

spirit of the wheel meditation deck

Spirit of the Wheel Meditation Deck: A Journey into Mindfulness and Inner Wisdom

spirit of the wheel meditation deck is more than just a set of cards; it's an immersive tool designed to deepen your meditation practice and foster a stronger connection with your inner self. Whether you're a seasoned meditator or someone just beginning to explore mindfulness, this deck offers a unique blend of spiritual symbolism, guided reflections, and meditative prompts that invite you to slow down, reflect, and tap into your intuition.

The concept behind the Spirit of the Wheel Meditation Deck centers around the idea of cycles—cycles of nature, life, and personal growth. The wheel, an ancient symbol found in many cultures, represents continuous movement and transformation. By engaging with this deck, you're invited to explore the rhythms of your own life in a mindful and meaningful way.

Understanding the Spirit of the Wheel Meditation Deck

At its core, the Spirit of the Wheel Meditation Deck is crafted to support meditation sessions with gentle guidance and reflective inspiration. Each card features artwork and messages that resonate with the themes of balance, harmony, and spiritual awakening.

What Makes This Deck Unique?

Unlike traditional tarot or oracle decks, the Spirit of the Wheel deck focuses specifically on meditation and self-awareness. It doesn't rely heavily on divination or predictive outcomes but instead emphasizes present-moment awareness and personal insight. This makes it incredibly accessible for individuals who want to cultivate mindfulness without the pressure of interpreting complex symbolism.

The deck's imagery often draws from natural elements—such as the sun, moon, earth, and water—reminding users of their connection to the world around them. This connection is essential for grounding meditation practices and fostering a sense of calm.

How to Use the Deck in Your Meditation Practice

Getting started with the Spirit of the Wheel Meditation Deck is simple and

intuitive. Here are some tips on how to incorporate it meaningfully:

- **Daily Draw:** Pull a card each morning to set an intention for your day. Reflect on the message during your meditation or journaling time.
- **Focused Meditation:** Choose a card that resonates with your current emotional or spiritual state and use it as a focal point during meditation to deepen your awareness.
- **Guided Reflection:** Use the prompts on the cards to explore your thoughts and feelings, either silently or aloud.
- **Group Sessions:** Incorporate the deck into group meditation or spiritual circles to encourage shared insights and discussions.

The versatility of the deck means it can adapt to your unique spiritual path and daily rhythm.

The Symbolism Behind the Wheel

To truly appreciate the Spirit of the Wheel Meditation Deck, it helps to understand the symbolism of the wheel itself. Historically, the wheel has been a powerful emblem representing cycles in life, seasons, and spiritual journeys.

The Wheel of Life and Mindfulness

In many traditions, the wheel symbolizes the cyclical nature of existence—birth, growth, death, and rebirth. This cyclical understanding encourages acceptance of change and impermanence, core tenets in mindfulness practice.

When using the Spirit of the Wheel deck, you're invited to reflect on where you are within your personal cycle. Are you in a phase of new beginnings, harvesting lessons, or resting before renewal? This awareness can bring clarity and compassion to your experience.

Connection to Nature's Rhythms

The deck's design also highlights the connection between human life and the natural world. By aligning your meditation with the changing seasons or lunar phases depicted in the cards, you can cultivate a deeper appreciation for the

ebb and flow of life's energies.

This connection often helps people feel more grounded and less isolated, reminding them that they are part of a larger whole.

Benefits of Using the Spirit of the Wheel Meditation Deck

Incorporating the Spirit of the Wheel Meditation Deck into your spiritual toolkit offers a range of benefits that go beyond simple meditation practice.

Enhances Self-Awareness and Intuition

The prompts and imagery encourage introspection, helping you tune in to your inner voice. Over time, this can sharpen your intuition and decision-making by fostering a habit of mindful reflection.

Supports Emotional Balance

Many users find that the deck helps them process emotions by providing a gentle framework for exploration. Instead of pushing feelings aside, the deck invites you to acknowledge and work through them with kindness.

