

BRITTNEY CARMICHAEL
ARTWORK BY JENA KANE



Shine

FROM THE INSIDE
ORACLE CARDS AND GUIDEBOOK

The background is a watercolor illustration. At the top, there are several faceted crystals in shades of pink, purple, and blue. Scattered throughout the light blue and green background are small white stars. The word 'Shine' is written in a large, flowing, red cursive font across the middle. Below it, the words 'FROM THE INSIDE' and 'GUIDEBOOK' are written in a clean, black, sans-serif font. At the bottom, the author's name 'BRITTNEY CARMICHAEL' and the artist's name 'ARTWORK BY JENA KANE' are printed in the same black, sans-serif font. The overall aesthetic is soft and artistic.

Shine
FROM THE INSIDE
GUIDEBOOK

BRITTNEY CARMICHAEL
ARTWORK BY JENA KANE

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Dedication

This oracle is dedicated to the women in my life who have paved the way for my existence and to the women who's souls crack open because of this deck.

Thank you, Jena Kane, for bringing my vision to life with your beautiful creativity. You are a GEM! #librasisters

Amma, thank you for teaching me how to fiercely love. Your strength inspires me to my soul. You have my heart. *Ég elska þig.*

Mom, thank you for always believing in me and teaching me to never give up. You are a miracle. *I love you to infinity and beyond.*

Karah, thank you for being the coolest little sister, ever. Keep following your dreams. *Anything is possible.*

To my love, Chris, thank you for your unending love, support, friendship, and intimacy. I honestly don't think this deck would have been born if it weren't for you encouraging me to step out from behind the salon chair to share my gifts and SHINE my light. Thank you for loving me for lifetimes. *Together forever.*

Thank you to the men in my life who have taught me how to become badass and take no shit. *I'm forever grateful.*

A Love Note from Brit

Hooray you're here!! Cue the confetti toss!! It's no coincidence you've stumbled upon the Shine From the Inside Oracle™ or me, Brittney Carmichael.

They say when the student is ready, the teacher appears. Most likely you've suffered from self-doubt and that's stopped you from being your authentic self.

After decades of struggling with self-hate, I finally decided to say #bye felicia to fear and focus on creating a connection with my soul. Now I'm on a mission to help you unleash your inner unicorn too!

THERE'S NO MAGIC PILL FOR SELF-LOVE SO THIS EMPOWERING DECK WILL HELP YOU DISCOVER THE MAGIC WITHIN YOURSELF

My mission is to awaken Lightworkers to overcome their fear of shining bright. You are meant to share your unique sparkle magic with the world. You are here for a reason. Your soul knows the way. Listen to your heart and trust the process unfolding.

You are exactly where you're meant to be.

New to the woo? These cards will help you cultivate clarity and develop a deeper connection to your intuition in a fun and playful way.

With regular use, you'll discover the cards act as a "magic mirror" reflecting your own thoughts, fears, emotions, and deeper desires back to you. Whatever you most need in the moment will show up. Each card will feel like a "confirmation", like you "already knew" the answer.

The more time you spend trusting your own intuitive insight, the more you'll learn the subtle language your soul sweetly speaks to you.

Trust her, she's always right.

My spiritual truth-tellin' style makes you feel like we've been friends forever. Think of it as a blend of bold honesty mixed with loving compassion and a dash of humor to help you build confidence, resilience, and reclaim your personal power. I'm not afraid to show your inner mean girl what's up! ;)

I've taken the truth bombs I share inside my self-love mastery course **Shine School®** paired with my curiosity for all things woo-woo and infused spiritual wisdom into this oracle to help you along your path of self-discovery.

I like to think of oracle cards as a "pull and play" experience.

No need to memorize, study, or become a crystal ball reading psychic to understand the meanings of each card.

Whether you're feeling stuck and seeking clarity or needing a motivational kick in the butt, this deck will help you overcome your resistance to taking care of yourself first. #guiltfree

Developing your intuition, creating self-care boundaries, and overcoming the pain we've put ourselves through takes time. Self-love certainly doesn't happen overnight, so be patient with yourself.

I know this journey can feel lonely sometimes (like nobody seems to "get you") so that's why I created #SHINETRIBE Sisterhood, my online community of like-minded soul sisters from all over the globe to plug into for daily support, inspiration, and empowerment.

YOU DON'T HAVE TO DO THIS ALONE
BECAUSE WE'VE GOT YOUR BACK!

Join the #SHINETRIBE Sisterhood to receive weekly Love Notes from me plus access my private Facebook group by signing up at:

www.brittneycarmichael.com/join

I created this deck to inspire you to believe in yourself, overcome overwhelming negative thoughts, and encourage you to manifest your wild and crazy dreams.

This deck embodies empowerment, equality, sisterhood, freedom, and the space to be your authentic self, *unapologetically*.

Let these cards guide you back home to your soul's sacred center and may you remember just how badass you truly are.

I believe in you.

Love, Brit xo

YOU ARE MEANT TO
shine.

Getting Started

CREATING YOUR SACRED SPACE

Before getting started with your new empowering oracle, it's important that you create a sacred space to practice your self-love in.

This sets the tone for cultivating a deep connection to your soul. You'll want to find a place that feels good and comfortable for you to show up on a daily basis to begin practicing self-care. Make sure your zen den is distraction-free.

CLEARING THE JUJU

Once you've created a sacred space, it's time to clear away any juju the cards may have picked up along the way. Cleansing the deck helps connect your energy to the cards. The cards should be cleansed when you first receive them, if anyone else handles your cards, or if you haven't used them in a while.

Ways to clear the negative energy include: holding the deck in your non-dominant hand and using your other hand knock on it 3 times to diffuse the deck, laying your cards under the light of a Full Moon, or lighting sage or palo santo to give them a smoke bath.

You can also hold the cards in your hand and imagine a bright glowing white light surrounding you and the cards to cleanse and fuse your energies together so you feel more intuitively connected to your cards.

SETTING YOUR INTENTION

Living your most authentic life starts with intention. An intention is a personal mantra for how you want to be, live, and show up in the world. #doyou

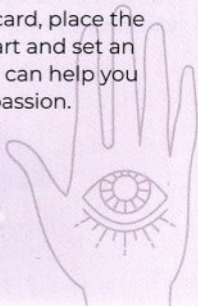
Intentions are heart-driven and evoke feeling and purpose, like "I open my heart to love," "I let go of fear," or simple words like "balance," or "peace".

When setting an intention to be specific and keep the phrase positive. Instead of saying "I need to stop worrying" try "I am peaceful and relaxed."

This deck was designed to empower you with personal mantras for you to repeat throughout the day to help you align your heart, mind, and soul.

To activate and infuse your energy into the cards, hold each one in your hand and examine the artwork to see how it makes you feel.

Once you've made friends with each card, place the deck with the artwork facing your heart and set an intention for your cards and how they can help you find more confidence, clarity, or compassion.



TRY THIS INTENTION:

"I ask that each time I pull a card for myself or others that I receive clear and accurate guidance. Please help me to find my authentic truth, build unshakable confidence, release my fears, and connect deeply to my soul so that I may receive the blessings, clarity, and the wisdom I need."

STORING YOUR CARDS

Keeping your cards in a #goodvibesonly environment ensures an easier time connecting with your intuition. The more you use the cards, the easier it becomes to understand intuitively what you need.

To properly store the cards you can keep them in the original box. You can add a layer of protection by playing them in a cloth bag. The texture and color of material will contribute to the overall feel of your deck. You can place them in a wooden box for a more earthy vibe and surround them with your favorite crystals.



The Basics



HOW TO SHUFFLE

The most important thing to know about shuffling your cards is there is NO wrong way to do it.

This deck encourages you to trust your intuition and use this self-love tool in ways that feel good to you.

No matter which way you choose to shuffle, you want to keep your question in mind as you shuffle the cards. You can lay all the cards out on the table in front of you and allow your hand to pass over the cards until you feel drawn to one, you can cut the deck Vegas-style, or you can keep it simple and pick the card off the top.

INTUITIVELY SELECTING

As you shuffle, notice any thoughts or feelings that arise. You may feel an inner nudge to pull a particular card or you may hear "Stop". Trust the process. When a card flips over or pops out of the deck, that's usually a clear sign that's your card!

The Law of Attraction ensures that you ALWAYS receive the message you need most. If you pull a card you're resistant to then challenge yourself to go deeper and find the lesson you may be ignoring.

Honor your intuitive ability to know how each card connects to you specifically in the moment. Trust yourself.

CONSULT THE GUIDEBOOK

After selecting your card, it's time to consult the guidebook to discover deeper wisdom.

Each card is designed to be bold and direct enough for you to understand and interpret in your own way.

I've taken decades of overcoming my personal pain, fear, and blocks that held me back from shining my light and poured my heart, soul, and wisdom into the guidebook to help you reach deeper levels of spiritual discovery and personal growth.

The cards are in alphabetical order to keep it simple for you to search for the meanings in the guidebook. You can find all the cards and corresponding page numbers in the Meanings section (Page iv).



JOURNAL IT OUT

Once you've pulled your card, soaked up the spiritual truth bombs, and repeated the affirmation, take a moment to see how you feel.

Tune into your own intuition and pay attention to the memories, ideas, feelings, or even phrases you hear in your head.

Take time to reflect and journal out each experience. Every time you pull a card, you'll experience deeper layers of learning to uncover more of your authentic Truth.

The best way I've found to develop a strong connection to your soul is to journal it out.

Keep a record of each card you pull. When you see the card, write down the mantra in your journal along with any thoughts, emotions, or triggers that arise for you.

Explore your emotions. Evoke your spirit. Ask questions to help uncover your authentic self. Don't be afraid of your darkness. Embrace your shadows because self-love is about accepting your WHOLE self.

The bitchy and the badass.

Yaass!





Simple Spreads

1-CARD DAILY DRAW

This method is the perfect daily dose of guidance and can be used to get quick answers to your questions. This is my personal go-to each day.

Ask questions like:

"What is my divine daily message today?"

"What do I most need to know right now?"

"How can I show myself more love?"

"What am I avoiding?"

"What is my next step?"

"What has been holding me back?"



3-CARD SPREAD

This versatile 3-Card Spread can be used to discover any combination you can come up. I've shared a few examples on the intentions you can use. Get creative with this layout.

Past / Present / Future

Mind / Body / Spirit

Strengths / Weaknesses / Advice

You / Your current path / Your potential

Problem / Solution / Outcome

Where you stand now / What you aspire to / How to get there

1.

2.

3.



SELF-CARE SPREAD

If you're struggling with taking time for yourself, this Self-Care spread will help you to get clear on what your soul needs most right now.

1. My biggest self-care struggle
2. What I need most now
3. What I need to do better in the future
4. What I need to avoid



SELF-LOVE SPREAD

This spread will shine a light on your amazing-ness and how you can show yourself more love.

1. What is my biggest self-love lesson to learn?
2. What makes me amazing?
3. What is blocking me?
4. What do others love about me?
5. How do I show myself more love?

4



3



2



5





Card Meanings



dreams



ALIGN YOUR ACTIONS
WITH YOUR INTENTIONS

Align your actions with your intentions.

Stop people pleasing and align your actions with your intentions.

It's no secret we all have a to-do list a mile long and showing up to this thing called life isn't always easy.

We've been told by other people our whole life what to do, how to do it, and when to do it. We're used to standing in line, waiting our turn, and trying our hardest to get it all right.

We've never been told we have a choice!

Have you been thinking you want to workout, yet having a Netflix and Chill night instead of doing what you say you'll do?

When you align your intentions (what you want) with the actions (what you do), you reclaim responsibility for your life.

From there, you can begin to intentionally create a vision of your future that excites you.

Align your actions with your intentions.


Achieving any dream or goal requires action, and without intention we often lose sight of our vision when we say one thing and mean another, commit out of obligation, or even worse we purposefully take action out of our integrity just to fit in.

If you pulled this card, it's time to walk your talk and start taking aligned action towards your goals and dreams.

If you've been lacking integrity lately, let this be your gentle nudge to pull it together and get back on track.

I TAKE ALIGNED ACTION TOWARDS MY GOALS AND DREAMS - EVEN WHEN IT'S SCARY.



The background is a light teal color with several overlapping geometric shapes: a large pink hexagon, a teal hexagon, a yellow diamond, and a pink diamond. There are also patterns of small triangles and dots in gold and teal colors.

*Achieving any dream or
goal requires action.*



ALLOW UNLIMITED ABUNDANCE

Allow unlimited abundance.

