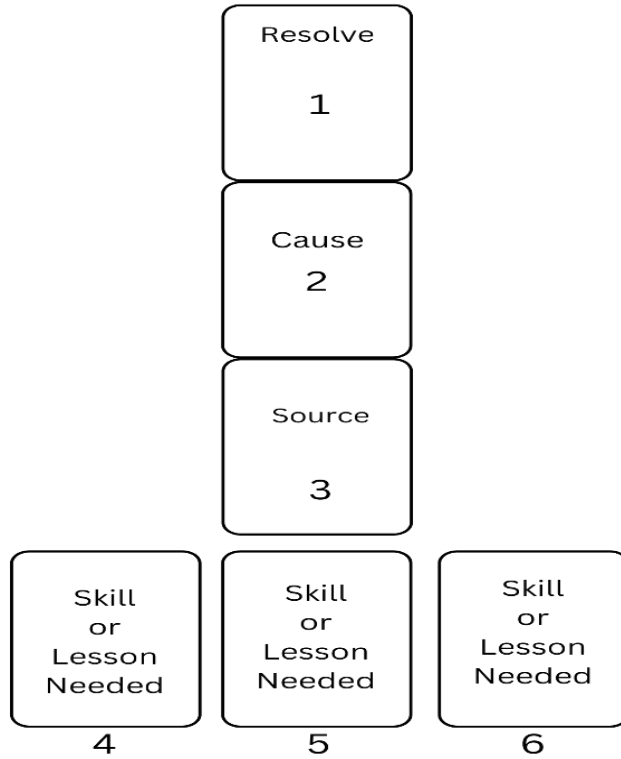
Lastly:

“What is it, within me that I need to develop/learn to change this experience?”

Then draw **three blue** backed cards from the deck,
place them on the #4, #5, #6 spots on the diagram.

Now spend some time with your layout. Explore what it is telling you. Taking a picture of it so you can keep it and journaling what you learn makes the results you get even more powerful.

The Situation



The Self-Discovery Deck Layout 3
Energetic Fields of Influence
The “Below the Surface” Reading

Instructions:

Separate the deck into (2) piles,
one pile with all white backs and the other pile with blue back.

Tune into a specific issue.

Ask yourself:

“What is the root (conscious) of this issue?”

Draw a card from the white backed deck, place it on #1 on diagram.

Tune into the same issue.

Ask yourself:

“What is the driver (unconscious) of this issue?”

Draw a card from the white backed deck, place it on #2 on diagram.

Tune into the same issue.

Ask yourself:

“What is the appearance or display of this issue? How is it seen in my life?”

Draw a card from white backed deck, place it on #3 on diagram.

Tune into the same issue.

Ask yourself:

“What is it, within me that I need to develop/learn to change this experience?”

Draw a card from the blue backed deck, place it on #4 on diagram.

Tune into the same issue.

Ask yourself:

“What is it within me that I need to develop/learn to change this experience?”

Draw a card from the blue backed deck, place it on #5 on diagram.

Tune into the same issue.

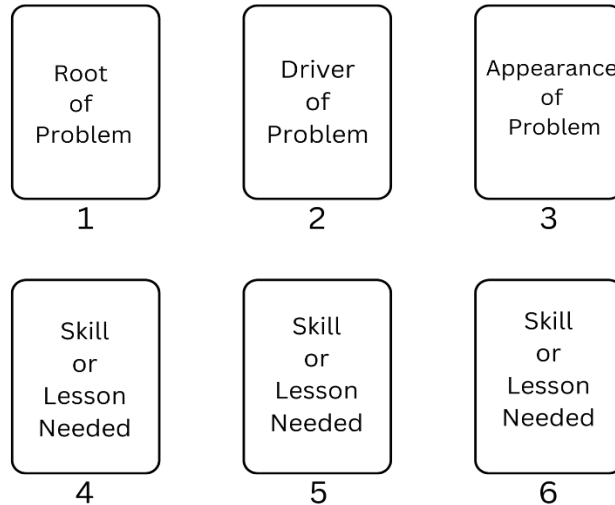
Ask yourself:

“What is it within me that I need to develop/learn to change or resolve this experience or situation?”

Draw a card from the blue backed deck, place it on #6 on diagram.

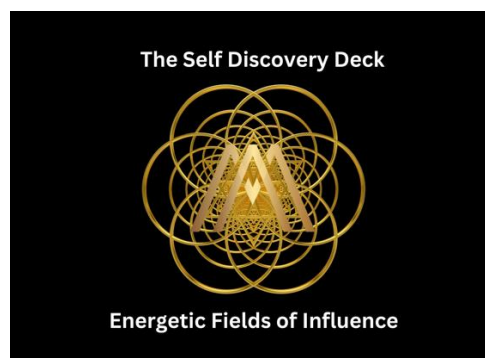
Now spend some time with your layout. Explore what it is telling you. Taking a picture of it so you can keep it and journaling what you learn makes the results you get even more powerful.

Below The Surface



If you also have the Concept Cards you can pull one of those as well for each question to enhance your results and allow you see the situation from another perspective.

Note: These are just sample layouts. Feel free to create your own!



If you get stuck, have questions, or are interested in setting up a private session to explore further please email us at adele@adeleandmichael.com

adeleandmichael.com