Deepens Spiritual Connection

The spiritual themes woven throughout the deck support a sense of connection to something greater than oneself. Whether you see this as the universe, nature, or a higher power, this connection can be profoundly comforting.

Encourages Consistent Meditation Practice

Having a tangible tool like a meditation deck can motivate you to maintain a regular practice. The daily ritual of drawing a card and meditating on its message builds discipline and mindfulness habits.

Choosing and Caring for Your Deck

If you're considering adding the Spirit of the Wheel Meditation Deck to your

collection, here are some tips to ensure you get the most out of it.

Selecting Your Deck

Look for versions that resonate with your aesthetic and spiritual sensibilities. Many editions come with beautifully illustrated cards and guidebooks explaining the meanings and suggested meditations.

Creating a Sacred Space

Consider dedicating a small area in your home for your meditation practice. Store your deck in a special pouch or box to keep it protected and energetically cleansed.

Cleaning and Charging Your Cards

Some practitioners like to cleanse their decks using methods such as smudging with sage, placing them under moonlight, or using crystals. This practice can help clear any residual energies and refresh your connection to the cards.

Integrating the Deck with Other Mindfulness Tools

The Spirit of the Wheel Meditation Deck pairs well with other mindfulness and spiritual practices. For example:

- **Journaling:** Use the card prompts as writing inspiration to explore your thoughts more deeply.
- **Breathwork:** Combine meditation with focused breathing exercises for enhanced relaxation.
- **Yoga:** Draw a card before your yoga session to set an intention that guides your movements.
- **Sound Healing:** Use calming music or singing bowls while meditating with your chosen card to amplify the experience.

By blending these techniques, you create a rich and personalized spiritual practice that supports your well-being.

Exploring the Spirit of the Wheel Meditation Deck offers a beautiful opportunity to slow down and reconnect with your inner wisdom. Through its thoughtful symbolism and meditative guidance, the deck invites you to embrace life's cycles with an open heart and a mindful spirit. Whether you're seeking clarity, emotional balance, or simply a moment of peace, this deck can be a trusted companion on your journey.

Frequently Asked Questions

What is the Spirit of the Wheel Meditation Deck?

The Spirit of the Wheel Meditation Deck is a set of guided meditation cards designed to help users connect with the cycles of nature, personal growth, and spiritual insight through themed prompts and imagery.

How do I use the Spirit of the Wheel Meditation Deck?

To use the deck, shuffle the cards and draw one or more cards daily or as needed. Reflect on the message or meditation prompt on the card, then spend time in quiet contemplation or journaling to deepen your understanding.

Who created the Spirit of the Wheel Meditation Deck?

The deck was created by spiritual practitioners and artists who specialize in meditation, nature cycles, and personal development to provide meaningful guidance through card-based meditation.

What themes are explored in the Spirit of the Wheel Meditation Deck?

The deck explores themes such as the seasons, life cycles, elemental energies, self-awareness, transformation, and balance, all inspired by the symbolism of the wheel as a representation of continuous growth.

Can the Spirit of the Wheel Meditation Deck be used for group meditation?

Yes, the deck is versatile and can be used for individual or group meditation sessions, making it a great tool for workshops, spiritual gatherings, or meditation circles.

Is the Spirit of the Wheel Meditation Deck suitable

for beginners?

Absolutely. The deck is designed to be accessible to both beginners and experienced meditators, with clear instructions and intuitive prompts that guide users gently into meditation practice.

Where can I purchase the Spirit of the Wheel Meditation Deck?

The deck is available for purchase online through the official website, major online retailers, and select metaphysical or wellness stores.

Additional Resources

Spirit of the Wheel Meditation Deck: An In-Depth Exploration of Its Symbolism and Practical Use

spirit of the wheel meditation deck has emerged as a significant tool within the realm of spiritual guidance and mindfulness practices. Combining the rich symbolism of the wheel—a universal emblem of cycles, balance, and transformation—with meditative prompts and imagery, this deck offers users a unique pathway toward introspection and personal growth. As meditation and oracle decks continue to gain popularity for their accessibility and depth, the spirit of the wheel meditation deck stands out through its distinctive thematic focus and design philosophy.