The story you tell determines the abundance you allow into your life.

If you look at nature, you will find abundance in all forms. The fruit trees continuously provide the food and air we need to survive. We've been conditioned to always be the "giver" or the "nurturer" and often struggle to allow ourselves to receive from others. If we know giving feels so good, then why do we deny the gift others are trying to give us?

Abundance is our natural state, and what you focus on expands. You can choose an abundance mindset or you can play victim to the scarcity mindset. Your choice.

Take time to tune into your thoughts. Notice the words you speak. Are they amplifying abundance or are they supporting scarcity? Gratitude helps us to refocus our attention back to a peaceful state of abundance.

Remember: To appreciate means to make more of. When you pull this card ask yourself "Will I allow myself to receive the unlimited abundance trying to make its way into my world?"

I THINK HAPPY THOUGHTS. SO I EXPERIENCE
A LIFE LIVED WITH JOY.





ASK FOR HELP
IT DOESN'T MAKE YOU WEAK

Ask for help, it doesn't make you weak.

You were not designed to do it all alone, so ask for help.

You don't have to pretend you've got your shit together all the time. Asking is the first step in manifesting, so I'm not sure why we get all weird about feeling weak.

Just as you are here by design, so is everyone else and we are all contributing to the whole of existence. Asking others for help allows them the opportunity to contribute their natural-born gifts.

"THE ONLY MISTAKE YOU CAN
MAKE IS NOT ASKING FOR HELP."

— SANDEEP JAUHAR

You may not even know where or even HOW the help will arrive when you ask.

Just trust when you make a clear call to the Universe, you will be guided to the perfect person, information, or opportunity to help support you along your journey.

There is no request too big or too small. You can ask for anything!

Ask for help, it doesn't make you weak.

The trick is to surrender the “how” and say “yes” when what you've been asking for arrives.

We can't always be on the giving end, because we mess up the Universal Law of Giving and Receiving.

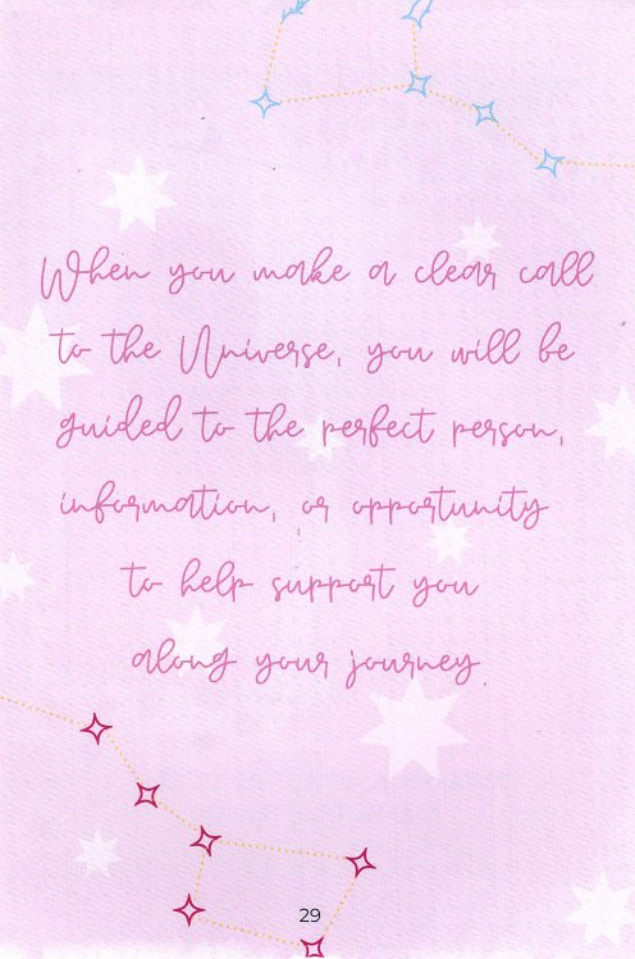
The more you give, the more you will be given to. When you need help, allow yourself to receive the love, support, or assistance you need.

Sharing your vulnerability actually deepens trust and builds a stronger bond. Being vulnerable doesn't make you weak, it makes you wise and courageous.

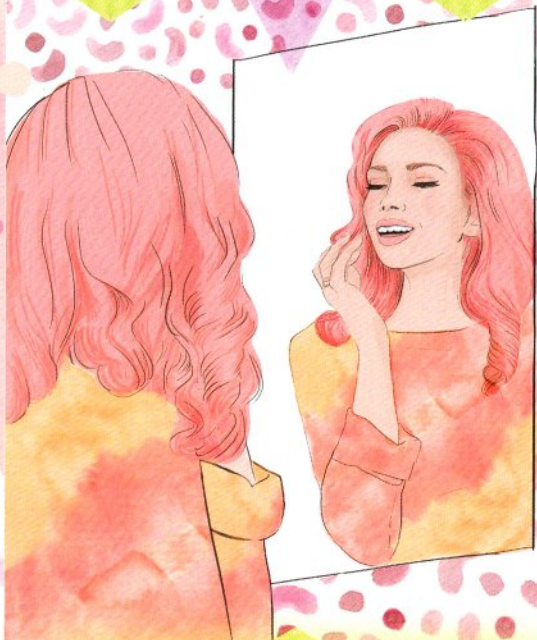
Remember, “No” isn't rejection. It just means that maybe they aren't the perfect fit to support you at that time.

Stay open to unexpected forms of help and trust the support you seek is available to you now.

**I ASK FOR HELP. AND I OPEN MY HEART
TO RECEIVE THE SUPPORT I NEED.**

The background is a light pink color with several white stars of various sizes scattered throughout. There are two constellations drawn with dotted lines and star markers. One constellation at the top right is composed of blue star markers connected by a yellow dotted line. Another constellation at the bottom is composed of red star markers connected by a yellow dotted line.

When you make a clear call
to the Universe, you will be
guided to the perfect person,
information, or opportunity
to help support you
along your journey.



AWAKEN YOUR AUTHENTIC SELF
AND BE TRUE TO YOU

Awaken your authentic self and be true to you.

*Stop allowing others' opinions to define your worth
and be true to you.*

When you stop giving a shit about what other people think - you're FREE! Take off your people-pleasing masks and allow your authentic self to shine.

My favorite quote ever is by Georgia O'Keeffe and she says, "I have already settled it for myself so flattery and criticism go down the same drain and I am quite free."

How would you show up if you didn't care what other people think of you? How would you dress? Style your hair? What unique sparkle magic have you been hiding from the world because you're afraid of standing out?

It's time to awaken your authentic self and be true to you by saying no when you mean no, wearing what feels fabulous for you, making choices from the heart, or even piercing your nose because you think it looks cool.

Just go for it.

Awaken your authentic self
and be true to you.


Outrageous or simple - it's totally up to you. There is no blueprint on how you "should" be. #doyou

If you pulled this card, it's time to take your self-love to the next level with this body positive exercise.


Stand in front of a mirror (naked for extra courage points) and scan from the top of your head to your toes and say "I accept you." Then look deeply into your own eyes and say "I love you."

Spend a few minutes each morning practicing this self-love mirror work and notice how much easier it becomes to accept your authentic self (and the compliments too!)

I DO WHAT FEELS RIGHT FOR ME AND MY AUTHENTICITY
SHINES THROUGH!



When you stop
giving a shit about
what other people think:
You're FREE!





BE BOLD
DON'T BE AFRAID TO STAND OUT

Be bold. Don't be afraid to stand out.

You were meant to SHINE, so be bold and just put on the damn lipstick!

ROBERT FROST SAID "FREEDOM LIES IN BEING BOLD"
AND BOLDNESS REQUIRES COURAGE.

Being bold can be as simple as wearing a new shade of lipstick and trying a new hairstyle to quitting your stressful 9-5 and backpacking around the world for a few months. Each time you take courageous action, you build confidence to continue to express your most authentic self without giving a shit about others' opinions.

If you've pulled this card it's time for you to stop hiding your light and stand out from the crowd. You will never change the world if you're just like everybody else.

The more you accept your unique sparkle magic and have the courage to be who you really are, the more you inspire others around you to do the same.

Be bold enough to speak your Truth, brave enough to trust your heart, and strong enough to live the life you have always imagined. You are meant to shine, so don't be afraid to stand out. Shine! Shine! Shine!

I TAKE FEARLESS BOLD ACTION AND ALLOW
MY LIGHT TO SHINE.



BELIEVE IN YOURSELF
UNLEASH YOUR INNER UNICORN

Believe in yourself.
Unleash your inner unicorn.

It's time to make some sparkle magic and unleash your inner unicorn.

The enchanting unicorn embodies the feminine yin energy of the Moon and represents magic, mystery, intuition, innocence, courage, wisdom, fulfillment, and abundance. It connects us with our truest essence by teaching us to trust our own intuition and believe in our unique sparkle magic.

Our inner unicorn knows our wildest dreams and desires. Tapping into the untamed energy feels like absolute freedom and gives you permission to be your authentic self. This card shows up when you've been doubting yourself and hiding your unique sparkle magic. Where have you been holding yourself back? Be honest.

The horn sits on top of the Crown Chakra (Divine Consciousness) and holds magical healing powers to help banish beliefs that limit you from letting your light shine.



*Believe in yourself.
Unleash your inner unicorn.*

It is said this magical being only shows itself to those pure of heart, so when you pull this card, your inner unicorn is emerging to remind you to eliminate self-doubt and believe in yourself.

This cosmic creature of the night will reveal its wisdom to you through the world of dreams.

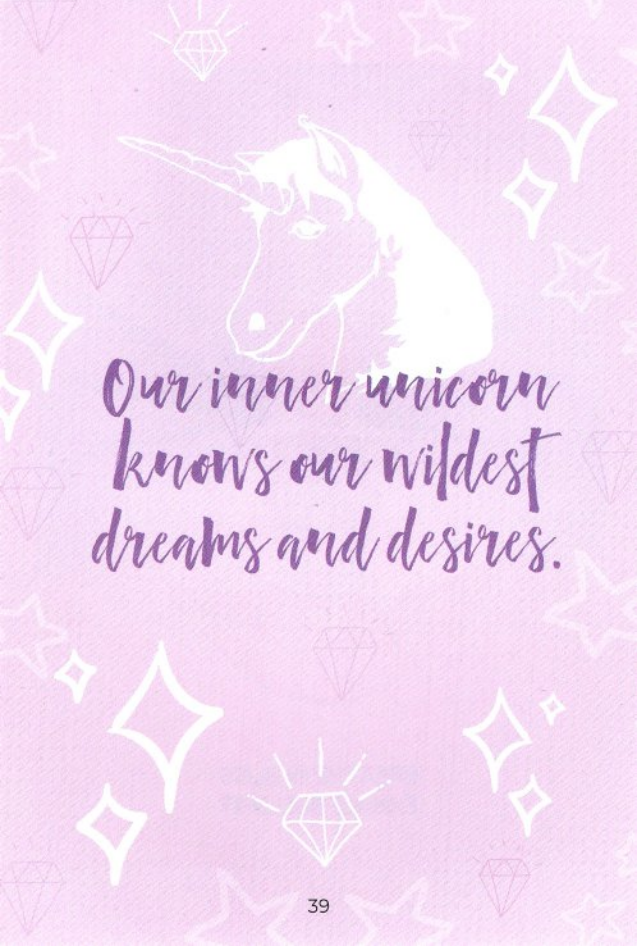
Call upon your inner unicorn to be more confident, courageous, joyful, and trusting.

You have everything you need to evolve into the next phase of your spiritual growth.

This spirit guide offers you divine wisdom and freedom to be who you came here to be.

Believe anything is possible and unleash your inner unicorn.

I BELIEVE IN MY UNIQUE SPARKLE MAGIC AND
UNLEASH MY INNER UNICORN.

A pink background featuring a central illustration of a unicorn's head in profile, facing left. The unicorn has a long, pointed horn and a flowing mane. Surrounding the unicorn are various decorative elements: white outlines of stars, diamonds, and sparkles of different sizes and orientations. The overall aesthetic is whimsical and magical.

*Our inner unicorn
knows our wildest
dreams and desires.*



BREATHE IN BLISS
EXHALE BULLSHIT

Breathe in bliss. Exhale bullshit.

Give yourself permission to pause and get #blissedout

Wooooosawwww. Doesn't it feel good to just stop and pause for a moment?

