



So, hey, there modern mystics a lot a cavalier happy new year and happy new decade.

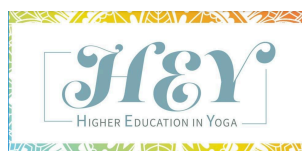
I know that if you're anything like me, at the beginning of any year, you're doing whatever you can to optimize the months ahead. So I wanted to dedicate this podcast to talking about one of my absolute favorite ways to do just that, to forecast or take advantage of the situation, the climate, the energies that are happening for you right now to create the best possible path forward. Now this is in fortune-telling, but it is a definition, so we're gonna dive deeply into what divination is exactly how it applies to you as a modern mystic, and I'll tell you a little bit more about my favorite method of divination, which is the tarot.

Welcome to the modern mystics podcast, I'm your host Alanna Kaivalya, the yoga doctor, I'm here to help you realize your potential as a spiritual leader and elevate your work in the realm of yoga disarm and spirituality.

This podcast covers all of our favorite topics, yoga.

He came, astrology divination spirituality psychology ritual and mystical practices, both ancient and modern.

Get ready to up-level your status as a modern mystic. So the first thing I wanna do is debunk any misunderstandings around the concept of divination. Divination can often get a bad rap. We often see it in movies or TV. Is this really strange weird thing that people do in order to try to tell fortunes or mis-director, Miss guide someone?





It's not in my opinion, given the incredible respect that I think it is due and I also think that because it's cast in this strange light, that we often misunderstand or fear it and Divination. Doesn't need to be feared.

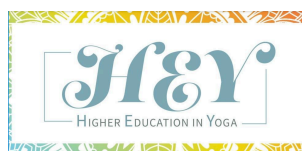
Every culture throughout history has all had its own form of divination. Now, typically, it is the shaman of whatever culture or a tribe that is the one who is doing the divination, but that doesn't mean that others in the community don't also have their methods of divination. It is very, very dispersed throughout the tribes, throughout people throughout culture. And again, it's historical and we find it everywhere.

And the important thing to remember is that each and every tribe and or culture has had its own IT "stettin to something that works with its personal belief system, something that makes sense to its dynamic, and values something that utilizes the mythology that in itself is absorbed. And so for example, as I'm speaking to you, I'm thinking right now of African tribes and cultures who often used chicken bones to cast as forms of divination the chicken was very sacred to these tribes, and they were sacred bones that they used to cast.

You may have also heard of rooms which are very sacred to northern tribes Norway, Denmark, Norse mythology in fact includes rooms in its mythology. It was the originator Odin who gave the rooms to the people to use for divination, purposes.

So those particular forms of divination are true appropriate real and powerful for those particular tribes cultures and mythologies. This is the important thing I think for us to remember, especially as modern mystics we wanna use the form a divination that works for us.

Yeah, okay, not gonna be kind of tricky because we as modern people, especially in the West are a bit more of a dispersed let's say we have a much more kind of a hodge-podge of belief systems or mythologies Native traditions, many of us, especially if we're listening to this podcast, many of us, have probably walked away





from our original religious traditions or spiritual traditions or we are at least looking at other traditions we're exploring different pathways and that honestly, that's a really new thing for us to do as human beings.

This is a... We're no man's land right now is a human population. We haven't really done that in the past, so we have to do things a little differently. Think outside the box, but still truly apply some of the same psychological rules and principles that have always been used when it comes to practicing divination, which is to apply the right medicine to the right person. Okay, we wanna apply the right practice of psychology or spirituality to the right psyche if we're trying to do something from a culture that doesn't resonate with us truly or that perhaps we don't come from or understand it's not that it will work, it does work, these forms of it divination all around the world work, it's just they made out work for us.

So I wanted to wreck us in that way. With this groundwork, thinking about this to a form, a divination that culturally actually is sound for us as modern Western people. Okay, because of course there are many, many options. And even though in this podcast, I will direct you to the taro then I'll give you the reasons for why I will do that.