Understanding the Spirit of the Wheel Meditation Deck

At its core, the spirit of the wheel meditation deck is designed to facilitate a deeper connection to the cyclical nature of life. The wheel, as a symbol, has roots in numerous cultural and spiritual traditions, including Native American medicine wheels, Buddhist dharma wheels, and the cyclical patterns found in nature. This deck harnesses these archetypes to guide users through meditation sessions that emphasize harmony, balance, and the continuous flow of change.

Unlike traditional tarot or oracle decks that may center around divination or fortune-telling, the spirit of the wheel meditation deck focuses primarily on fostering mindfulness. Each card invites reflection on specific aspects of life's cycles, such as growth, challenges, renewal, and rest. The deck's intention is not to predict outcomes but to encourage awareness and presence, making it a valuable resource for both novice and experienced meditators.

Design and Artwork: A Visual Journey

One of the most striking features of the spirit of the wheel meditation deck lies in its visual presentation. The artwork encapsulates vibrant colors and intricate symbolism that reflect the elemental forces and seasonal transitions inherent in the wheel's concept. Cards often depict natural motifs such as animals, plants, celestial bodies, and landscapes—each chosen to resonate with particular spiritual or emotional themes.

The craftsmanship of the deck's cards contributes substantially to its meditative effectiveness. High-quality card stock and a matte finish enhance tactile engagement, which is important for users who employ physical shuffling and handling as part of their ritual. The imagery's layered symbolism invites users to explore multiple interpretations, which can deepen the meditation experience over time.

Practical Applications of the Deck

While the spirit of the wheel meditation deck is aesthetically compelling, its value is rooted in practical utility. Users can integrate the deck into daily meditation, journaling practices, or spiritual ceremonies. By drawing a card at the start of a session, meditators receive a thematic prompt that anchors their focus. This practice helps to cultivate intention and can illuminate subconscious patterns or emotional states.

Professionals in counseling and holistic therapies have also noted the deck's utility as a reflective tool. It can serve as a non-intrusive way to initiate dialogue or encourage clients to access inner wisdom. The deck's emphasis on cycles and balance aligns well with therapeutic goals centered on healing and self-awareness.

Comparison with Other Meditation and Oracle Decks

In the growing market of meditation and oracle decks, the spirit of the wheel meditation deck distinguishes itself through its thematic coherence and focus on cyclical wisdom. While decks like the Rider-Waite tarot or the Moonology oracle emphasize narrative storytelling or lunar energies respectively, the spirit of the wheel meditation deck offers a broader, yet cohesive, spiritual framework.

Its unique emphasis on the wheel as a metaphor provides a flexible yet grounding structure that can complement other mindfulness tools. However, some users may find that the deck's abstract symbolism requires a degree of spiritual openness or prior experience with meditation to fully appreciate. In comparison, decks with more explicit guidance or divinatory instructions may appeal to beginners seeking straightforward interpretations.

Benefits and Limitations

The spirit of the wheel meditation deck offers numerous benefits for individuals seeking to deepen their meditative practice. Key advantages include:

- **Encouragement of Mindful Reflection:** The deck's prompts cultivate intentional awareness, a cornerstone of effective meditation.
- **Connection to Nature and Cycles:** By emphasizing natural rhythms, the deck fosters a sense of harmony and grounding.
- **Versatility of Use:** Suitable for solo meditation, group sessions, or therapeutic contexts.
- **High-Quality Design:** Durable materials and evocative artwork enhance user engagement.

On the other hand, some limitations merit consideration:

- **Abstract Symbolism:** The open-ended imagery can be challenging for those unfamiliar with symbolic meditation tools.
- **Lack of Structured Guidance:** Unlike tarot decks with detailed manuals, some users may find the accompanying guidebook less comprehensive.
- **Specialized Focus:** The deck's cyclical theme might not resonate with all spiritual or meditative traditions.