Let's face it - life happens. One minute we're vibin' high and the next we're hit with some hard news that brings us spiraling back to earth.

Your breath is a powerful tool that can eliminate built-up frustration and increase overall calmness.

Without it, you wouldn't survive.

When you start to take conscious control of your breathing, you can begin to slow down your overthinking mind (hello stress center!).

Just a few moments of deep intentional breathing has shown to reduce stress, alleviate anxiety, and bring on a sense of peacefulness.

You don't have to meditate in the Himalayas to find your bliss.



Breathe in bliss. Exhale bullshit.

When feeling overwhelmed with stress, you can automatically ease your anger and soothe your anxiety by taking 10 long deep, full-body breaths.

Inhale and exhale to count of 4 and allow the breath to fill up your entire body, expand your belly, and let your neck and shoulders relax.


As you exhale allow yourself to completely let go. Release the stress, the doubt, the worry, the fear, the anger, the impatience, the blame, the resentment, the fear, the frustration, the pain, and anything else that's weighing you down.

Your breath anchors you into the present moment. This quick meditation will help you melt away the bullshit of the day and align your 7 main energy centers called chakras.

Set a timer for 10 minutes and breathe in the bliss.

I GIVE MYSELF PERMISSION TO PAUSE AND
BREATHE IN BLISS.





Your breath
anchors you
into the present
moment.



CELEBRATE YOURSELF
YOU DESERVE IT

Celebrate yourself. You deserve it.

Yay! You are amazing, so take a moment to celebrate yourself.

It's almost become normal to punish ourselves while we're in pursuit of our goals with negative thoughts like "I'm not there yet" or "It's not perfect". We need to flip the script on those self-defeating thoughts and learn to celebrate the small stuff.

If you've pulled this card, it is time to celebrate how far you've come in this exact moment. You are doing an awesome job at life (even if you don't feel like it!). Stop waiting for the major monthly holidays and learn to celebrate yourself daily.

" THE MORE YOU PRAISE AND CELEBRATE YOUR LIFE, THE MORE THERE IS IN LIFE TO CELEBRATE." —OPRAH WINFREY

When was the last time you celebrated yourself? Been awhile? Do something today that honors YOU and all your amazingness. Celebrating yourself doesn't always have to be extravagant. You can keep it simple and dress up, buy some flowers, write yourself a love note, take a nap, or treat yourself to a fancy dinner. You deserve it.

I CELEBRATE MYSELF TODAY AND EVERY DAY BECAUSE I DESERVE IT.

Success



JOURNAL
CHANGE ONE THING TODAY
START SMALL

Change one thing today.

Let today be the day that you make shit happen.

One day or day one - you decide. Just like Beyoncé, we all have the same 24 hours in a day and the freedom to choose what life we want to live. We crave change, yet on a deeper level, we resist it at the same time.

Life is in constant change; however, the bigger changes seem to scare us back into our comfort zone. Trying to do a massive overhaul on your life can be overwhelming, so start small. What's ONE small thing you can change today that will make life better tomorrow?

By changing one small thing, you create a ripple effect across every area in your life. Small daily changes equal massive transformation in the future. When I decided to stop drinking soda, I didn't know that small change would eventually lead me to make bigger changes in my life like going plant-based and losing 75lbs.

Change doesn't have to be hard. When you pull this card, try starting small and commit for 30 days. Once you master breaking one bad habit, you will have the confidence and momentum to keep making positive changes.

I COMMIT TO CHANGING ONE SMALL THING TODAY.



COMMIT TO SELF-CARE RITUALS

Commit to self-care rituals. ✨

Self-care isn't selfish, so give yourself permission to put yourself first.

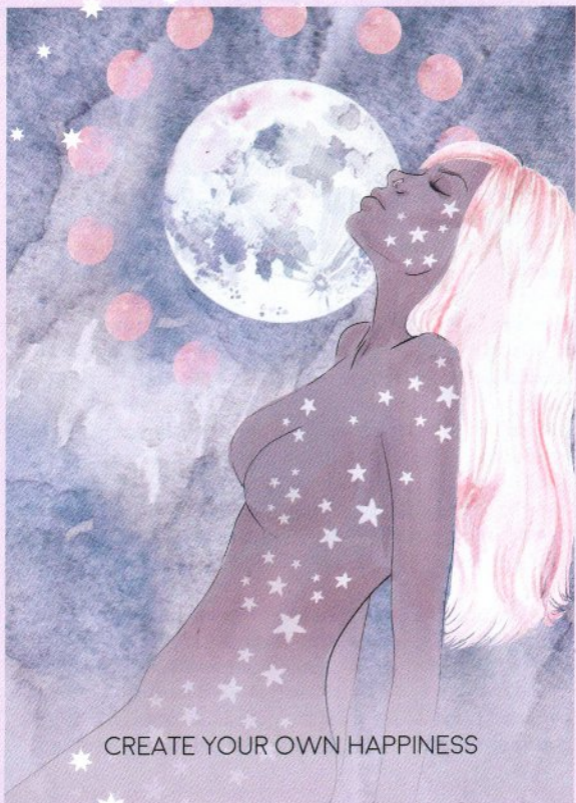
Are you guilty of always putting others before yourself? Sometimes we get into the habit of trying to take care of everyone except ourselves. We fall off the healthy habit bandwagon and nurturing ourselves seems like a chore. Don't wait until resentment or anger kicks in to take a break.

If you've been over-giving and you're on the edge of burnout, this card shows up as a reminder to take care of yourself before overextending again. Remember, you can't give from an empty cup. When you pull this card, it's time to take a self-care sabbatical and recommit to your rituals. Rituals are small daily acts that become habits over time. Sometimes all you need is a simple 5-minute meditation to recharge your batteries. Consistency is key. Maybe you go all out and clear your calendar for a DIY spa day at home! ✨

Remember: It takes 21 days to create a habit so COMMIT to your rituals. Do yourself a favor and fulfill your cravings first today. Plus, you'll be in a much better mood if shit hits the fan. Caution! Self-care side effects can lead to more happiness, increased energy, boosted confidence, plus more patience for annoying people!

I COMMIT TO MY SELF-CARE RITUALS AND PLAN ON PAMPERING MYSELF TODAY.





CREATE YOUR OWN HAPPINESS

Create your own happiness.

Happiness is a choice and it's up to you to create it.

Just as the moon phases from dark to full so do our emotions. E-motions are "energy in motion", and each one represents a different expression of our inner self.

Anger arises when something is unfair, we invoke happiness when something delights us, and sadness engulfs us when we experience loss or pain.

Although we can't control our external circumstances, we can control our attitude and how we respond to any given moment. You don't need life to be perfect to create your own happiness.

YOU DEFINE YOUR HAPPY.
DON'T LET ANYONE RAIN ON YOUR PARADE.

Money can buy you temporary pleasure but not everlasting joy. Focus less on what you're lacking and more on what you do have.

You can start by enjoying the simple things in life like belly laughing with friends, cuddling with animals, or playing in nature.

Spend time each day doing something you love.

Create your own happiness.

Have fun. Be silly. Smile more.

Set exciting goals for yourself.

Let go of grudges.

Challenge your negative beliefs.

Take a break from social media.

Get lost in creativity.

Stop complaining. Compliment yourself.

Find your balance. Pursue life with purpose.

Start a self-care ritual.

Look on the bright side and acknowledge the shitty moments because life isn't always kittens and rainbows.

Go on a gratitude rampage because we all know you can't be thankful and pissed at the same time. ;)

I AM IN CONTROL OF HOW I WANT TO FEEL
AND I CHOOSE HAPPINESS.



MONEY CAN BUY YOU
TEMPORARY PLEASURE BUT
NOT EVERLASTING JOY.



EMBRACE YOUR INNER DIVINE GODDESS

Embrace your inner Divine Goddess.

Let your hair down, open your heart wide, and embrace your inner Divine Goddess.

There's a place within the center of your heart that you may have buried deep. She's gentle yet fierce. She's elegant yet fiery. She's loving but takes no shit. She is your inner Divine Goddess that can't be shaken.

We all have 2 life force energies that are constantly seeking balance: masculine (yang) and feminine (yin). Feminine energy is about being not doing, flowing not forcing, and receiving instead of always being the giver.

When you pull this card it's time you tap back into your natural confidence, get your creative juices flowing, indulge all your senses, and embrace your sexual side.

Practice radical self-care by creating a sacred space to connect to your body's wisdom through pleasure and touch. Spend time in nature, appreciate the beauty in all things, and express your creativity in ways that make you come alive.

I DEMONSTRATE MY POWER BY TRUSTING MY INTUITION, SPEAKING MY TRUTH, EXPRESSING MY UNIQUE SELF AND NOT GIVING A SHIT WHAT OTHERS THINK ABOUT ME.



FORGIVE SOMEONE

Forgive someone.

Hurt people - hurt people.

If you've pulled this card, your heart is asking to be healed through the process of forgiveness. Psychologists define forgiveness as a conscious, deliberate decision to release feelings of resentment or vengeance toward people who have harmed you, regardless of whether they actually deserve it.

Life is too short to hold on to hatred.

Forgiveness doesn't mean reconciliation, and it certainly doesn't deny the seriousness of an offense against you. However, grudges take up our precious time and energy that could be used for spiritual growth. Preoccupation with pain from the past prevents us from engaging in the possibilities of the present moment and stops the flow of life when you get stuck on old hurts.

EVERY TRAUMATIC, PAINFUL, OR UNCOMFORTABLE
MOMENT YOU'VE EXPERIENCED OFFERED YOU
A CHANCE TO GROW. TO BECOME STRONGER.
TO BE WHO YOU REALLY ARE.

The past is the past. We can't change what happened, but we can accept and grow from it. Sometimes the hardest person to forgive is yourself because of all the negative self-talk, the unaligned actions, and the ignored whispers of your soul.



Forgive someone.

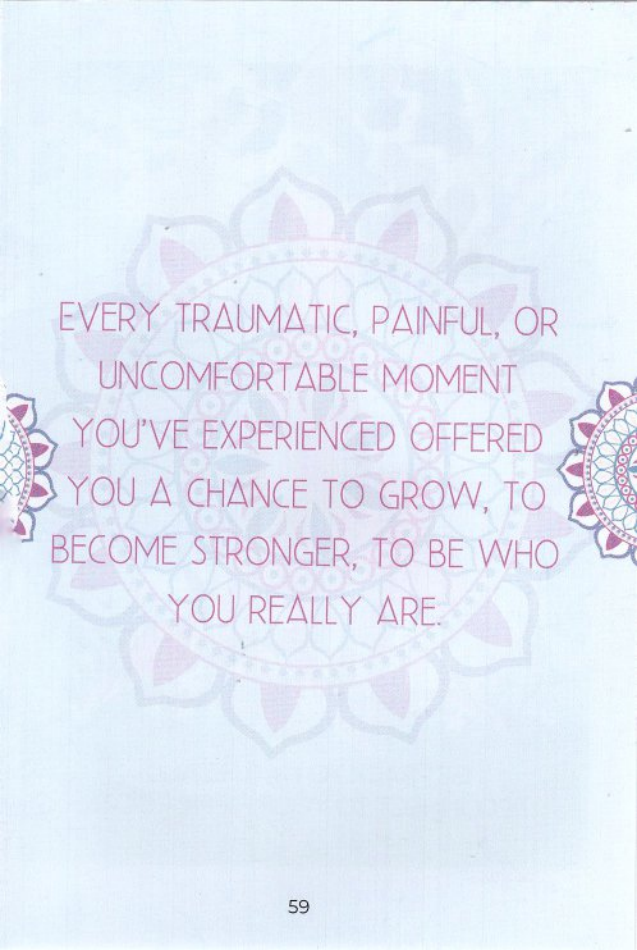
Let's face it - sometimes assholes are the exact reason why we make a courageous change. I look back and can now thank my inner mean girl for always bringing to my attention the thought "you're fat" as a deeper desire to get healthy and love my body.

With hindsight, you can find the silver lining in each experience, learn the lesson (so you don't repeat the same cycle), and begin to thank each person for their contribution to your evolution. Let go of the weight you're carrying. Find compassion for yourself and others.

Is there someone that comes to mind immediately that you've been holding hostage in your heart? Try this powerful forgiveness exercise. Write a letter to the person you would like to forgive and once you're done releasing all your emotions (let it alllll out in the letter!) then tear it up, take a deep breath in and say the intention "*I let go and forgive*" as you exhale.