There may actually be other forms of divination that really... Do you resonate with you, or if you are from a specific or a different cultural background then I wanna encourage you to look into what form a definition may be most resonant for you just know also that when you're working with clients, your formation ion may not be quite resonant with them. Another example that I have to drive this home a little bit is also the practice of astrology so I get questions a lot about my astrological practice. I am an astrologer, I certified people to become astrologers. I've been practicing astrology for many years, and because I am a yoga teacher, as well and have been practicing yoga for 20 years, people often assume that I practice Eastern astrology or Josh and I actually don't. And the reason is because I am a Westerner and my students and clients are all primarily Western people. Astrology is psychology and there is a difference between the eastern and western psyche.





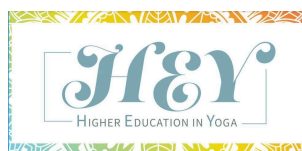
There's no good or bad. This isn't a competition, there's not, there's not a hierarchical structure here, there are just differences differences are okay, but when we're talking about applying a specific type of psychology to a human being to a person, we wanna again, apply the right medicine to the right person.

So for me as a Westerner, western astrology fits my psychology and it's not that I don't appreciate Ester neutrality and it's not that I haven't done some study of that. Of course I have, I need to know what I'm working with, and I need to understand what that other form looks like Right, that's what a well-rounded mystic does. But ultimately, I'm choosing western astrology because I'm a Westerner, as are my students and this is the same reasoning why I've chosen Tarot as my primary form of divination and it's what I teach you and it's when I teach my clients and students and this where I'll talk about here in this podcast.

So again, every culture, every Tri-"drow history has had a formative nation. It's a way for the shaman or the spiritual year of the tribe to help others find their best path. Now, it's been, let's just say skewed given short trips. A bad rap, let's say in many of our movies, and television and not always, there's actually some movies in television, where I think it's been done really, really well. So I don't wanna generalize too much. I'm actually specifically thinking of the series, Outlander, if any of you watch that, I definitely watch it, I really love it.

And there are some really wonderful use of divination and Outlander, that I think is beautifully rendered, and not May, into a scary... Prophetic fortune-telling, ominous Omen but rather as it's used as a nice guide a direction for the main character of the story. So anyway there are places where we see divination given it's proper to in proper respect. And of course, I'd like to see more than that, more of that.

And I wanna talk about... And then I'm gonna take a minute to talk about how divination works.



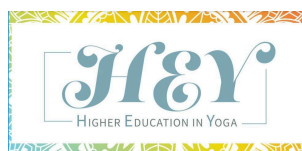


Okay, because it's not fortune telling, fortune-telling, is a skewed use of some of these tools in order to wield power over someone else. And I'm not about that, it's not what I do and I feel like it takes away the empowerment of some of these tools like astrology or Taro, or other forms of divination that we might use.

So, real quick, our psyche is, it's so big, it's so vast, the psyche itself, really has three parts. We can think about it in that way. And any of you who taken any psychology courses, I'm certain that you've heard this before. Fred labeled it as the ego, the super ego, and the ID okay. And I don't love those labels, but he did get it, right, in terms of dividing the psyche up and to three general parts there is our conscious mind which is where we spend most of time daily interacting with the world through our ego. The ego is part of the conscious mind, but I want to really drive home and stress that the conscious mind is a very small part of the entirety of our psyche, even though we think it's in the driver's seat. It's really not in the conscious mind is actually pretty much reacting to everything else that the rest of the psyche is delivering to it.

It's not even in the back seat, it's in the trunk, like kicking and screaming to get out because it just it doesn't have all the information. And in fact, this is why... And in the Yoga Sutra one of our primary yoga texts empty was the author of that. Text defines yoga in a very specific way. He says, yoga is a yoga. Is the cessation of the fluctuations of the mind right now, we can go around and around and everybody's got through our opinions on what yoga is. But yoga actually does have a very specific definition and it is a psycho-spiritual definition.

There's another definition from a series of text call Parishad which say that yoga is uniting or the coming together of the Atman, which is the individual soul with the RA man, which is the cosmic source or the collective conscious. Okay, so in both definitions in both of these texts Yoga is not defined by any feeling, it's not defined by your state of body or flexibility, it's very, very clearly defined as a psycho-spiritual state.





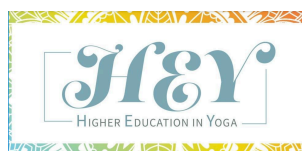
Tangle tells us when the mind is quiet. And what he meant by mid was the conscious mind when your ego is quiet that it just relaxes and it allows for the wisdom of the other parts of the psyche to come through.