Integrating the Deck into Daily Practice

To maximize the benefits of the spirit of the wheel meditation deck, practitioners are encouraged to establish a consistent routine. A suggested approach involves:

1. **Setting an Intention:** Before drawing a card, clarify the purpose of the session, such as seeking clarity or embracing change.
2. **Drawing a Card:** Select a card randomly to avoid cognitive bias and allow intuitive insights to arise.
3. **Engaging with the Imagery:** Spend time observing the card's artwork and

symbols, noting any emotions or thoughts triggered.

4. **Reflecting or Journaling:** Record impressions, insights, or questions generated by the card to track personal growth over time.
5. **Closing the Session:** Conclude with a grounding practice, such as deep breathing or a gratitude affirmation, to integrate the experience.

Such structured engagement can help meditative practitioners harness the deck's full potential as a tool for inner exploration and spiritual alignment.

The Role of Spirit of the Wheel Meditation Deck in Contemporary Mindfulness Culture

In today's fast-paced world, tools like the spirit of the wheel meditation deck respond to a growing demand for accessible yet meaningful spiritual practices. The deck's emphasis on cyclical understanding aligns with contemporary mindfulness teachings that encourage acceptance of change and impermanence. Moreover, its artistic and tactile qualities offer a sensory-rich alternative to purely digital meditation aids.

As mindfulness becomes increasingly integrated into mainstream wellness, decks that combine visual storytelling with reflective prompts contribute to a diversified landscape of personal growth methodologies. The spirit of the wheel meditation deck's unique synthesis of symbolism and meditation practice positions it as both a cultural artifact and a practical instrument.

By engaging with timeless archetypes through modern design, this deck invites users to pause, reflect, and realign with the natural rhythms of life—a practice that resonates deeply amid the complexities of modern existence.

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spirit of the wheel meditation deck: Light behind the Angels Lauren D'Silva, 2012-09-25
Healer, teacher and inspirational writer Lauren D'Silva invites you to join her on a past life journey to enlightenment. Her discoveries shattered the illusions she held about herself, to reveal a deeper

truth more extraordinary than she dared to imagine. As High Priest and High Priestess in Ancient Egypt Lauren and her partner Steve were plotted against and betrayed, their young lives ending in tragedy. Now, thousands of years later they must find forgiveness and lift a powerful curse if they are to fulfil their sacred contract.

spirit of the wheel meditation deck: Tarot and Other Meditation Decks Emily E. Auger, 2023-03-10 Arthur E. Waite and artist Pamela Colman Smith's Rider-Waite Tarot (1909) is the most popular Tarot in the world. Today, it is affectionately referred to as the Rider-Waite-Smith Tarot in recognition of the high quality of Smith's contributions. Waite and Smith's deck has become the gold standard for identifying and analyzing contemporary Tarot and other meditation decks based on archetypes. Developments in both visual and literary history and theory have influenced Tarot since its fifteenth-century invention as a game and subsequent adaptations for esotericism, cartomancy, and meditation. This analysis consider Tarot in relation to established modern and postmodern art movements, such as Symbolism, Surrealism, and Pattern and Decoration Art, as well as the concepts and theories informing both the dominance and the dissolution of the modernist grid and hierarchical priorities. This work also explores the close connection between Tarot and the invention of the literary novel and includes new material on the representation of Tarot in film and fiction. A new chapter addresses the growing influence of the archetypal shadow and shadow work on Tarot as an artistic form, narrative genre, and practice in the new millennium.