Forgiveness heals the soul, lightens the burdens, and energizes the spirit. Freedom is on the other side of releasing resentment, regret, hatred, anger, blame, or mistrust. Happiness is within your power. Breakdown the walls you've built up around your heart and let love in.

I RELEASE THE HEAVINESS IN MY HEART AND
FORGIVE ALL INVOLVED.



EVERY TRAUMATIC, PAINFUL, OR
UNCOMFORTABLE MOMENT
YOU'VE EXPERIENCED OFFERED
YOU A CHANCE TO GROW, TO
BECOME STRONGER, TO BE WHO
YOU REALLY ARE.



GET BACK TO NATURE AND
RECONNECT TO YOUR HIPPIE ROOTS

Get back to nature and reconnect with your hippie roots.

Mother nature is calling you to reconnect with her wisdom and get back to your hippie roots.



Tune in. One sign that you're spiritually awakening is you develop a deeper desire to spend time in nature. In nature, you can disconnect from the hustle and bustle of the busy world to reconnect with the core values of your inner hippie: peace, love, and harmony.



You may be drawn to study holistic healing, such as Ayurvedic medicine, essential oils, crystals, chakras, energy healing, yoga/meditation, or shopping locally and eating organic. You might even be thinking of going vegan. Nature has all the answers if you have the awareness to notice. Ducks show us how to shake it off when you get upset and the squirrels show us how to have fun while diligently preparing for the future.

Carl Sagan pointed out that we're all made of stardust (carbon, nitrogen, and oxygen). We're all connected in the cosmos. Spend time in nature even if you have to use a local park to reconnect to your roots. Try taking off your shoes and grounding your energy to the Earth or bring nature to you by adding some house plants. Eliminate products with toxic chemicals and opt for a Pinterest DIY.

I RECONNECT WITH MY HIPPIE ROOTS AND
SPEND TIME LISTENING TO THE WISDOM OF NATURE.





GET CREATIVE AND EXCITE YOUR
IMAGINATION WITH WONDER

Get creative and excite your imagination with wonder.


Stop saying you're bored and let your imagination go wild with wonder.

Creativity, in short, is turning your ideas into reality by using your imagination to put things together in a way that has never been done before. The word art is written in the word eARTh, so it seems obvious tapping into our creative side contributes to our soul's growth and purpose on this planet. Einstein said, "*Imagination is more important than knowledge*".

Curiosity is the cure for boredom, so when you pull this card, unleash your creativity by redecorating, cooking, coloring, singing, dancing, capturing photos, writing or whatever way you feel called to express yourself. The problem isn't that you don't have any ideas, it's likely you haven't created the space to give them life and bring them into the world. Time and patience required!

Doubt stops us from turning our dreams into reality. Spend time daily doing something that excites your imagination to stay in flow. What creative project can you get lost in today? Set aside time and space to create instead of waiting for inspiration to strike. Remember: be prepared to make mistakes and don't criticize your creations. Learn from the mis-take and try again.

I EXCITE MY IMAGINATION WITH WONDER AND ALLOW MYSELF TO GET CREATIVE.



Thankful
for...

GRATITUDE RAMPAGE
LIST 10 THINGS YOU'RE THANKFUL FOR

Gratitude Rampage.

Every moment has something to be grateful for if you can find it.

To appreciate means to “make more of”. In other words, what you focus on expands. Gratitude is a potent magic power for manifesting more of what you want in your life.

If you're constantly focusing on what goes wrong or what you don't like, then by Law of Attraction, you begin to attract more experiences that cause those negative feelings.

The same goes for gratitude, so keeping a regular practice of thankfulness continues the supply of awesomeness. It takes more than just saying “Thank you!” to activate the manifesting magic.

When going on your gratitude rampage, make sure you FEEL with every ounce of your emotional being the joy for each thing on your list. Get into the habit of saying “Thank you!” for all the small things in your life.

Keep a journal by your bedside and spend a few minutes each night going on a gratitude rampage and notice all the blessings that begin to pour in.

I AM THANKFUL FOR ALL THE THINGS IN MY LIFE
AND I'M OPEN TO RECEIVING MORE.





JOURNAL IT OUT
WRITE HOW YOU FEEL

Journal it out and write how you feel.

Get out of your head and into your heart so you can journal it out.

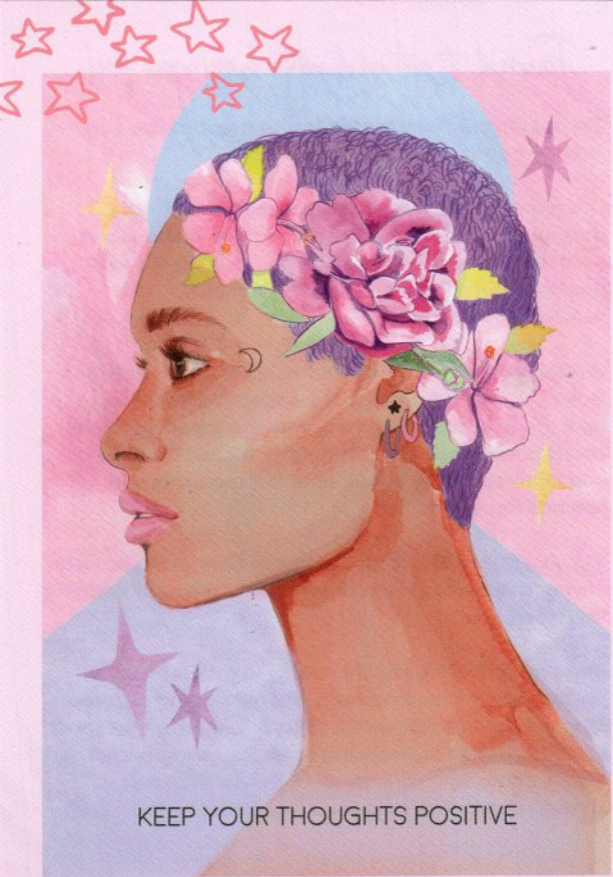
Often times we have a bazillion thoughts running through our mind racing a million miles an hour and it can be a little overwhelming. The best way to sort through your thoughts is to get them out of your head and on to paper.

Writing down how we feel allows us to take a deeper look at our life from a higher perspective. When we take the time to get intimate with our inner world we create space to clear our thoughts, focus on our goals, and cultivate clarity about what our thoughts and feelings represent.

If you've pulled this card, it's time to clear out the clutter of your mind and ease your emotions by acknowledging them on paper.

Remember: E-motions are energy in motion. Our feelings are the first indicator of what's going on in our inner world. Journaling has loads of evidence that show its effectiveness on reducing stress, boosting overall mood, enhancing your sense of well-being, and has shown to reduce depression and mental health issues.

I COMMIT TO CLEAR SOME SPACE. TUNE INTO MY SOUL AND JOURNAL IT OUT!



KEEP YOUR THOUGHTS POSITIVE

Keep your thoughts positive.

It's up to you to think happy, and be happy, so keep your thoughts positive.

Where your thoughts go, energy flows. Living an enlightened life comes with a positive price. With practice, you are able to consciously control your thoughts, and you have the power to choose positivity over self-defeating or criticizing thoughts.

Your internal dialogue reflects in your attitude, outlook on life, and can even affect your health and wellbeing. The good news is that your brain can only focus on one thing at a time, so you can retrain your brain to find the positive in each moment by asking "What good can come from this?"

Don't be a drama queen or overreact. Find the solution and move forward. Light up and laugh at yourself more. Be playful and find the fun in life as if you were a kid again.

Challenge yourself to only speak positively for the next 24 hours. Turn "I can't" into "I can!" or "I don't like" into "I prefer". Look for the possibilities and choose to see the glass half full because happiness is a choice.

I CHOOSE TO BE HAPPY AND PLAN TO KEEP MY
THOUGHTS POSITIVE TODAY.





LET GO OF CONTROL AND
RELAX INTO FLOW

Let go of control and relax into flow.

Life is happening to help you out, so just let go and relax into flow.

When you resist the reality of what is actually happening, you will miss the magic of the moment. Holding on to expectations of what you think should happen only limits you from finding freedom, fun, and flow in your life.

When you surrender your control, fear, worry, doubt, and stress, you begin to activate the spiritual synchronicities that align with your soul's purpose. Stop stressing about the "shoulds" and "supposed to's." You are always where you're meant to be in Divine timing. Drop the expectations and take my mom's advice: "Let it go, Louie."

Let go of fear. Let go of worry. Let go of anger. Let go of guilt. Let go of excuses. Let go of comparison. Let go of negative relationships. Let go of resentment. Let go of blame. Let go of jealousy. Let go of excess. Let go of old beliefs and patterns.

Self-love is about finding the balance between striving for your wildest dreams and relaxing during the in-between. When you let go of the old, you make room to receive the new you've been asking for. Take a deep breath and pause. Let go and relax.

I LET GO AND FIND MYSELF IN A MAGICAL FLOW
OF SYNCHRONICITIES.



LOOK FOR THE SIGNS
AND SYNCHRONICITIES

Look for the signs and synchronicities.

What's meant for you won't miss you, so look for the signs.

Isn't it ironic that as I'm writing this, Irony by Alanis Morissette started playing? That is life's magic at it's finest. Often times, our spiritual journey of self-discovery can be confusing and even intimidating when venturing into the unknown. Our spirit guides send us signs and synchronicities to catch our attention and remind us we're exactly where we're meant to be.

Carl Jung described synchronicity as "meaningful coincidences" where two or more signs that occurred randomly were also connected by meaning (not by cause).

Do you ever see repeating numbers like 11:11? 222? 444? 777? These repeating "angel numbers" show up when your guides are trying to get your attention. Each number has its own special meaning like "keep your thoughts positive" when you see 11:11.

Animals and nature often show up with a deep significance and spiritual meaning.



Look for the signs and synchronicities.

Signs show up in meaningful ways, and some common ones are: pennies, coins, rainbows, butterflies, birds, ladybugs, dragonflies, flashes of light, feathers, scents that remind you of your passed loved ones, full-body tingles, a ringing in the ear, or even music that pops on the radio in perfect timing.

One of my favorite things to do when learning to connect with your spirit guides is to set your "spirit sign". Your spirit sign is something meaningful to you that when you experience it, you KNOW without a doubt that it's your angels on the other side.

I personally chose something rare like a hot pink car, so that way when it shows up, I know it's synchronicity. I also picked the song "Landslide" by Fleetwood Mac to represent my father who passed away, so when it plays, I know he's watching over me.

Synchronicities seem to speed up when you spend a lot of time in meditation, art, ritual, intentional movement or prayer. Seeking the signs will bring more magic into your life, so be on the lookout.

I SEEK OUT THE MAGIC IN LIFE BY NOTICING THE SIGNS AND SYNCHRONICITIES ALL AROUND ME.



Our spirit guides
send us signs and
synchronicities to catch
our attention and
remind us we're
exactly where we're
meant to be.



NOURISH YOUR BODY
WITH HIGH-VIBING ENERGY

Nourish your body with high-vibing energy.

Food is fuel, so nourish your body with high-vibing energy.

Nutrients are the nourishing substances found in food that are essential for our growth and maintenance. Have you ever heard the term you're a spiritual being in a physical body? Your body is your soul's home, and it's up to you to take care of it. If you've been trashing your temple lately, this card comes as a reminder to nourish yourself with high-vibing energy.

Just as you would never put anything but gasoline in the tank of your car, there are also many things our body is not designed to deal with. Detox yourself by adding more nutrient-rich foods into your diet like kale, avocados, blueberries, and potatoes. Even dark chocolate has an amazing range of antioxidants. My personal rule for eating is it must grow from the ground.

If you've made food the enemy, it's time to reevaluate your relationship with your body. Are you treating your body like your bestie or are you eating your emotions and neglecting your needs? Ask your body what it wants more or less of right now to optimize your well-being and then take action. Your health begins in the grocery store, so make empowered choices and stop yourself from purchasing anything that you can't pronounce.

I COMMIT TO NOURISHING MY BODY AND I'M GRATEFUL FOR MY HEALTH AND WELL-BEING



PERFORM A RANDOM ACT OF KINDNESS

Perform a random act of kindness.

Be a good human and perform a random act of kindness.

It's easy to get caught up in the busyness of our lives that we often forget the simplest of things can make the most significant impact on others. Kindness costs nothing.

Whether you feel called to pay it forward in the coffee chain at Starbucks, or you share a smile to someone who needs it - today offers you the gift of giving.