And let me tell you, there is great wisdom in the other parts of the psyche a profound wisdom, wisdom that you could not even imagine in fact, wisdom that isn't coming from you wisdom that can come from beyond you historical ancestral parts of you, the collective conscious that percolate throughout the world. We have access to so much more, but when we're stuck in our conscious mind or our ego just we can't get there.

So yoga, truly is the state of yoga, the state of being that is yoga and yoga is just a word for enlightenment, and many, many cultures throughout history again have their own terms for enlightenment, they've all recognized enlightenment yoga itself even has many words for alignment mosh liberation, Nirvana Yoga Samadhi, all terms for alignment, right?

So many traditions, their goal is this beautiful blissful state of being and that is yoga will that occurs when we have access to the other parts of our sake, the... So, we have our conscious mind or ego that's one part, the other part... Is the unconscious and this is what we could define as the soul, this is the innermost deepest part of us, this is the source of our emotions, our triggers our drives our urges the source of our biggest life lessons the source of... Or biggest gold, right?

So when we are able to do our shadow work, if you've heard of that term quite a popular term in spiritual circles these days when we do our shadow work, what we're doing is we're diving into our shadow, which is this unconscious this dark place for those of you that are star were stands and I'm hoping that you are if you're not hormones, if you haven't seen the original trilogy that is your immediate homework to go out and see it. But there is a key part in one of the films where our main character Luke has to go in, find his darkness yes, to go and do his shadow work. And his





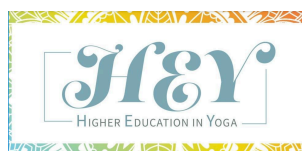
mentor Yoda sends him into a cave where he literally descends he goes down into this cave to find the darkest parts now. Who he is, and he is confronted with Darth theater his great nemesis and he fights start, water in this deep Ke we didn't even expect to find him there. Abe, heads darter and the school or the mask cracks open actually reveal Luke's owned.

This is a powerful metaphor and of course the author of this series of movies George Lucas knew exactly what he was doing with his mythology with this story and that's another podcast. But when we fight, the darkest parts of ourselves, it might look like somebody else, it might look like our enemy, it might look like or love or I might look like our best friend, I might look like our boss, but ultimately it is that part of ourself that we have not yet revealed that we have not yet come to terms with that we have not yet healed than it is through this healing that the shadow reveals our gold and that we eventually become also great leaders and teachers, which is the path that I know you are on as a spiritual leader, so the unconscious is such a huge part of us, and I really love the metaphor of the iceberg. Actually as our conscious is our psyche we can look at it as iceberg where a 10% of the iceberg, is actually floating above the water and it can look formidable, but it's only 10% and then 90% of that iceberg is floating below the water.

And if you remember the story of the Titanic, you know how problematic?

If you can only see what's on the surface and you don't look below you have to look below.

So there are methods there are ways for us to get in touch with the unconscious, and I cannot stress enough how absolutely important that is not just to do this shadow force that's really of any one lifetime, but it's to create this communication between conscious and unconscious to create this bond, this bridge this unification this union between the parts of Versace and What is union or, unification.







It is yoga is enlightenment, the spiritual, psychological state of yoga, is this bridge. This communication between all the parts of ourselves when we can access fully clearly without the noise or static or ignorance that most people have, then we have that access to so much wisdom resources we can move past fear, we can move past judgement we can move past our triggers.

That's just the unconscious. Okay, as we've talked about two parts of the sake there are three.

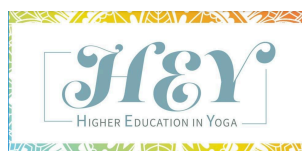
The other part is our super consciousness. Okay, what I would think of, or what I would consider it to be beyond us or above us the source, what in sons could would be called the breath, he is the all-pervasive source that we all have access to everybody can tap into this is part of where the collective comes from, This is Where ancestral wisdom can come from anything that feels it's beyond or outside of us, it's still us, it's still us. In fact, new punish edits described as basically the Atman, or individual soul is a drop of the great ocean which is peace.