spirit of the wheel meditation deck: Cats John A. Rush, 2023-10-03 Explores our intertwined spiritual history with cats • Examines spiritual and occult beliefs connected to cats from Mayan, Aztec, and Native American mythology as well as from ancient India, Samaria, Babylon, Japan, and Egypt • Looks at spiritual behaviors attributed to cats as well as modern biological research into cat behavior and their highly sophisticated sensory systems • Reveals the similarities between cat and human emotions and the deep connection between cats and meditation We have been connected to cats for more than 30 million years. To our prehistoric ancestors cats were deadly predators of the night, and because of this ancient memory etched onto our DNA, cats epitomize our fear of the dark. Yet in addition to their connection to the dark and the shadows, their intelligence, sophisticated physical abilities, and finely tuned senses also led many cultures to view cats as connected to the spirit world. Exploring the spiritual nature of cats, John A. Rush looks at humanity's fascination and fear of cats through the ages. He examines spiritual and occult beliefs connected to cats from Mayan, Aztec, and Native American mythology as well as from ancient India, Samaria, Babylon, Japan, and Egypt, including how ancient Egyptians used cats to send messages to the gods. He reveals why the Catholic Church demonized cats and how cats are symbols of both Good and Evil. Examining cat evolution, the author looks at spiritual behaviors attributed to cats as well as modern biological research into cat behavior and their highly sophisticated sensory systems, which, unlike most other animals, have changed very little over millions of years. He explores their "psychic" ability to sense what humans cannot and the origins of their glowing eyes, which has connected cats, through myth, to both the Underworld and the World of Light. He also explores similarities between cat and human emotions, cat communications with us, and the deep connection between cats and meditation. Revealing the spiritual journey of the cat from fearsome predator to occult symbol to household companion, the author shows how, in many ways, cats are mirrors of us, reflecting our conflicting dual nature that is at once loving yet distant, magical yet vengeful, and, above all, deeply connected to the spirit world.

spirit of the wheel meditation deck: *Blue Diamond Journey* Esther Supernault, 2010-11-18 Esther Supernault put her life on the line for her beliefs. In *Blue Diamond Journey*, she shares her secret gift of insight and guidance from the world of spirit. Born of a Celtic and Native American heritage of seers, she narrates how she received incredibly detailed, sometimes humorous messages from her dreams, visions, and meditations—messages that she then validated with solid medical research. Day by day she was guided to specific foods, helpers, therapists, doctors, and books to heal her breast cancer—without chemo or radiation. Every person is part of an interconnected web as vast as this universe, rather than a collection of parts. Our innate, inner soul contains incredible

healing wisdoms. Real healing honours this web of interaction—far beyond scientific logic or fact. What causes an illness will also help heal it. All the answers we need to heal are within us, and Esther demonstrates how to listen to those answers. Her journey slowly uncovers a rare diamond in the rough—the dawning evolution of a seer, visionary, and wisdom keeper. With her gifted, gentle healing messages, Esther weaves a marvelous, magical, true tale in *Blue Diamond Journey*.

spirit of the wheel meditation deck: *Meditations for the Mind-Body-Spirit* Diane Kurtz Calabrese, 2022-04-07 This book offers a variety of meditations to enable one to release their daily stress, built up tension, and toxic energy. Guided meditations are a way to let go of your worries for the moment and bring you back to your true, authentic self. It helps re-align the chakras of your body to their natural state of vibration- where you can live more fully, love more abundantly, and react in a peaceful state of mind. Your mind, body & spirit are the essential parts of you-you are God's precious gift to the world and there is nothing more beautiful than a soul in the state of peace.

spirit of the wheel meditation deck: *The Aura Color Wheel* Helen Ye Plehn, 2025-07-15 Find joy and fulfillment by exploring your Soul Aura Color evolution and living your soul's purpose. Is there untapped potential you can feel within yourself but can't quite figure out how to access? Do you feel your inner world changing but it seems like you aren't changing along with it? What if there was a way to discover and understand your life's purpose by looking at the evolution of your soul? The Aura Color Wheel is here to help you find and live your soul's purpose. By taking the dynamic 20-question quiz and identifying which of the 9 Soul Gift Archetypes and 36 Soul Aura Colors your soul aligns with, you will be able to: Access spiritual knowledge that will help you chart a new life path Use your newly discovered soul gifts as lessons Heal your soul wounds Get to know your soul as it grows alongside you Harness your unique qualities to fully embody your soul's evolution and lead a more joyful and fulfilled life.