If you've pulled this card, you're being nudged to start a ripple effect of kindness. Whether it be a smile, a kind word, a listening ear, or paying for the next coffee in line, you always have the capacity to pay it forward.

Doing good always feels good, and it has the power to change someone's day.

My favorite way to offer kindness is to start off with a compliment. This opens up a stranger's heart and connects you on a soul level. You get what you give, so make sure you're giving the good stuff.

**I OPEN MY HEART TO HAVE THE COURAGE TO
PERFORM A RANDOM ACT OF KINDNESS.**



PRACTICE FENG SHUI
CREATE A SACRED SPACE

Practice Feng Shui. Create a sacred space.

Your home is your safe haven, so take a moment to practice Feng Shui and tidy up.

Feng Shui, "wind and water," is a traditional Chinese concept of arranging your environment to enhance your life to ensure that you live in harmony with your home.

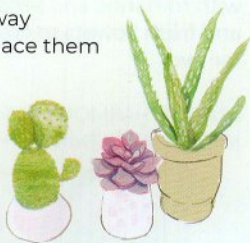
Everything is affecting your energy positively or negatively, so it's important to surround yourself with everything you love and create a sacred space.


Things that make us feel annoyed, anxious, or sad zap our energy.

Energy zappers can be pictures of people you aren't in a good relationship with, broken items, clothes that don't fit, or art/furniture that no longer reflects your personal style.

Do a declutter detox to clear away these low vibing items and replace them with things that light you up.

Clutter and uncleanliness can cause overwhelm and lack of motivation.





Practice Feng Shui. Create a sacred space.

If you've been struggling with health goals, do a pantry check and see if there are any expired spices or processed foods that need to go.

Clear out stacks of papers in your office to re-energize those business goals you've been putting off or hang some uplifting wall art for added inspiration.

A simple way to cleanse negative energy is by burning dried sage or incense in your home. Set the intention to clear away negative energy and crack the doors or windows to release.

Create visual reminders like a vision board, positive inspirational quotes, pictures of mentors or vacation destinations.

If you desire an intimate relationship, fill your home with romantic and sensual objects, such as candles and fresh flowers to create an inviting bedroom space for two.

I CREATE HARMONY IN MY HOME BY SURROUNDING MYSELF WITH THINGS THAT MAKE MY HEART HAPPY.

Clutter and
uncleanliness can
cause overwhelm
and lack of
motivation.





RELEASE SELF-DOUBT
LET GO OF FEAR

Release self-doubt. Let go of fear.

Stop playing small and release your self-doubt!

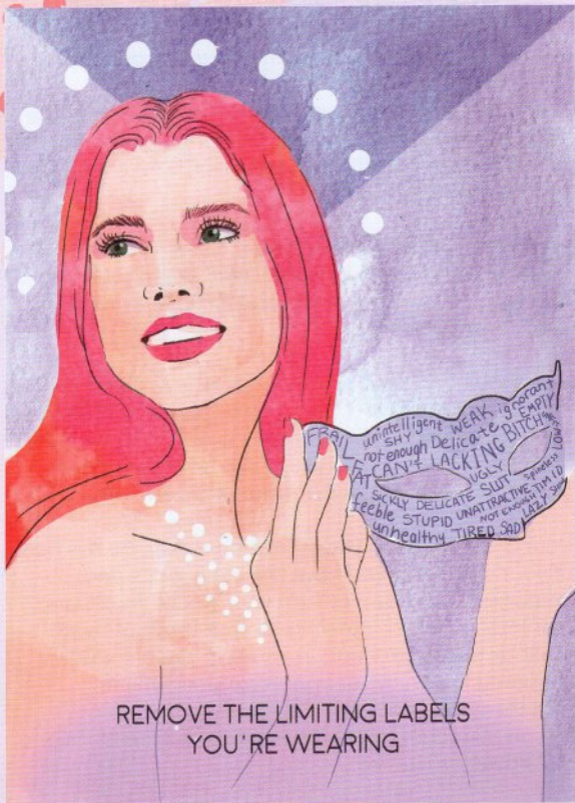
There isn't one person who hasn't been held back by the stronghold of self-doubt. Fear finds a way to creep in and has you questioning your worth, lovability, and your true potential.

Sometimes doubt feels so heavy it stops you from tapping into your inner truth. Deep down you know the truth of your soul. That you are capable. Brilliant. Able. Courageous.

Have you been doubting yourself lately? Ready to give up? Go and hide? If you've pulled this card, it's time to take your foot off the brake and look fear in the face. The only fear is the one you make up in your head (unless there's danger involved. Bears are real.)

Your dreams are on the other side of fear. Be the hero of your own story and have the confidence and courage to keep going. Turn your worry, doubt, and fear into fuel by channeling all your thoughts and feelings toward trusting in yourself. You are always prepared for whatever opportunity lies ahead, and the worst that can happen is you learn a new lesson about yourself. Stop holding yourself back and say #byefelicia to fear.

I RELEASE SELF-DOUBT AND TURN MY FEAR
INTO COURAGE.



REMOVE THE LIMITING LABELS
YOU'RE WEARING

FRAIL unIntelligent WEAK ignorant
SHY Delicate Empty
not enough BITCH
CAN'T LACKING
SICKLY DELICATE SLUT
feeble STUPID UNATTRACTIVE
unhealthy TIRED SAD

Remove the limiting labels you're wearing.

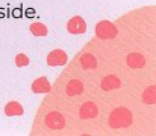
Look beyond the labels and remember how brilliantly beautiful you are.

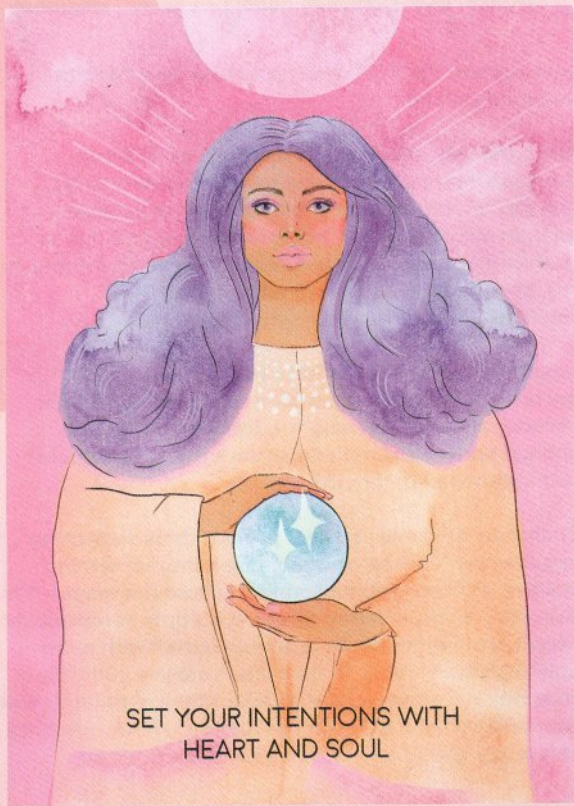
Along the way, we've picked up toxic beliefs about ourselves. Maybe you've been told you weren't smart enough, lovable enough, pretty enough, or whatever enough. Whether you've accepted other's opinions as truth or you've created the mask that hides your authentic self, it's time to remove the limiting labels you're wearing and let your light shine.

I spent most of my life repeating the phrase "I'm fat!" in my head. A label picked up from early childhood. After decades of being overweight, I decided enough was enough and it was time to peel back the layers of pain I had accumulated from this label.

Challenge: Any time you hear yourself think something negative say "Cancel!" and rephrase it into something positive and loving about yourself. I chose the mantra "I'm beautiful." If you've pulled this card, it's time to replace the negative thoughts you have about yourself with more uplifting beliefs. What limiting labels are you currently wearing? Have the courage to take off the mask and shine your brilliant light. Beneath the labels you're true essence of love, joy, grace, beauty, and peacefulness reside.

I REMOVE THE LIMITING LABELS AND ALLOW MY
AUTHENTIC LIGHT TO SHINE. 87





SET YOUR INTENTIONS WITH
HEART AND SOUL

Set your intentions with heart and soul.

Living a life filled with passion and purpose starts with intention.

Setting an intention for how you want to feel and what you want to experience puts into motion opportunities to express your desires. Every moment of your life you are making a choice, and your intentions set the tone for optimism and hope.



WAYNE DYER SAID.



"OUR INTENTION CREATES OUR REALITY."

It's easy to set an intention before a yoga class, but do you harness the power of intentional living in all areas of your life? Like setting an intention to show up as your best self for others or intending to stay calm during a stressful situation.

Remind yourself each morning that today is a new day. The dreaming and waking moment provides the perfect meditative mindset to plant your seeds of intention for the day. Try using this morning mantra: Breathe in and say "I start my day with an open heart." Breathe out and say "I accept with compassion everything that comes my way."

I SET MY INTENTIONS WITH HEART AND SOUL
AND STAY OPEN TO WHATEVER COMES MY WAY.



SHOW OFF YOUR SPARKLE
AND SHINE FROM THE INSIDE

Show off your sparkle and
shine from the inside.

When you stop giving a shit about others' opinions,
you SHINE from the inside.

You are meant to SHINE!

Don't let others dull your sparkle because they're
intimidated by your authenticity.

People are going to judge you NO MATTER WHAT!

They will judge you if you hate yourself, and they
judge you if you love yourself, so why not make it a
little easier by being on your own team.

Make friends with your darkness so you can overcome
the fear of sharing your gifts and shining your light.

"DON'T LET THE INSECURITIES OF
OTHERS DULL YOUR SPARKLE.
SHINE LIKE THE STAR YOU ARE
BORN TO BE." -KAREN CIVIL

*Show off your sparkle and
shine from the inside.*

When you SHINE from the inside you exude an unmistakable effortless grace.

You no longer give a shit about what others think.

You take responsibility to reclaim your power.

You love and accept yourself for exactly who you are.

You have the courage to try something new.

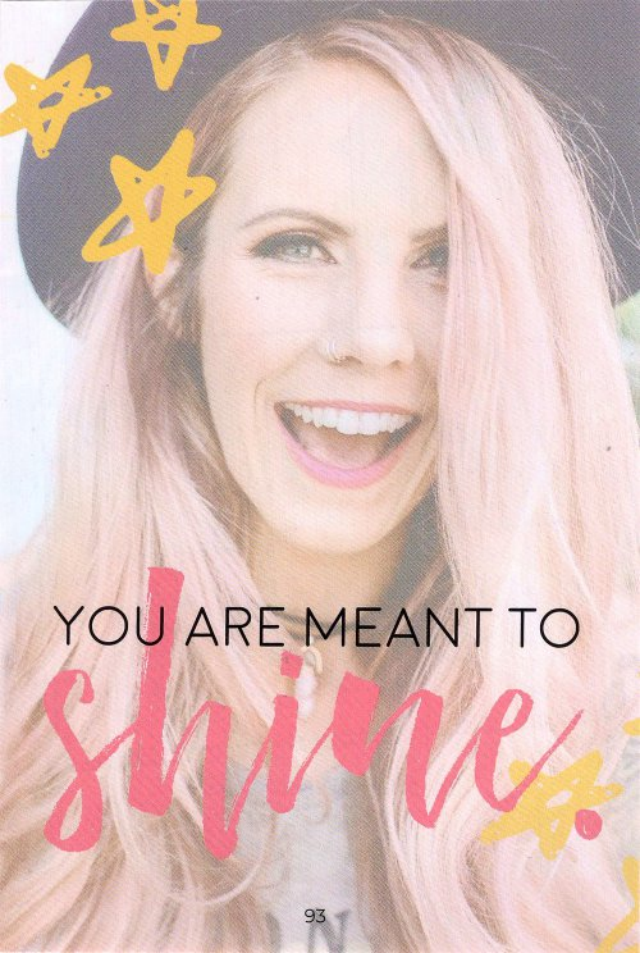
You love and respect your body.

You forgive yourself for all the BS you allowed.

Have you been holding back or shushing your soul's voice? You were born to shine your unique sparkle magic so stop hiding your light.

If you pulled this card, it's a reminder that the world needs more of YOU! Now is the time to turn up your SHINE and step into your power because you are here to be seen! Shine, sister, shine!

I AM MEANT TO SPARKLE AND SHINE!



YOU ARE MEANT TO

shine.



SLOW DOWN AND REST
YOU NEED IT

Slow down and rest. You need it.

Self-care isn't selfish so give yourself permission to put yourself first today.

When was the last time you asked yourself "What do I really need?"