Okay, a drop is still the same. Sea water is still the same, same see water, it's just yearning for the ocean and to get to that ocean to have the ability to communicate with that. Ocean is a gift.

So any time that we receive inspiration that's coming from the super consciousness, what we might call spirit spirit is delivering inspiration, and in fact, inside of the word inspiration, we have the same root of the word spirit, when we are inspired, we're literally filled with spirit. So that's where we got inspiration.

When we have a gut feeling about something that's coming from an unconscious.

So both of these sources of wisdom are incredibly powerful and we have to have ways to tap into them, we have to have ways to bridge these parts of our psyche that are not immediately known to us. They are not conscious, they are not a part of our







conscious mind, so we cannot try to go at them in conscious ways. We cannot just try to look at the UN colleges to go. Okay, unconscious. Tell me what I need to know. It doesn't work that way. You have to use the language that spirit and soul use, you have to speak to them in their language, and you also have to befriend them and friendship takes time. You have to have several cups of tea before your friend reveals the really dark stuff or the really deep stuff.

You have to go out on several dates before you feel comfortable and trusting of someone else with your heart. You have to take time and be consistent with these practices to develop a relationship where spirit and soul will freely speak to you.

And they will in fact my goodness, they want to... Are you kidding me? Because otherwise they're like trying to bang down the doors, they're trying to bang on the gates and for any of us who have studied the chakras or chakra work, this is a huge way to understand this.

If you have chronic pain, if you have any kind of chronic issues that's your unconscious banging really loudly to say, "Hey there's something here to look at, there's something here to look at."

Again, that's another podcast. I got lots of podcasts, I realise like, coming out of this one. But when we open up the means of communication when we have this sense of yoga when we make the state of yoga, our new normal, and we have these lines of communication open and can receive these urges drives inspirations more clearly, but you need to use the right language.

Okay, and sometimes the right language requires tools, so for example, there's many, many ways in which we as humans communicate with each other, we talk sure we write letters, we email, we text, we use body language we could sign language, we use movies, we use television to communicate, we use news telephones. There's a myriad of ways to communicate.





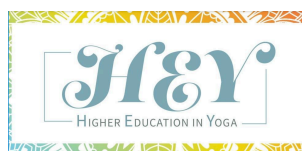
So let's talk about how these other parts of the psyche communicate.

I mentioned a moment ago that the charts are a powerful form of communication. They are specifically communication from the unconscious their communication coming from within us. And luckily, I makes it so easy. Our psyche is organized a little further into levels into different art regions where we express fundamental human truths. So all of us as humans were born all of us as humans and family. It's awesome because that's organized in one location within our body in anything that occurs in that location is a root chakra issue. Very, very simple Okay, our super consciousness has this connection to something bigger, something beyond us. And so we need to go beyond just our mind in order to communicate our unconscious communicates through mythology our super consciousness communicates through symbol, through symbol and Miss, we have the language of the rest of our psyche.

So if you're saying a lot of what the heck are you talking about? I'll make this a real clear. When you dream at night are your dreams, linear?

Are they easily understood, do they kind of go in circles are they fantastical, are they? With the logical the dreams literally the absolute most foundational communication from the deeper and higher parts of your psyche come in, Dr. informed. They come in Miss dreams and myth, or the foundation of life, of human life on this planet.

They are the foundation of our belief systems, our stories are myths, the foundation of often how we organize our world of how we treat others that there cannot be enough said, I don't miss. And maybe by this point, you know I am a huge fan of math, but you have myth and symbol living inside you when you dream your psyche is delivering messages to you, and a mass in a method that you actually should be able to understand, it's not speaking to you with, symbols that you wouldn't recognize it's speaking to you and symbols that you know it's not speaking to you utilizing MIDS or stories, they're completely foreign. It's speaking to you using MIDI stories that you





would know. Now, what I don't want you to do after this conversation is gone, by a dream book. You don't need one because I get your psyche. He knows you very well. And a dream book, compiles the collective agreement that when most people see a certain image these symbols are known now the taro actually utilizes the same kind of concept. So for example, for us, as Westerners for us as Westerners, when we see a rose, we think of love, friendship, real deep intimacy to give somewhat arose is not a beholder, it's kind of a meaningful gesture and my goodness, if you're given a rose, you're looking into that like, "Oh what does this mean? What does this person mean to go... That they feel something for me. You're excited. And that is very specifically a western phenomenon. Okay, if you go to the east, I'll care much about roses, but for them, a Lotus has true and deep meaning that's embedded within their psyche. Same with us.

