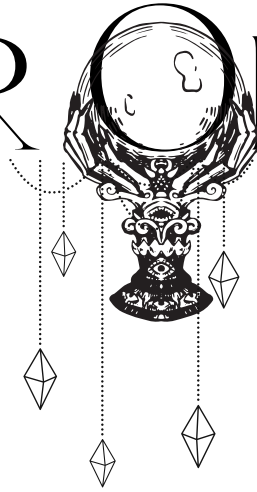


# INNER ORACLE



A REBEL HEARTS WORKBOOK WHERE YOU  
LEARN TO USE ORACLE & TAROT CARDS WITH  
JOURNALING (AND THE MOON CYCLES!) TO  
ENGAGE YOUR INTUITION, HEAR YOUR INNER  
WISDOM, AND WALK IN YOUR PERSONAL  
POWER



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# YOU ARE THE ORACLE

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## Introduction

Oracle cards can gently guide you in uncovering your own inner wisdom, intuition, and connection to your higher self. They allow you to explore the truths of your own soul and clear away inner clutter that may have held you back from living your best life now.

Through their use, you can learn to deeply and truly know yourself, which opens the way for you to become your own oracle! So many of us have learned to not trust ourselves, our intuition, or our inner voices. Through the use of oracle cards, you can begin to heal this and trust all of yourself again!

Through regular practice, you will also find yourself opening up to the various ways in which you hear Spirit/God/Universe/Higher Self/Angels who are here to support you on your journey of healing, helping you to begin living your life of authenticity and freedom.



You are the ORACLE!

# WORKING WITH THE CARDS

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## Choosing Your Deck(s)

Oracle card decks come in many shapes, sizes, formats, and styles. Each oracle deck will have its own energy, its own voice, and its own way of working with you. When it comes to choosing a deck, there is really no right or wrong way to go about it, but here are some suggestions:

If at a store where you can pick up the cards:

- Look at the imagery, the words - do they draw you in? Do they seem to speak to your soul?
- Pick them up and feel them - do you get an energy "kick" from them? Do they not let you put them back down once you have them, or do you want to instantly put them back down? Pay attention to the energy you get from them and how you respond to it; does your vibe tend to go up, go down, or remain neutral?
- If the deck is available to use, ask the deck to give you a card - whether a specific inquiry or just to get a general "feel" of the deck.

If online:

- Look at the imagery and the words - are you attracted to the deck at all? Do any of the cards shown speak to your soul?
- Do searches based on specifics you may want, such as angels, faeries, dragons, ancestors, affirmations, goddesses/gods, etc.
- Be curious and explore!

However you explore new decks, go with whatever feels good and right to you, and have FUN with it! Sometimes you will choose decks that you will instantly connect with and start working with and other times you may choose a deck that may sit for awhile before you start using it. Again, there is no right or wrong in choosing your decks! I believe each deck that crosses our path is meant for us in one way or another.

# WORKING WITH THE CARDS

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## Clearing and Caring for Your Decks

Card decks can pick up energies while in a store as well as along the route via shipping. They will also accumulate your energies as you work regularly with them. If a deck feels "off" or just has a feel of heavy energies, it is a good indication that a clearing is needed. There are many ways to clear/ cleanse your decks.

Here are a few ways you can clear your deck as you hold the intention of clearing away any energy that is not of your highest good:

- Smoke/smudging - you can use incense or any other form of smoke (such as sage or palo santo) for clearing energy; just wave your deck through the smoke back and forth 3 times.
- Singing bowls - place a singing bowl on top of your deck (or hold the deck over the bowl) and strike the bowl 3 times, allowing the sound to fully play out between strikes.
- Bells - ring a bell over your deck.
- Pendulum - hold a pendulum over the deck and ask for the energies to be cleared; then wait until the pendulum has stopped moving. It may move in one direction and then another, so wait until it has fully settled as its indicator that it has cleared the energy.
- Prayer - hold the deck in your hands and call on the angels/spirit guides/Source to clear away the energies that are not for your highest good and to infuse them with unconditional love.
- Visualization - visualize white light over your cards clearing away any heavy, stagnant, stuck energies and see the white light flowing freely through them.