spirit of the wheel meditation deck: *Wheel of Initiation* Julie Tallard Johnson, 2010-07-12 A guide to personal spiritual initiation through the transformation of habitual patterns, apathy, and resistance • Based on the Native American medicine wheel, the Vedic wheel, and the universal initiatory mandala • Enables readers from any tradition to initiate themselves through practices of thought transformation, narrative medicine, meditation exercises, rituals, and journaling • Facilitates breaking through personal and societal illusions that perpetuate resistance and apathy Intentions and spiritual principles, meditation and contemplation, ritual, and risk-taking are the conditions that comprise an initiated life. Regrettably, in modern society we do not have rites of initiation that break through the personal and societal illusions that instill and perpetuate negative habits that keep us in states of resistance. Lacking initiation practices, we often remain trapped in ways of being in the world that were formed by our past conditions and attachments. We tend to identify too strongly with the status quo, which must be challenged to prevent stagnation and to encourage happiness and authenticity. Julie Tallard Johnson shows how to become initiated into an authentic life through practices of thought transformation, cultivating attention, journaling, storytelling, and rituals found in the four directions of the universal mandala. She begins the Wheel of Initiation in the South, where initiates set their intentions; then moves into the West, where they free themselves from habitual patterns and core beliefs; then into the North, the direction of cultivating attention and unity; and finishes in the East, the direction of regeneration and initiation. Drawing upon the life experiences of those who have successfully navigated the wheel, Johnson demonstrates that once fears, assumptions, and ingrained beliefs are confronted and transformed, initiates emerge ready to reenter society with renewed energy and vision that will enrich their own lives and their communities.

spirit of the wheel meditation deck: *Why the Holy Spirit Was Poured Out in 1900* William H. Wallender, 2007-05 The story of Double presents Tracy as an intelligent and spirited young woman who thought she was trapped by the bad choices of her past. When out in the world she demonstrates warmth, courage and caring that she had never been given a chance to show before. Tracy, in prison for killing her abusive husband, thought she'd never get out. So much of her life wasted. But unexpectedly, she is given a chance-a remote chance-to get out when a police task

force proposes that in exchange for a possible pardon by the governor she impersonate her double, her identical twin sister Carolyn who she had never even met. Carolyn had been murdered in Mexico because of her involvement with a drug ring. The two sisters had been separated at birth; Carolyn adopted by a socially prominent couple. There would be danger, but Tracy decides to take a chance. What the hell-what did she have to lose, except maybe her life? Tracy's odyssey as Carolyn is full of unexpected twists and turns; friendship, love, compassion, betrayal.

spirit of the wheel meditation deck: Healing Hidden Wounds Karen Ibarguen, 2017-10-11
The traumas that accumulate over a persons lifetime are varied and numerous. Sexual assault. Surgical trauma. Car accidents and near misses. Serious illness. War. Traumatic experiences, those remembered or forgotten, can manifest as pain, impaired mobility, addiction, illness, fear, depression, anxiety, lack of confidence, and other suboptimal conditions. Yet regardless of the traumatic event(s) of our lives, human beings have a tremendous capacity to heal. In the tradition of classic spiritually-based healing texts such as Louise Hays Heal Your Body and White Eagles Heal Thyself, Dr. Karen Ibarguens HEALING HIDDEN WOUNDS: A JOURNEY TO LIBERATION offers readers a window into how the subtle energies of the mind and body work together to create physical and emotional harmony. As Dr. Karen walks readers through her own journey of self-discovery and healing from childhood sexual abuse, she connects readers to a rich legacy of meditation and mind-body consciousness that opens the heart, quiets the mind, and creates a foundation for healing. The traumas we experience need not keep us from our destiny. Indeed, they can lead to liberation. Part memoir, part self-help book, part travelers guide to the mystical world of spiritual and energetic healing, HEALING HIDDEN WOUNDS is like nothing else out there. In addition to offering readers substantial food for thought, this book offers practical ways to bring the ideas to life. It all starts with taking two minutes out of your day to find a quiet spot, sit comfortably, relax and breathe. Karen guides the reader as a process of self-inquiry naturally unfolds. I couldnt put this book down. HEALING HIDDEN WOUNDS is a must read for anyone interested in the journey to personal liberation. -Carine Feyten Ph.D., Chancellor of Texas Womans University
Dr. Karen Ibarguen D.C. is certified in chiropractic clinical neurology, applied kinesiology, naturopathic medicine, reiki, and homeopathy. Her interest in somatic responses to trauma stems from her personal experience and those of the many patients she has helped to achieve more optimal health and well-being during 17 years of private practice in North Texas. To explore holistic healing modalities and their legacies within ancient traditions, she has spent time with Kogi elders in South America, practiced Karma Yoga in Portugal, worked with a modern-day shaman, taken refuge with the venerable Lama Dorjee Rinpoche, and walked the sacred Tibetan ground of Mount Kailash. She has come to realize through self-inquiry how meditation and other energy practices unite in the pursuit of health and healing. Dr. Ibarguen shares these techniques with her patients and others in trainings and healing workshops. More information can be found on her website at www.KarenIbarguen.com.