There are other symbols that are very similar when we see a sun, we think of brightness lateness we also think of masculinity when we see the moon, we think of shadows darkness, but also femininity we see the color red, we think of anger, flashing as passion drive where we see the color blue.

I just... Of memories or water dreams.

So we're working with a pretty common structure of symbol simply based on the nature that we have a Western psyche, which is why a dream book can say, okay, when you see a snake this Would, it means because in the west a snake is obviously evil and I'm kidding there, actually it's not as make is not evil or good, it has no inherent attribute none of these things do. It's that we place the value on it because of the stories than this and the collective that we grew up with and these things. Are all imprinted very, very young. Okay, so what I wanna make sure when I wanna make sure we understand is that the nature of your psyche, it's pretty well set in stone at a very, very young age.

So if you were raised from birth to age say, five years old in the West with Western





traditions, you have a Western psyche, you know what, and I speak to this because look, I've been doing yoga for 20 years. A Lotus is deeply meaningful for me but it's not necessarily deeply meaningful for my sake.

Okay, take hasn't caught up to the last 20 years of my existence. My stake is still operating on those really basic foundational things that were embedded in it as an early young person. So that's why it's important for us to recognize which medicine we need to apply to ourselves.

That's why I practice western astrology and not Eastern astrology. A again, not because there's no judgement here, it's not a good or bad thing. I just know that my psyche is already primed and developed in a western context. I grew up in America.

So this would all be true. On the flip side, if you grew up in the east or if you grew up with an eastern tradition from birth to say five to maybe seven years old. That's really where the imprint takes hold and what we need to pay attention to.

So there are some collective symbols, there are some collective messages out there, some things that as soon as we look at them, we understand on a deep unconscious and super conscious level what we're being told, but often, consciously, we don't inquire, we don't dig into that we receive a dream for example, so we you think, "Oh my God, I don't know what that means. Let me go to someone else to tell me.

Well, unfortunately someone else didn't receive that dream you did and what someone else may interpret it as may be completely different because a simple might mean something really potent and powerful to you.

Okay, so now here we are.

I think I've given you a good base in a... What definition is why we need to use a certain kind of divination we really need to be clear on what type of psyche we're





working with divination works by accessing these higher and deeper parts of our psyche. There are parts of us again in terms of the brain itself, we only use about 10% of it, it's our conscious mind there's a whole lot... We are going on A... And when I work with forms of divination I think of... There's so much more to me that I consciously understand but it's there, it's there. Just because I don't consciously understand. It doesn't mean it's not operating it doesn't mean it's not working... Nobody knows why dreams happen, nobody knows how dreaming occurs or why it works or why it's even done.

Literally science cannot crack it, and yet it happens to us every night. And dreams have been the foundations of religions throughout the world for millennia. If you look at the foundational figure heads, or stories of religious practices, I guarantee they're all gonna start with a dream.

The Rams are powerful empires are built off of dreams, and... Yeah, nobody can figure out why they exist. So there's something to pay attention to there. That means they're pretty significant the... We should really check that out. So, as modern mystics we have that responsibility, we need to find a way not only to decode what energies are happening within us, but to actually access this greater wisdom that we all have access to this is what divination does it basically and I love this metaphor, it lay our cards out on the table, and when you're, when we're using the taro we're doing that quite literally relaying our unconscious cards out on the table, we're pulling the symbols and the myth from within our psyche and we're actually putting them in front of us to see, we don't have to wonder what's going on in there, we don't have to wait to remember a dream, we can call forth what's alive, within us, right now through the simple use of divination I mean that is both powerful and frankly it's miraculous.

The Hey, a miracle is just a shift in perception and if the shift in perception isn't a widening of our consciousness, and I don't know what is so if we can simply widen our consciousness or open our mind enough if we can quiet the monkey mind the ego, just enough to let this damnation happen to allow the divination to occur, then





we can actually see what is alive within us right now.