Sloooow down and take a moment to tune into your soul's voice to see what you need most right now.

When you put your mind and body into overdrive and don't take the time to rest and refuel, your body begins to show physical signs that it's time to slow down.

Give yourself permission to make YOU a priority today before your body makes you.

They say we can't fill from an empty cup and to put our oxygen mask on first, yet we have the hardest time adopting this philosophy to all areas of our lives.

Don't wait until resentment or anger kicks in to take a break.

If you've been over-giving and you're on the edge of burnout, this card shows up as a reminder to take care of yourself before overextending again.

Slow down and rest. You need it.

Just like the moon, your energy comes in cycles. Find the balance between the push forward phase and slow down mode.

Think of the New Moon each month as a reminder to slow down, tune in, and set intentions for manifesting what you want more of in the next chapter. Take time to renew yourself before starting again. Each Full Moon acts as a time of releasing what no longer positively serves us so we can make room for the new.

Take time to renew yourself before starting again.

Ask your body what she needs most right now.

What would soothe your soul?

Sometimes all you need is a relaxing Epsom salt soak in the tub surrounded by #allthemagicalthings!

Take time to rest because you need and deserve it.

I SLOW DOWN TO HONOR WHAT MY SOUL NEEDS AND I PUT MYSELF FIRST TODAY.






Give yourself
permission
to make YOU
a priority today.



STAY AWAY FROM DRAMA TODAY

Stay away from drama today.



Do yourself a favor and stay away from drama today.

It's easy to get sucked into the chaos of others through the ever-changing landscape of social media.


If you've been finding yourself in comparison syndrome or surrounded by negativity, it's time to step away and take a detox from drama.

Empaths are especially sensitive to negativity, and drama is an energy drainer. To protect your energy you must spend some alone time to regenerate your energy and protect your boundaries.

You can spend time in nature to restore your connection to vital life force energy, soak in a hot Epsom salt bath, or get quiet in a relaxing meditation.

Whatever is available to you now, it's important you take a little #youtime today. Drama shows up in our lives in many different ways from social media to the TV shows we consume to the people we surround ourselves with.

Because we're constantly being bombarded by the thoughts and opinions of others, it can easily become overwhelming if we don't know how to disconnect from drama.



Stay away from drama today.


If you've pulled this card, it's time to withdraw from the drama of others and reconnect with yourself.

They say the 5 closest people you surround yourself with contribute to your quality of life. Take a moment to reflect on who you spend your time with and how they make you feel.

Do they bring out the best in you or do they drain you and drag you down?

You have the personal power to choose who you connect with so make sure the people you spend your time with are a reflection of who you'd like to become.

I AM IN CHARGE OF HOW I SPEND MY TIME. AND TODAY I CHOOSE TO BE DRAMA FREE.



Make sure the people you
spend your time with are a
reflection of who you'd
like to become.



An illustration of a woman with long, wavy red hair and freckles. Her eyes are closed, and she has a serene expression. She is wearing a light purple, long-sleeved top. The background is a soft pink with a large, faint circular shape behind her head. The entire scene is filled with colorful confetti in shades of green, yellow, and pink. The text is centered at the bottom of the illustration.

STEP OUT OF YOUR COMFORT ZONE
AND TRY SOMETHING NEW

Step out of your comfort zone.

Magic happens outside your comfort zone so get to steppin'.

New friendships, opportunities, adventures, and growth are all on the other side of your comfort zone. Sure it seems safe to stay snuggled in your security of patterns and routines but without change, life would be boring.

When you step into the uncertainty of the unknown, you take a risk of being vulnerable. It can open you up to the possibility of stress, anxiety, or fear of failure and rejection.

"Creatives fail and the really good ones fail often," Forbes contributor Steven Kotler wrote in a piece about Einstein.

Comfort Kills creativity.

If you've pulled this card, it's time to push the boundaries of your comfort zone and challenge yourself to try something new.

Step out of your comfort zone.

Your comfort zone is your neutral zone. If you've been coasting for a while get ready to accelerate into growth.

Start small by doing your daily routine differently.

Take a new way to work, speak to a stranger, or ask for the thing you've been afraid to.

REMEMBER: THE ANSWER IS "NO"
IF YOU DON'T ASK.


How do you expect to expand if you don't push yourself to your full potential?

The more you step into the unknown, the easier it becomes to deal with unexpected changes.

You might just be surprised at what can happen if you have the courage to try something new.

Maybe you don't have to leave your comfort zone at all...just expand it.

I STEP OUT OF MY COMFORT ZONE AND INTO THE
MAGIC OF NEW POSSIBILITIES.

The page features a light pink background with large, hand-drawn pink scribbles. At the bottom, there is a border of colorful confetti in shades of green, yellow, and pink. The text is centered in a simple, grey, sans-serif font.

"CREATIVES FAIL
AND THE REALLY
GOOD ONES
FAIL OFTEN."
-STEVEN KOTLER



STOP JUDGING AND START LOVING

Stop judging and start loving.

Shit talking is so last season so stop judging and start loving.

Our biggest challenge on this spiritual journey is transforming our fear into love. The Hamsa or Hand of Fatima is a powerful sign of protection against evil, jealousy, and insecurities. We judge others when we feel insecure, scared, lonely, or we're seeking a deeper change. Judgment wears the mask of making us feel superior in the moment but often leads to feelings of guilt, which in turn brings you both down.

You can only focus on one thing at a time, so choose LOVE over fear. To put an end to fear and invoke love, we must surrender our ego to spirit, force to flow, anxiety to calmness, sadness to joy, violence into peace, and selfishness into generosity.

Instead of bashing what you hate, start celebrating what you love. If you wouldn't say it to their face, don't say it behind their back. The journey of self-acceptance takes practice. Start with putting a stop to negative self-talk. Pay attention to your thoughts and push them in a positive direction by offering a compliment right off the bat. Put yourself in their shoes and stop trying to change them. If they aren't your cup of tea, get a new drink.



SURROUND YOURSELF
WITH YOUR SOUL TRIBE.

Surround yourself with your soul tribe.

Your vibe attracts your tribe so connect with people who "get you".

There will be some people who just "get you" and some who don't. Keep the ones who do and ditch the rest. If you've pulled this card it's time to call in your soul tribe for support.

Your soul family is those you feel a deep bond without being connected by blood. Your souls are on similar missions, and they tend to show up in perfect timing when you need support or guidance. You know it's your soul sister because it feels like you've known each other for a dozen lifetimes. Your energies seem to complete each other, and you have mutual love and respect. They help fuel your spiritual growth and remind you of why you're here.

There's no doubt you were born to your chosen family for your soul's growth and development, but that doesn't always mean you connect on a soul level. If you're the "black sheep" of the family, then it's essential for you to find a few like-minded friends that you can count on when you're feeling "alone". You'll be intuitively drawn together in a magical way once you put the message out to the Universe to "find your tribe."

I CALL IN MY SOUL TRIBE AND OPEN MY HEART TO GIVE AND RECEIVE SUPPORT. 109



TODAY HOLDS UNLIMITED POSSIBILITIES
TO SEE THE BEAUTY IN LIFE

Today holds unlimited possibilities
to see the beauty in life.

When you look for the beauty in life, you find it.

When was the last time you spent time in awe and wonder? Each day provides an opportunity to marvel at the perfection of existence. An unfolding flower, a perfectly painted sunset, or the sparkle of a shooting star all possess the power to bring us back into the present moment.

There is a universal rhythm flowing throughout the cosmos that connects us all. You are not here by accident. Just by being here, you are contributing to the cosmic dance. You matter. Today holds unlimited possibilities to see the beauty in life, but it's up to you to discover the miracles even in the darkness.

If you've pulled this card, it's time to start searching for the silver lining in each life lesson. Look for the beauty in each moment, find the positive in each person, and know that life is not happening to you - it's happening for you. Shifting into the positive takes practice. Begin today with trust that your life is unfolding in perfect Divine timing. You are exactly where you're meant to be.

I LOOK FOR THE BEAUTY IN EACH MOMENT AND
OPEN UP TO UNLIMITED POSSIBILITIES.





TREAT YOURSELF TO SOMETHING
BEAUTIFUL TODAY

Treat yourself to something beautiful.

You are worthy of living luxuriously so treat yourself to something beautiful today.

Why do we deny ourselves of life's luxuries?

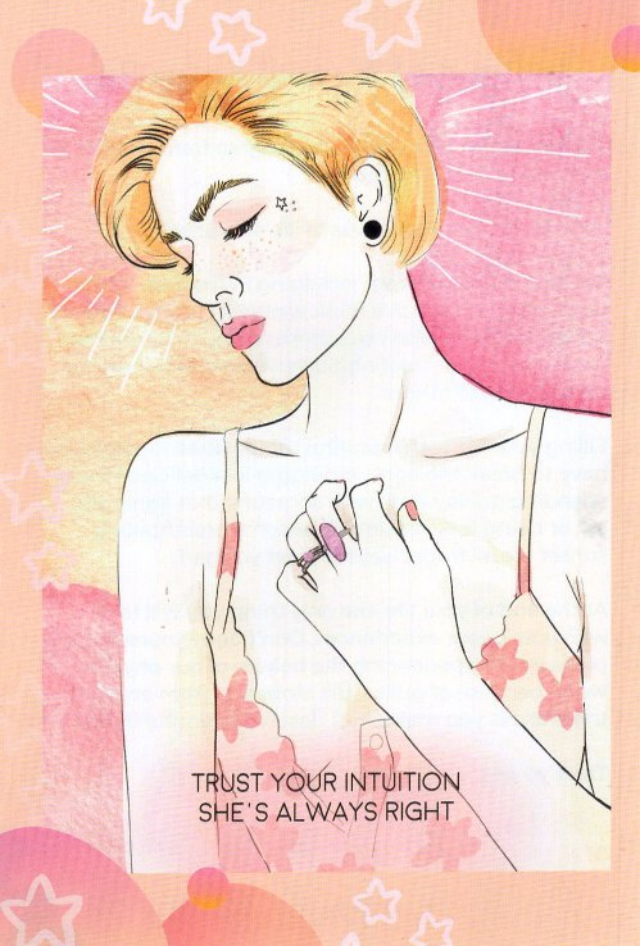
We stop ourselves from indulging in material items because of money. We think we don't deserve flowers unless someone else buys them for us. Or oftentimes we feel guilty for treating ourselves instead of saving up or giving to others.

Filling your life with beautiful things doesn't mean you have to break the bank. Indulging in a delicious meal, spending quality time with someone that lights you up, or being fully present to watch a breathtaking sunset are all frugal ways to treat yourself.

At the end of your life, the only thing you will take with you is your experiences. Don't deny yourself the pleasure of experiencing the beauty of our physical world because of guilt. Guilt stops you from enjoying the choices you make. You deserve beautiful things.

Treat yo' self.

I CHOOSE TO TREAT MYSELF TO SOMETHING
BEAUTIFUL TODAY #GUILTFREE.



TRUST YOUR INTUITION
SHE'S ALWAYS RIGHT

Trust your intuition. She's always right.

Your gut never lies so trust what you're feeling deep within.

Every person has the power of intuition but not everyone chooses to listen, trust, or follow it. Intuition presents itself in subtle whispers, goosebumps, flashes of clarity or the feeling that something is "off". It's a deep knowing that can't be logically explained.

"INTUITION DOESN'T TELL YOU WHAT YOU WANT TO HEAR: IT TELLS YOU WHAT YOU NEED TO HEAR."

—SONIA CHOQUETTE

The first step in developing your intuition is to get quiet and listen. Develop a regular practice of meditation so you can provide space for your soul to speak. Like all things, developing your intuition takes A LOT of practice. Begin trusting those small gut feelings by following through and taking action on the guidance.

Call the person on your mind, leave the party early, or take that random left turn on the drive home. Intuition doesn't always make rational sense at the moment, but looking back, she's always right. Slow down and stop looking for the answers outside yourself. Go within to find your Truth. She knows her shit.

I BUILD CONFIDENCE IN MYSELF EVERY TIME
I TRUST MY INTUITION.



TUNE INTO YOUR INNER PEACE

Tune into your inner peace.

You can change the world when you practice peace.

There is a place deep within you that is a reservoir of unlimited peace and unshakable serenity.

A place filled with love and compassion, empathy and understanding, forgiveness and freedom. A place called Bliss. Nirvana. Samadhi. Enlightenment. Whatever you want to call it, it is there waiting within to be witnessed.

