

WHEEL OF FOUR DIRECTIONS CARDS



This set has 28 cards, 4 wheels, 6 directions – North, East, South, West, Centre and Blue Line. You could just pick a card a day and use it a little prompt for a meditation or guidance; you could use it for divination and ask questions from the Directions. They are alive and have their own characters and qualities, gifts and lessons. You could do a ritual on the wheel using cards to set up four directions without looking, and then turn cards around and see what each direction tells you and wants you to do. Stepping into each direction you do as guided completing the wheel, connecting to different aspects of yourself, your resources and ancestors. Enjoy, play, be creative!

Wheel of Life (10 cards)



Door 1 – Meditate on your Birth – the first threshold you crossed in this lifetime. If you could, what would you do to make this arrival safer for yourself? Imagine.



East – As you stand in the East – the place of your childhood, check in with your inner child. Spend time with her. What would you like to do together?

Door 2 – The most vulnerable of transitions. Remember you – teenager. What would she say to you now? What would you say to her?



Door 3 – One of the most invisible transitions. Imagine yourself growing old, what could you do now to soften this movement, to welcome it, to enjoy it, to be proud of it? This is a door that we don't see coming, although it has always been there.



South – In the maturity of South, think of your role models. Who are those who you'd call a good adult? What makes them good adults? What one quality you could benefit from today?



West – As you stand in the West of your life, tap into your wisdom and intuition. You are your own answer to all your questions.

Door 4 – Imagine you are just about to open the last Door of this lifetime and leave your body here. What five things you would definitely like to remember for your 'next life'?



North – In this place of silence in the North can you feel your soul becoming one with the universe? The place of all beginnings and all ends, a pause in a cycle of life.



Centre – Where all directions meet – the Now. Are you fully present to this very moment in your life? Take a deep breath, bring yourself back to your body right here. I am here. I am listening.



Blue Line – Rest, rest, rest. Spend some time in a place of healing; take yourself out of any present dynamics, step out of the wheel into the loving hands of the Great Mystery. You are held.



Wheel of Wellbeing (6 cards)



East – Place of your material wellbeing. In your ancestral field you have those who were well resourced, well supported and confident to ask for help when needed. Also you have all those who never had enough resources, and couldn't find or rely on help when in need. You might feel aligned more with one then the other but both have a place in you. Both learned lessons, both received gifts. Take a breath and allow everything to have its place.



South – Wellbeing of relationships. Who in your family needs to be seen today? Imagine your family being a little constellation of bright stars, all connected in some way. Where would you place yourself in this constellation? Whom have you not included in it?



West – Wellbeing of your Body. Do a quick scan of your body. Is there a symptom that affects you? What is your body trying to say? What is the gift of this symptom? If it was to go, what else would you be missing? Tune in to the symptom, imagine looking at it closely and saying to it – you too have a place and a role. Thank you.



North – Spiritual wellbeing. Close your eyes, take a breath, go within, connect with that part of your Soul that is always in touch with the Source, with the Divine, the Great Mystery. Follow this link between them, reach out to the Divine with a prayer. Just be with your Soul for a moment enjoying the expansion and higher frequency. What is your Soul's longing today?



Centre – Where all Directions meet. From your heart imagine connecting to all four directions around you, to everything that is below and above you. Fill yourself with gratitude for all that surrounds you, and as you breathe out – send blessings to your life right now, to the past, present and future self; to your material world, to your health, to your family, to your soul and spirit. Gratitude and prayer open the flow in the Now.



Blue Line – You are not in it alone. Lean back into the loving hands of the Divine. Pause. If you are in need of support, imagine turning to face this Being that is outside of they daily rush for better, stronger, more. Imagine taking her hands, putting your head on her shoulder and receive her embrace. Just breathe. Nothing to do, nowhere to be. You are held.



Wheel of Homecoming (6 cards)



West – Ancestral Lands. In the West of this Wheel are all those who stand behind and the places they belong to. Some say every eight years one needs to visit the Land of their Father. Which Land could you honour today? Where could you send a little prayer and blessings?

South – Where you are right now. Where do you feel at home? What does it mean for you? If you can make a little offering to the Ancestors of the Land you live in now, whether these are your direct ancestors, or all those who lived here before you. Open your heart to include the non-human ancestors too, those who were on this Land before humans arrived.



East – Future Lands. Whenever you plan a trip or moving homes, or countries, remember the Land where you go. Ask It to be kind to you, to smile at you with a blessing as you walk Its paths and engage with its people. Honour Its Ancestors.

North – Spiritual Home. Take a breath, go within, hear your heartbeat – this is Home for this lifetime – yourself. For your Spirit this is a temporary home, although a very comfortable and sweet one, at some point time will come to go Home – where Spirit really belongs. Until then make the best out of this one.



Centre – Take a deep breath, imagine a flow of Love coming your way from the back, from the Ancient ones; breathe it in, and as you breathe out share this blessing with everything that is around you now, with your life; and with the next breath, share it with everything that is still to come – generations, places, events. Receive as a Child of your lineage and pass it on as an Ancestor for future lineages.

Blue Line – Today bring your attention to our Planet. To the Home of humankind. Imagine that every step you take today leaves a blessing to the Planet. Connect with its grounding presence, cycle of seasons, power to rebirth. She is always there for you, under your feet. You are held.



Wheel of Resources (6 cards)



East – You are showered with blessings by the World. Tune in and see what five resources you have received already in your life – be it a good education, job, amazing skills set, etc. What could you be grateful for already, and what is still needed?

South – Who in you your community, in your family are your main resources, who supports you even in the most invisible ways? Who has your best interest in mind even if not showing it well? Connect to their intention, feel the good will flowing your way and supporting your every step. Sometimes the shortest of text messages could make your day and bring strength.



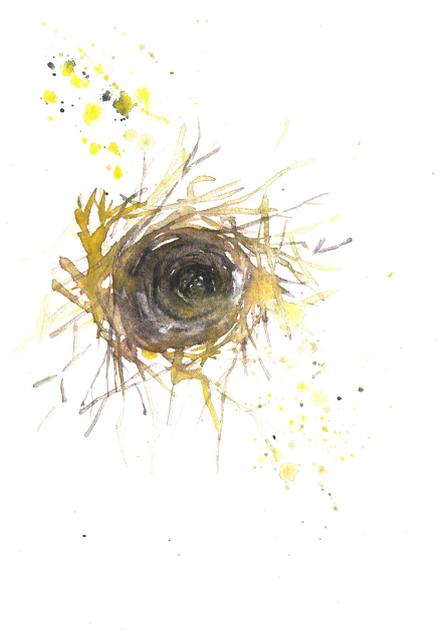
West – Imagine your body being a radio receiver – it collects all possible information from its environment, processes it and transforms it into strength or stress. It is constantly communicating with you through its sensations, feelings and intuition. Learn to listen to it and navigating this world will be much easier and much more fun. What does your body tell you right now?

North – Is there are spiritual practice you follow? Do you have regular routine to feed your soul? Resources for our spirit, for our soul, for our heart are a vital ingredient to feel supported, strong and connected to your power. Talk to your Soul today. Talk to your Angel today. Talk to the Great Mystery today. They are always here, they are always listening.



Centre – What do you feel when you are in your full power? When everything is balanced and aligned how do you experience it? It is good to know your benchmark to catch when you are losing this balance, to call in more resources as soon as they are needed.

Blue Line – Abundance and support are here. All possible resources of the Universe are here. Here is also rest from any needs and wants. A place of pure Love. A break from the chase for resources. Breathe in, breathe out. You are held.



East



South



West

North



Centre



Blueline