That is how divination or Taro works, and again, there's lots of forms of divination, but the one that I practice most and the one that I feel fits the best for the modern western psyche as taro and the reason is that the tarot was actually crafted in Europe, in around the 14th centuries when we first see it.

So I literally was born of the most western symbolic era in history. This is the era of the... None of the great paintings of the great interpretive arts. And so the images that those of us in the West have grown up with are imbued into this Taro that's literally alive with the collective images, symbols that we all know and understand. And I'm specifically speaking of the most popular version of the tarot which is called the writer weight. Taro.

Other versions are actually very likely not as symbolically or myth a logically potent okay, they might be prettier.

And that's very possibly true, that there might be prettier versions, there might be versions of the same cooler there might be versions that are more hip but unless they have really arisen from this deep tradition they're not going to connect to the actual language of the psyche and if you're working up hill to try to get the psyche to learn the deck that you've chosen, it's it's not gonna... It's like trying to be best friends with someone who just doesn't speak your language and forcing them to learn, your language, that's frustrating, it's possible you can get there in the end, but that other person has to be really invested in you, it doesn't work that way. You wanna use the language that's already in build. And we actually do know the mythological structure of the Western psyche and it's very clearly on display in The rider weight Tarot.

So the writer, weight Taro moved the tarot deck that had been evolving throughout Europe forward and was designed and crafted I believe in it, the weight Arthur Edward weight, and he and his associate Pamlico man, I believe is the name of the





artist. We're very, very careful to include the original mythology and symbols of the original deck, but again to move them forward in this more spiritual manner. So it has been the most popular tarot in use for over 100 years. And there is good reason for that again, not because it's the prettiest not because it's the most hip and trendy but because it actually contains the symbols that your psyche is already imbued with.

Okay, so that is why that's so... And look, I got no investment in the Arthur Edward Waite student. Taro I don't get any kick back.

If you go out by...

I just get the satisfaction of knowing that you're actually using a deck that I promise will work for your psyche. I know it will and I know... Well, if you are a Westerner we're good. You're all set, because there are things in this deck and I wanna give you a few examples here in case this is something that you wanna pursue in the back. You're gonna see animals and in fact, some of our favorite animals, dogs and cats, right? We domesticated dogs and cats, we live with them. And in fact, even as I record this podcast right now, my precious little dog Roxy is sitting on my lap.

Okay, completely asleep, right? So if I see a dog on a card, I'm gonna be overjoyed to see this dog. I'm gonna understand that, "This is man's best friend, and then it represents something I love the olden his dark materials is the name of the series, but the first book is "The Golden Compass the introduced animals as demons, your souls, living outside your body. If you have a pet, then you know what I'm talking about. That's how I feel about my dog.

Many of us feel same way about our pets. This is something really primal this is a drive or an urge, it implies our joy.

We're again as other cultures, they don't feel that way about dogs, they have a different view of jobs there are other cultures that think dogs are dirty, they need to







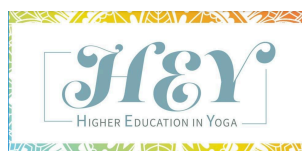
stay outside, they are not man's best friend, they're not gonna have the same reaction that we do when we see a dog got a card.

There are sunflowers in the writer weight deck, and against sunflowers, represent solar energy or that light of consciousness. Sunflowers are very much... We see them all any of us who have driven through the Midwest in the spring and summer months, has seen huge tall gorgeous fields of sunflowers literally facing the sun that is a thing that we all know, you may not know that if you come from somewhere else. So again, I'm trying to really drive home this idea that you've got to apply the right medicine to the right person. There are Laurel wreaths upon the heads of some of the characters in the taro deck. And when you know when you see a lot are you know that there's been victory, that is from the Reema tradition.

We've also got some beautiful Greek kind of mythological tradition in the taro deck. We'll see grapes or pomegranates on many of the cards which for us represent fertility and again, that's pretty Western "psychic-based symbol of fertility. There are different symbols in the East, in a... We've got water which is always, always a symbol of the encourages. Any time you see anybody diving in the water they're going into the unconscious. And actually, you can remember that when you go to the movies to there's an ocean crossing a river crossing. If somebody's going into the water, you're like, "Okay they're going into their unconscious now that's what's happening in the story.

We also see that in the deck is there are different colors. I mentioned, blue as being memory white for us, here in the west is purely where as white and other cultures can mean death.