If you've pulled this card, it's a call to come home to your sacred center. We all crave security. Even wanderlusts have a need for certainty about something, but where does this need come from?

Nothing in nature is fixed or forever. We know our bodies, our surroundings, and even the air we breathe is constantly shifting.

CHANGE IS THE ONLY CONSTANT.

All great philosophers speak of this still point we seek to find through quieting the mind. In Zen, there is the idea that if you "Accept what is, you will end suffering."

Simply put: stop resisting what has happened, learn the lesson, and then let go.

Tune into your inner peace.

We can reach this place of peace by practicing mindfulness. Setting aside time from this busy external reality to tune inward with meditation, yoga, rituals, or prayer.

The fastest way to find stillness is to focus on your breathing. Anxiety arises when our mind races and we hold our breath.

When you feel stress coming on, try long, slow deep breathing to bring yourself back to the present moment.

We sometimes fear the unknown of this inward experience and hide from our shadow side so we don't have to face our Truth, but the pain of the past is over.

Let your Truth liberate you. Each moment offers an opportunity for you to act from your highest integrity. The more we practice cultivating peace from within, the easier it is for us to stay in #zenmode when dealing with the drama of life.

Ask yourself "What do I need to release to find peace?" In a world constantly shifting, you must make inner stillness and serenity your new sense of security.

I COME BACK TO MY CENTER OF STILLNESS
AND TUNE INTO MY INNER PEACE.





*There is a place deep
within you that
is a reservoir of
unlimited peace and
unshakable serenity.*



TURN CRITICISM INTO KINDNESS

Turn criticism into kindness.

Turn comparison into compassion and criticism into kindness.

The need to judge others is a dead giveaway of our own shaky self-esteem. If you're in the habit of criticizing yourself, you'll most likely find reasons to criticize others to make you feel better about yourself.

When you judge your weight, you focus on the size and shape of everyone else around us and get trapped in constant comparison and criticism.

When you feel the urge to criticize someone else, challenge yourself to look inward at your own attitudes and quirks. Every negative thought offers you an enlightening opportunity for change. You can change your mindset or you can change your actions.

When you can embrace your own flaws, you can accept the fact that others come with their own kind of crazy too. It's ok we're not perfect, but we are all in this together. Learning to love ourselves extends our compassion to others. Put an end to trash talking and embrace each other.

I TURN MY JUDGMENT INTO CELEBRATION
AND CRITICISM INTO KINDNESS.



TURN LEMONS INTO LESSONS

Turn lemons into lessons.

Life isn't always sweet, so turn the lemons into lessons.

They say when life gives you lemons to make lemonade. It's not about WHAT happens to you, rather HOW you handle it. Life can dish up some crazy shit, so it's important you know how to handle those moments when they arise.

Step one: Breathe.

Step two: Accept.

Step three: Learn and grow.



They say every cloud has a silver lining. Only with hindsight can you see the lessons clearly. Reflection is a powerful tool to help you find the learning lesson.

However, it's not a reason to resent, relive, or repeat those events. Have you ever noticed how the lesson repeats itself with new people and experiences if we don't accept it?

They say it's not the cards you're dealt it's how you play the hand. If you've pulled this card it's time to look for the opportunity to learn and grow from whatever situation you're going through right now.

Turn lemons into lessons.

Instead of judging how it happened look by and thank it for WHY it happened.

They say the glass is either half full or half empty. You get to decide if you're going to play victim to life or if you're going to make life your bitch by looking on the bright side.

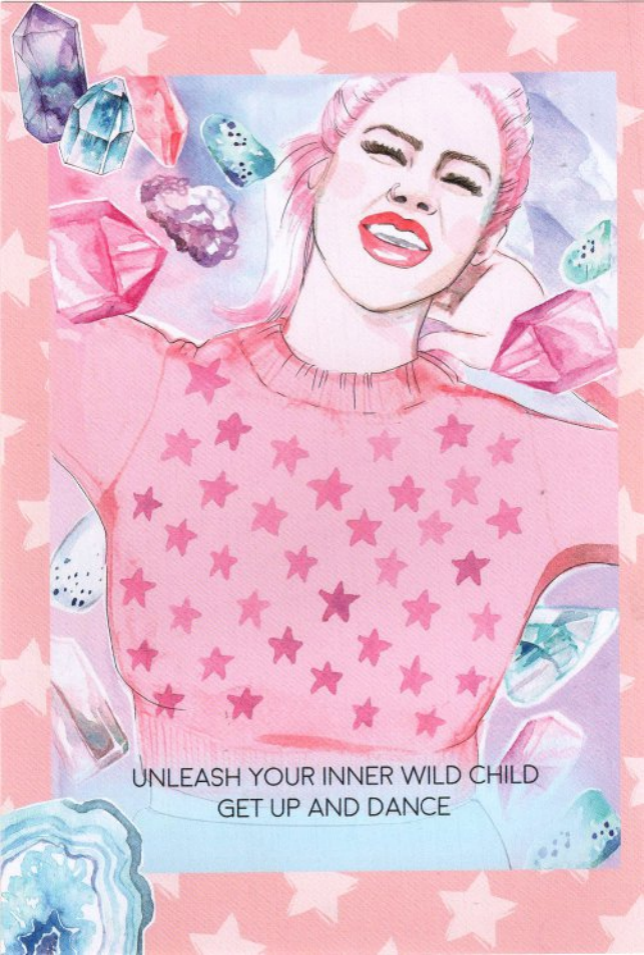
How can you expand your perspective to see the pain points as learning lessons?

I TRUST THAT ALL THINGS ARE HAPPENING TO HELP ME
BECOME MY BEST SELF.



A large, textured yellow circle is the central focus of the page. It has a watercolor-like appearance with soft, blended edges. Surrounding the circle are several thick, hand-painted brushstrokes. Pink strokes are located in the upper left quadrant, and yellow strokes are in the lower right quadrant. The background is a light, pale pink color.

MAKE LIFE YOUR BITCH
BY LOOKING ON
THE BRIGHT SIDE.



UNLEASH YOUR INNER WILD CHILD
GET UP AND DANCE

Unleash your inner wild child.
Get up and dance.

Stop adulting and let your inner wild child have some fun.

Beyond all the boundaries placed on us, there is a magical part within that remains totally wild, free, and ready for adventure.

Your inner child has fun living in the moment and knows no rules. She knows exactly what she wants and isn't afraid to demand it. It is your source of vitality and creativity.

We put so much pressure on ourselves to be perfect, and we leave no room for embracing the wild, untamed spirit within. If you don't take time to unleash your playful spontaneity, it can lead to a downward spiral of self-sabotage.

FRIEDRICH NIETZSCHE SAID.

"AND THOSE WHO WERE SEEN DANCING
WERE THOUGHT TO BE INSANE BY THOSE
WHO COULD NOT HEAR THE MUSIC."

Dancing and music represent the playful, not-so-serious nature of this world.

Unleash your inner wild child. Get up and dance.

Often times our to-do lists take over and we forget that playing actually leads to more productivity.

Connecting with your inner child can also help to heal the emotional damage that you've hidden from. This is your journey and you get to decide how you want to feel.

If you've pulled this card, your inner child is begging you to stop adulting for the moment and infuse some fun into your daily activities.

Try doodling, dancing, playing outside, writing poetry, laughing like crazy with a friend over nothing, or bust out your favorite board game.

Ask yourself "What do I need right now to have some more fun in my life?"

Make a list of all the things that light you up so anytime you're in a funk, you know exactly what you need to lift your spirit. Don't censor yourself; just dance like nobody's watching. Remember, angels fly because they take themselves lightly.

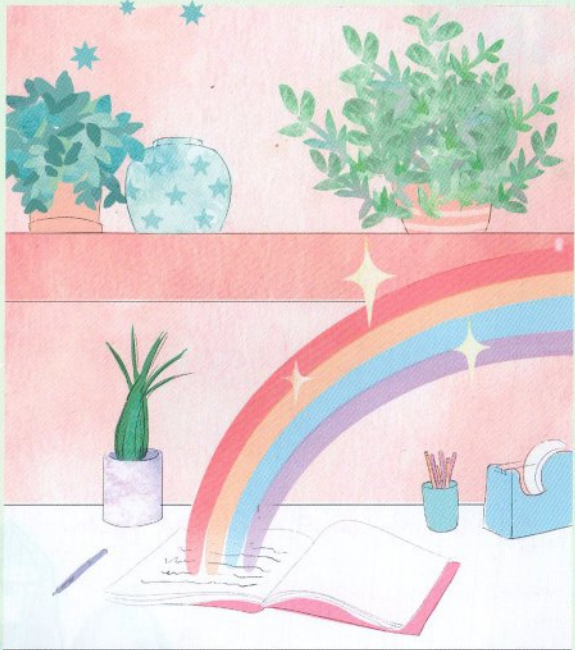
**I EXPRESS MY INNER WILD CHILD WITH TOTAL
FREEDOM AND FUN!**





Connecting with your
inner child can also
help to heal the
emotional damage that
you've hidden from.





WRITE DOWN YOUR GOALS
DREAM BIG

Write down your goals and dream big.

Create goals that are worth going for and dream bigger than ever!

Dr. Gail Matthews conducted a study that shows you are 42 percent more likely to achieve your goals if you write them down.

Self-made millionaire Grant Cardone would agree as he's known for writing his goals down twice a day!

The first step in turning your dreams into reality is to stop wishing and start believing!

Give yourself permission to conjure up your wildest and craziest dreams. Writing down your goals, no matter how big or how small, will hold you accountable to take action.

When deciding your dreams and goals, be sure to choose something you're passionate about so you don't find yourself giving up along the way because you've lost interest.

Passion is what drives your motivation to take the next action steps.

Write down your goals and dream big.

If you've been stuck all up in your mind with thoughts like "I can't" or "That'll never happen," then it's time to move from your head to your heart and let love lead the way.

There is a dream within your heart that is just waiting to be realized. What will you do with your time, energy, imagination, passion, and creativity?

Are you willing to change the story you've been telling yourself and allow your curiosity to come out and play?

The world needs your gift. Your creative expression. Your vision. Your you-ness.

You are painting the canvas of your life with every thought, feeling, action, idea, and experience you express.

You are creating your own unique masterpiece. Are you painting the story you want to experience?

I GO AFTER MY SOUL'S GOALS AND GIVE MYSELF PERMISSION TO DREAM BIG!



Passion is what drives
your motivation to take
the next action steps.



YOU ARE PERFECTLY BEAUTIFUL

You are perfectly beautiful.

Celebrate your differences because you are perfectly beautiful just the way you naturally are.

It's easy to fall victim of obsessing over others' opinions of us. We waste time worrying if we'll be accepted or rejected by others. We wait for others to tell us we're beautiful and discredit the compliments when they come.

GEORGIA O' KEEFE SAID.

"I HAVE ALREADY SETTLED IT FOR MYSELF SO FLATTERY AND CRITICISM GO DOWN THE SAME DRAIN AND I AM QUITE FREE."

If you pulled this card, it's time to stop trying to please people who are too concerned with themselves to notice your brilliance. You were created to contribute your unique sparkle magic by just being your perfectly beautiful self.

Stay true to your authentic essence and embrace your perfectly imperfect flaws. Send love to all parts of your body. We are all different, yet we all experience the same self-sabotaging thoughts and struggles.

Of course, we all want to be loved by others, but real self-worth begins when you start loving and accepting yourself - color, curves, and all! It's called SELF-love because only YOU can fulfill that need. Give yourself permission to #loveyourself!

I AM PERFECTLY BEAUTIFUL AND I LOVINGLY ACCEPT MY WHOLE SELF.



YOU ARE PURE MAGIC

You are pure magic.

Just in case you've forgotten: You're pure magic baby!

You were born a dreamer, but most likely you've buried your magic along the way. You may have forgotten you have this incredible manifesting power to create life, new ideas, inventions, connections, beauty, joy, and most importantly LOVE.

Everyone possesses magic, but only those willing to take charge of their lives and put in the work will activate its potential.

Stepping into your magic requires that you leave your old limiting beliefs behind, examine your intentions, and discover who you really are.

"MAGIC IS NOT SOMETHING YOU DO,
MAGIC IS SOMETHING YOU ARE."
-DONALD MICHAEL KRAIG

Stop waiting for someone else to create a perfect world, the perfect product, the perfect you-name-it. YOU were born to use your magic power and contribute your unique energy to the world.

You are destined for a life of magic if you just believe in the possibility of your dreams.

