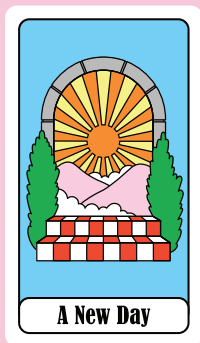


A New Day

THE JOURNEY



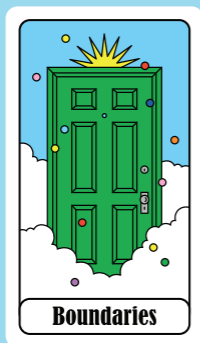
A new day comes with a fresh start. A new beginning. So what do you want to bring with you? What do you want to leave behind? Today can be anything you want, and you can be anyone you want. Allow yourself to let go of anything that's weighing you down and set forth

on the path that's calling. Remember to travel lightly and have others help you unpack if needed: heavy luggage will only slow you down. Let the fresh energy and perspectives of a new day energize and inspire you.

'Tomorrow is a new day...begin it well and serenely, and with too high a spirit to be cumbered with your old nonsense.'

RALPH WALDO EMERSON

Boundaries



You are here for something only you can do. Make sure you have the time, space, support, and inspiration to care for yourself and your path. Love yourself enough to say no to demands on your energy and stay clear of those who try to keep you small. You are big! True

friends will support your growth.

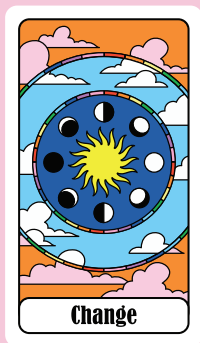
You don't need to tell everyone what you're doing. You can keep it close until you're ready to share, and you don't have to listen to everyone when you do. Be open but only keep what helps you grow. Your journey will take shape when you stay true to yourself.

“When you say ‘yes’ to others, make sure you’re not saying ‘no’ to yourself.”

PAULO COELHO

Change

THE JOURNEY



The only constant in life is change. The minutes, hours, and days fly by, planets dance around the sun, the cells in our bodies cycle between death and rebirth. As the world spins around us, we may feel dizzy.

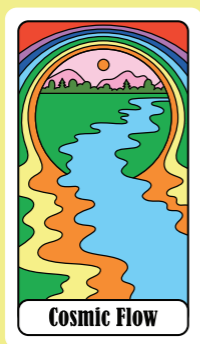
Anchor yourself to your inner depths; the solace you seek is contained

by the stillness within. Allow the ebbs and flows of the world to come and go. As you deepen your connection to your true self, you will be able to find your center, come what may.

'Everything flows.'

HERACLITUS

Cosmic Flow



In the cosmic flow, what is right for you will find you, and what isn't will flow away. A tight grip on life only constricts this flow of energy, creating stagnation, which causes blockages. These can feel like tension, burnout, pain, anger, and disappointment. If our expectations of the world

don't match reality, it causes unnecessary suffering. Open up and allow the flow to gently guide you on your path while you focus on the beauty of the moment. As you shift your focus to acceptance and gratitude for what is, you will begin to notice the magic all around.

*“The more a thing tends to be permanent,
the more it tends to be lifeless.”*

ALAN WATTS

Gratitude

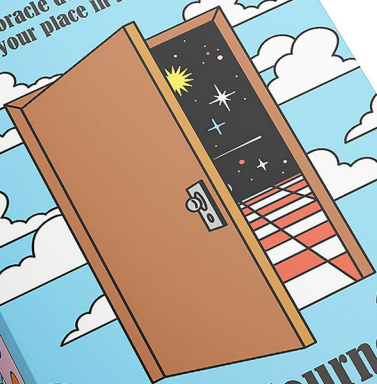


Being grateful allows us to view the world through the lens of abundance. Many people have so much, but they don't see this. Gratitude allows us to receive and appreciate the plenty that is already present: to notice the beauty that is all around. When we practice gratitude, we can be more accepting of what is, without having high expectations or demands. Gratitude frees us as less becomes more and our lives become fuller. What are you grateful for in this moment?

'When we focus on our gratitude, the tide of disappointment goes out and the tide of love rushes in.'

KRISTIN ARMSTRONG

An oracle deck to help you
find your place in the universe.



The Journey

ALLISON FILICE