Oh, again, applying the right medicine to the right person. We see white and see when we see white in the cards, we know if there's an element of purity, here, there's also a lot of astrological symbolism in the taro deck and again, it's Western astrological symbolism. So I'm thinking specifically of one of the major arcana trump



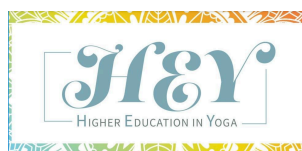


cards, card at which is strength, where there's a beautiful woman in a white dress again that white dressed in the can that she is quite pure, she's opening the mouth, of a lion and a lion for us represents real strength "Alin is the king of all best and for this beautiful woman to be leaning down an opening that mouth means that she has control of her own inner strength, the and empowerment. It's a really beautiful image.

So the tarot deck is our opportunity to lay our cards out on the table and there's nothing magical happening here. Okay, I guess you could think of it as magical, but it's not scary or weird you're just giving your psyche, the bigger and deeper parts of your psyche an opportunity to speak to you.

And I don't know how it works and how it does that, but it does and it will choose the right cards again, 'cause there are parts of us, we don't have to know how it works, but it is working and when we choose the cards and we see the images laid in front of us, we are given very clear messages in a language that we understand in order to move forward when we learn more about the taro deck. It's not about memorizing. What all 78 cards mean. That would be incredibly overwhelming and PhD-worthy. It's more about looking at the images that are present in every card and knowing what they mean to you knowing what they symbolize. For you, there are a lot of collective commonalities, but the more that you use the deck, the more that you become friends with each and every one of the cards and the more that you strengthen the relationship between you and your psyche so that you can have a really strong method of communication.

So if you pull a card like strength for example, this one with the woman in the white dress holding the lion's mouth open and if the first time you see that you're struck let's say with the innocence and yet power of this feminine figure and you feel a sense of resonance with that then your psyche will know any time I need to give a sense of feminine power, I'm gonna deliver the Strength card and that message that particular word language sentence concept will be strengthened within that card for you.





So any time you need to hear that message that card will show up. So this is the power of pence of divination. And because I know that you are thinking about the best ways to set yourself up for success in 2020 and beyond, I would strongly encourage you to explore looking into... A method like Taro or you could choose something else that resonates with you, so that you developed this strong communication with other parts of your psyche. And again, my friends that is Yoga, that is yoga. The ability for you to call into accord all the parts of yourself, for you to utilize the strength, the wisdom, the deep arches the inspiration of all the parts of yourself, that's what's gonna help you move forward in the best way possible if your decision-making is coming, not from your ego mind, but from a spirit or soul, you can be assured that you're making the right decision for you.

And if there is a goal to yoga, which there isn't really... But if we could call yoga is having a goal, it would be that brilliant decision making a Sanskrit word for that is VIVA and have the DEA is to have discernment. I always... Be able to choose for yourself, the best path to fulfilling the greatest potential that you have in this life. Discernment or a ECA is your ability to say, Yeah, in every moment, to the grand adventure that is your life when you feel hesitation, when you feel unsure when you're not certain of what that next decision is or what it should be or how to move forward, let a gift to be able to call on the higher and deeper parts of yourself. So that you get that message you get that clarity to move forward with the wisdom of these parts of you that are so deeply and strongly connected.

So I hope that this has been both informational, but also inspirational for you, and if you wanna continue the conversation and learn a little bit more about the taro. I'm offering a full lecture this month, and my higher education yoga membership that takes you through the entire trump card system which is 22 cars, a lecture out head over to higher education yoga trial and you can get that full Teri lecture and plus much, much more content. The higher education not membership is the place where you and I continue conversations like this all the time, and you meet other people who are just like you, modern mystics interested in stepping into their roles as





spiritual leaders as always. Thank you so much for listening to this podcast, if you've enjoyed this content, please feel free to leave me a review wherever it is that you found this podcast. Not only gives me a huge, warm, fuzzy, and in filled with gratitude for it, but it also helps other people to find this podcast too and there's anything I'm interested in, it's spreading the word and helping as many people as possible step into their roles as spiritual leaders because we are so called for today, so thank you very much. I will talk to you on the next podcast, until then. Not last day..