You are pure magic.

"BELIEVE IN YOUR HEART THAT YOU'RE MEANT TO LIVE A LIFE FULL OF PASSION,

PURPOSE, MAGIC AND MIRACLES."

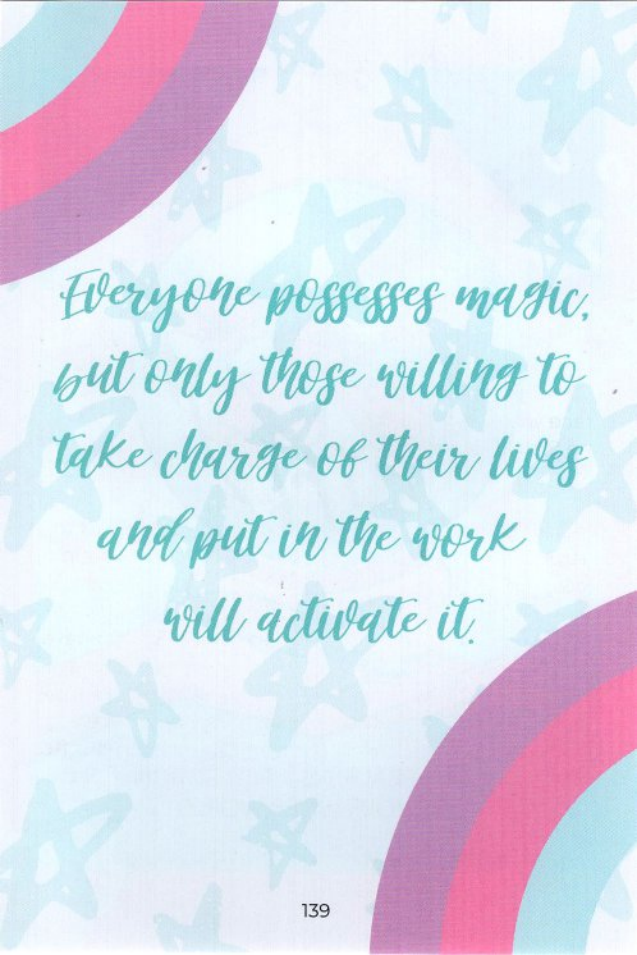
— ROY T. BENNETT

Magical people are on a mission to spread love, light, and creativity in the world. You want to bring out the sparkle magic in others and can't help but leave a trace wherever you go. You have the ability to turn up the SHINE on anything you put your heart and soul into.

Your energy can't be ignored. You have the power to attract the perfect people and opportunities to help you grow along your path.

If you've pulled this card, it's a reminder that you have magic within that wants to be seen. They say those that don't believe in magic will never find it. Take a moment to check in with any negative beliefs that might be holding you back from tapping into your full potential. Replace any limiting belief with the trust that anything is possible.

I AM PURE MAGIC AND I MAKE THE WORLD A MORE GLITTERY PLACE!



*Everyone possesses magic,
but only those willing to
take charge of their lives
and put in the work
will activate it.*



YOUR REALITY IS A REFLECTION
OF YOUR INNER WORLD

Your reality is a reflection of your inner world.

The quality of your thoughts reflects the quality of your life.

Ralph Waldo Emerson said, "You are what you think all day long." Your thoughts create your reality, what you focus on expands, as above so below and the list of sayings goes on to show what we think we become.

Whether you choose to understand it or not, the Law of Attraction seems to be happening at every moment. When you change your thoughts, you begin to change your reality. The difference between an optimist and a pessimist is choice. You either choose to see the glass half full or half empty. You can search for the silver lining or play the powerless victim role.

You get to decide what type of reality you want to experience. When you choose to look on the bright side, you begin to notice the beauty in life. If you find yourself in a funk, begin to examine the latest thoughts and feelings you've been focusing on. What type of energy do they reflect? Use your creative imagination to picture the life you want and believe it is possible for you. You have everything you need within to create your wildest dreams. Notice all the good stuff. You hold the power.

I CREATE MY REALITY WITH THE THOUGHTS
I THINK AND THE FEELINGS I FEEL.





YOUR SOUL WHISPERS LOVE
YOUR EGO SHOUTS FEAR

Your soul whispers love.
Your ego shouts fear.

Get out of your head and into your heart and trust what feels good.

When seeking clarity, it can often be confusing trying to trust the wisdom of your soul against the logic of your mind.

ALBERT EINSTEIN SAYS,

 "THE INTUITIVE MIND IS A SACRED GIFT AND THE RATIONAL MIND IS A FAITHFUL SERVANT. WE HAVE CREATED A SOCIETY THAT HONORS THE SERVANT AND HAS FORGOTTEN THE GIFT." 

When making important life decisions, trust your gut and listen to the deeper whispers of your soul. When fear starts shouting, it's usually a good sign that your soul is on to the next right move.

Try this simple soul test to see if fear is clouding your clarity. Place your hand on your heart and give your soul/Higher Self a name.

Choose something that feels right. Usually, it's the first name that comes to you. Trust yourself here.

*Your soul whispers love.
Your ego shouts fear.*

With your hand on your heart and question in mind ask "What does my fear say?"

Listen and trust the answer. After you've received your answer, ask yourself "What does my soul say?"

Take a moment to sit with your Truth.

Every time you trust yourself, your confidence and intuition grows stronger. Keep trusting the small things so when you're asked to take a leap of faith, you're not afraid to jump.

I FOLLOW WHAT FEELS GOOD AND FEAR DISAPPEARS





WHEN MAKING
IMPORTANT LIFE DECISIONS:
TRUST YOUR GUT AND
LISTEN TO THE DEEPER
WHISPERS OF YOUR SOUL.

My Dream for You

My dream for you is that you give yourself permission to stop giving a shit about what others think of you and have the courage to go after your wild and crazy dreams.

ANYTHING IS POSSIBLE IF YOU BELIEVE IT IS.

My dream for you is that you wake up inspired each day, and you live life with intention. You decide how you want to feel and what you want to do. Stop living up to someone else's expectations. Create a life you're in love with. Say yes to your path and let it unfold.

My dream for you is that you've started to discover your authentic self through this process and your desire to stay connected to your soul remains a top priority.

That you continue to explore your inner world for the answers you seek. Make mindfulness your mission. Your soul knows the way.

Trust her.

My dream for you is that you never feel alone along your path.

My Dream for You

Keep your heart open and surround yourself with a support squad.

Call in your soul sisters and don't be afraid to ask for help. One day someone will call on you for support and you'll be prepared to give guidance, love, or a listening ear because you've met your needs first.

THERE'S NOTHING SELFISH IN SELF-CARE.

My dream for you is that you never stop believing in how badass you really are.

That fear no longer holds you back from shining your light.

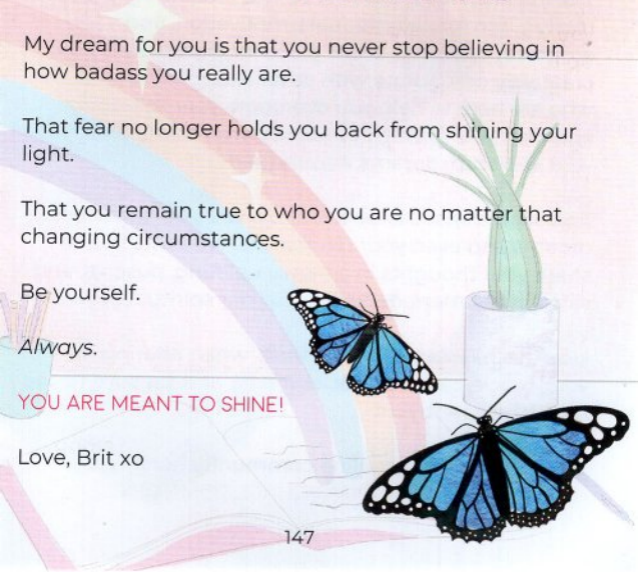
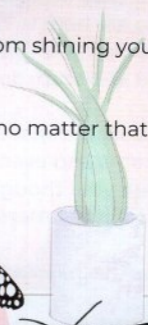
That you remain true to who you are no matter that changing circumstances.

Be yourself.

Always.

YOU ARE MEANT TO SHINE!

Love, Brit xo



Join the #Shinetribe Sisterhood

ALTHOUGH IT IS CALLED SELF-DISCOVERY,
YOU DON'T HAVE TO GO AT IT ALONE.

Maybe you're the black sheep of your family like me and grew up in a small town where nobody seemed to get you or you're surrounded by a sea of inauthenticity and you need a place to just be yourself.

The #SHINETRIBE Sisterhood was created for women to plug into for daily support, motivation, and empowerment. It is a safe place for Lightworkers to creatively collaborate with other like-minded souls who are here to help you overcome your self-doubt and own your Divine Feminine power to manifest your wild and crazy dreams. #soulsquad

This sacred space allows you to share your innermost dreams and even your roadblocks. We invite you to share your thoughts in a highly uplifting, positive, and safe environment dedicated to your spiritual growth.

Use the hashtag #SHINETRIBE when sharing pics of your oracle cards on social media and be sure to tag me @theworldbybrit

Join my online community here:
BRITNEYCARMICHAEL.COM/JOIN

Start your Self-Love journey in Shine School.

LET'S TAKE YOUR SELF-LOVE TO THE NEXT LEVEL!

Shine School® is a 6-week online course designed to help you overcome your darkness so you can shine your light. If fear and your inner mean girl have been running the show, now's the time to go within and learn to love your *AUTHENTIC SELF*.

For over a decade, I've coached thousands of women to cultivate unshakable confidence and courage to go after their dreams and now it's your time to SHINE!

I've taken years of personal experience through my spiritual awakening process paired with wisdom from our greatest thought-leaders and created a course to help you navigate the lonely inward journey of self-discovery to help you reclaim your confidence & power!

Shine School® will empower you to ditch self-doubt and overcome your fears so you can confidently step into your authentic self and share your sparkle magic with the world because you are meant to SHINE!

Start your self-love journey in Shine School® today:

BRITTNEYCARMICHAEL.COM/SHINESCHOOL


About the Artist





Jena Kane is a multimedia graphic designer and art director, with experience in digital, print, apparel, and product design. She strives to create designs that have a clean and modern aesthetic, while maintaining a fresh and whimsical feel.

Jena works as a freelance illustrator for a wide range of clients including 8th Story, Sam Edelman, Betty and Veronica, Seventeen Magazine, Keds, and Forever 21.

Jena was born and raised in Brooklyn and her art is shown in art galleries all around New York City. She attended the Fashion Institute of Technology where she earned a BFA in Illustration.

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 jenakane.com





About the Author



Brittney Carmichael is the founder of Shine School®, an online course to help women awaken their authentic self and SHINE from the inside and co-founder of The Elevated Life®. She's a trailblazing lightworker, psychic medium, hairstylist, and empowerment coach for female entrepreneurs.

She is known for her spiritual truth-tellin' style and her ability to make women beautiful – inside & out. Brit teaches women how to SHINE from the inside by breaking free of negative beliefs, letting go of limiting labels, and tapping into creative power so that they can confidently trust their intuition to live life with intention, purpose, and passion.

Plus she's 99% unicorn.

-  Instagram: @theworldbybrit
-  Facebook: @theworldbybrit
-  Twitter: @theworldbybrit
-  brittneycarmichael.com

Resources

Download your bonus self-love goodies!

If you haven't already downloaded your free self-love goodies as a bonus for purchasing the oracle deck, get your booty over to the website and enter your info under the "Free Gifts" to receive my most popular self-love meditation, access to Module 01 of Shine School to help you stick to your new self-care routines, and a digital copy of the guidebook to take the wisdom on the go.

shinefromtheinsideoracle.com

FREEBIE 01



FREEBIE 02



FREEBIE 03



Resources

Stop the self-love struggle.

Download my free Self-Love Guided Meditation to help you instantly relax so you can begin to make a deeper connection with your soul.

brittneycarmichael.com/self-love-audio

Reclaim your power and self-worth.

You'll learn how to overcome self-doubt & the negative stories you tell yourself in my free masterclass: *3 Steps to Rebuild Your Confidence*.

brittneycarmichael.com/confidence

Wanna learn all my tarot reading secrets?

If you're curious about getting started with tarot, this 2.5 hour magical masterclass will teach you the tool of tarot for beginners. You'll learn everything you need to know to get started using tarot and how to intuitively read cards for yourself and others.

brittneycarmichael.com/tarot101