spirit of the wheel meditation deck: The Chakra Energy Deck Olivia Miller, 2022-04-05
Explore the healing power of awakening your chakras with this informative deck from the bestselling author of The Yoga Deck. Health and well-being have long been attributed to the balance of the seven primary chakras—Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown—the vital energy centers within the body through which all life energy flows. This illustrated deck offers 64 easy-to-follow exercises to help unblock and align your chakras through meditations, breath work, mudras, affirmations, and yoga poses. With a booklet that provides an overview of each chakra as well as corresponding elements, colors, crystals, essential oils, and more, this deck is an invaluable tool for anyone interested in learning more about subtle energies and harmonizing mind, body, and spirit. **KNOWLEDGEABLE AUTHOR:** Olivia Miller has authored several wellness and exercise card decks, as well as a hatha yoga reference book. She is a registered yoga instructor and leads workshops and classes about energy balancing and wellness techniques. **BRIMMING WITH INFORMATION:** 9 cards per chakra (2 meditations, 2 breathing exercises, and 5 yoga poses) plus 1 aura card. Each card features an illustration, step-by-step instructions, a list of benefits, and an

affirmation. The booklet includes an overview of each chakra, including associated colors, elements, gemstones, crystals, essential oils, flower essences, and foods—plus ways to identify imbalances and simple everyday activities to promote health. EASY TO USE: Let your inner guidance direct you as there are many ways to use these cards. You can start with the first chakra and move sequentially through the deck or begin with a specific chakra that calls to you, or do a few exercises for all 7 chakras. LOVELY PACKAGE WITH GREAT GIFT POTENTIAL: Delivered in a compact, portable package, this full-color deck is an empowering tool and a thoughtful self-care gift for yourself or for the mind/body/spirit enthusiast in your life. Perfect for: • Mind/body/spirit enthusiasts, spiritually curious • People interested in self-care, holistic healing, and alternative medicine • Meditation, yoga, Reiki, Qi Gong, crystal, and acupuncture lovers • People looking for transformative tools for a happier and healthier life

spirit of the wheel meditation deck: The Spirit Book Raymond Buckland, 2005-09-01 Never say die! Can the living communicate with the dead? Many believe that spirits are constantly about us and that it is possible, through a variety of means, to speak to them and to have them speak to us. The Spirit Book: The Encyclopedia of Clairvoyance, Channeling, and Spirit Communication looks at these methods of communication, their history, and the personalities involved throughout the past three hundred years of this eternal quest. The fascinating history of Spiritualism is coaxed into the material realm as the object of this perceptive and sweeping overview by that legendary author of the occult and supernatural, Raymond Buckland. Drawing on decades of research, writing, and transcendence, he describes sundry methods of channeling, events associated with Spiritualism, including séances and exorcism, organizations focused on clairvoyance, and a colorful host of mortals—famous and infamous—who delved into Spiritualism. Nostradamus, Helena Blavatsky, and Edgar Cayce receive their due, as well as Joan of Arc, William Blake, Susan B. Anthony, Winston Churchill, Arthur Conan Doyle, Mahatma Gandhi, Harry Houdini, and Mae West (look up and see her sometime). The Spirit Book explores Qabalah, Sibyls, Fairies, Poltergeists; phenomena such as intuition and karma; objects useful in the attempt to cross the divide, including tarot cards, flower reading, and runes; and related practices such as Shamanism, transfiguration, meditation, and mesmerism. This comprehensive reference also reports on investigations of contemporary manifestations, including electronic voice phenomena and spirit appearances on TV screens, plus channeling, fraud, psychic research, and possession. Containing more than 500 entries and 100 illustrations, this fun, fact-filled tome is richly illustrated. Its helpful bibliography and extensive index add to its usefulness.

spirit of the wheel meditation deck: John of God Heather Cumming, Karen Leffler, 2007-07-01 I am the happiest man in the world because God entrusted me with this mission. In John of God: The Brazilian Healer Who's Touched the Lives of Millions, a seemingly average rancher from Abadiânia, Brazil, offers a powerful message of love, compassion, and hope for humanity. João Teixeira de Faria, the healer and medium known as John of God, allows spirit doctors to take over his body three times a week to miraculously treat the thousands of people from all over the world who come in need of remedy. John of God has fulfilled his mission as a medium for more than forty-eight years, making numerous pilgrimages around the world. Drawn by the hope of instantaneous healing, over eight million believers have proceeded in front of him throughout his life, as tens of thousands journey to Brazil each year to see John of God and his home, the Casa de Dom Inácio de Loyola, which is designed to accommodate hundreds of visitors each day. Despite all the media attention paid to this inter-nationally praised healer, little has been revealed about his personal life. Translator Heather Cumming and photographer Karen Leffler have traveled with John of God and chronicled his life and work. What began as an endeavor to document the testimonials of his remarkable healings has now become the first complete, authorized portrait of his world. Stirring words and vivid photographs -- many of which capture the haunting spiritual energy that surrounds John of God and the Casa -- take us on an affecting and deeply personal journey with the humble medium who offers hope for people with none. The result is an intimate portrait of an ordinary individual in extraordinary circumstances and a reading experience that will bring readers of every

persuasion closer to their faith. To learn more about John of God and his mission, go to www.beyondword.com and www.friendsofthecasa.org.

spirit of the wheel meditation deck: Turning Wheel, 1996

spirit of the wheel meditation deck: Compass of the Heart Loren Cruden, 1996 For those who feel a desire for a natural spirituality in their lives, Compass of the Heart offers insights and suggestions based on Loren Cruden's lifetime of work with Native American and other Earth-oriented traditions. Further develops the ideas and practices set forth in the author's previous work, The Spirit of Place.

spirit of the wheel meditation deck: Inner Child Cards Workbook Isha Lerner, 2002-07-01 Companion volume to the bestselling Inner Child Cards, offering in-depth interpretations and advanced exercises using this tarot system. • Shows how fairy tales bridge the gap between the conscious and unconscious minds. • Demonstrates how fairy tales can give us hope and courage to live our everyday lives to the fullest. Full of esoteric healing methods, Inner Child Cards Workbook shows us how make life choices by gleaning wisdom from our favorite fairy tales. Lerner examines the deeper mystical symbolism behind each of the fairy tales--relating Beauty and the Beast to unconditional love, Jack and the Beanstalk to initiation and growth, and The Emperor's New Clothes to today's political crises. These stories offer a food that nourishes both the spiritual and mundane components of life. Specific visualizations and affirmations correspond to each of the major arcana cards, and new layouts and divination methods for use with her Inner Child Cards deck will allow those who are familiar with it to build on previous knowledge. This beautiful guidebook offers a personal, therapeutic journey through fairy-tale symbolism that is a perfect accompaniment to the Inner Child Cards.

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