There are many more ways in which you can clear and cleanse your decks. Have fun exploring new ways! There are plenty of ideas online that you can explore.

# WORKING WITH THE CARDS

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## Personally Connecting with Your Deck

It is important to personally connect with each of your decks so that your readings are energetically aligned to you. Many authors will outline ways in which you can connect with your new deck in the corresponding booklet, but you can do whatever works for you as we are all unique in how we connect with various energies.

For an example, this is how I connect with each of my decks:

- I will open the box and remove all the paper wrappings/etc., hold the deck in my hands and just say "thank you". I believe that each deck has its own spiritual guardian and as we hold gratitude for their presence with our deck, it really allows them to speak more clearly through the cards to us.
- Then I will read the introduction to the deck in the booklet and then look at each card one by one, looking at the images and any words on the cards.
- As I look at and read each card, I do so slowly, while allowing our energies to connect. Through this, there is usually a card or two that will almost seem to scream at me - "my message is for you!" and I will go to the booklet and read the message. It is such a fun thing to experience as you're connecting with the deck, and the messages are always spot on!

There many ways in which you can connect with a deck, even specific "deck interview" card spreads that can be done. Feel free to explore and let yourself do whatever intuitively feels right for you!

Your practices will evolve over time, so don't let any idea of "this is how it should be done" get stuck in your mind. Our deck interactions will evolve right along with us and it is a beautiful process! Just flow with it!

# WORKING WITH THE CARDS

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## Connecting with Your Deck Even Further

One way to connect with a deck in a deeper way is to do a "dream attunement" with the deck. This does require a bit of time commitment, but it is very much worth it!

How it works:

- Choose your deck and each night select one card from the deck. (For each card pulled, set those aside each day so that you work your way through the entire deck one card a night.)
- Study the card, read the booklet, and meditate on the imagery and message as you drift off to sleep.
- Pay attention to what comes up in your dreams! I recommend keeping a dream journal as you do this so you can jot down anything that may relate to the message of the card. This may be through images, animals, words or phrases, or even themes or concepts that you notice.

The decks that I've done dream attunements with always have a way of providing me with profound readings later, and it's a lot of fun seeing how messages are relayed through your dreams! Have fun with it!



# WORKING WITH THE CARDS

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## Creating Your Sacred Space

Sacred space is a space set with the intention to connect with your cards, your higher self, source/God/universe. This can be a dedicated room or your favorite recliner; it is all about creating intent for the work you are about to do with the cards. Keep in mind that this is an energetic thing so as you set your energy, you allow that energy to come through you and your work with the cards.

What this may include:

- Prayer/Intention
- Incense
- Candles
- Crystals
- Singing bowls
- Elements (water, earth, fire, air)
- Oils for anointing yourself
- Clutter clearing & cleaning
- Creating an altar space

However you decide to create your space, it's all about "feeling it!"

# WORKING WITH THE CARDS

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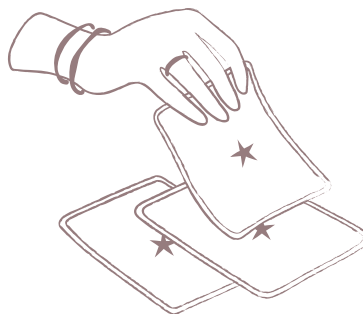
## Determining the Type of Reading

Cards readings can be done intuitively or following the guidelines of a defined card spread (which can be found in the deck booklets or online).

Before you start working with your deck, figure out what you're wanting to receive guidance on. Are you asking for guidance on something specific or just seeking general guidance or affirmation?

Have fun and explore the many different card spreads you can find online or in books, or have even more fun by creating your own! There is no rule as to how you lay out your cards; the purpose is for them to hold meaning to YOU.

There is no set formula when it comes to you, your deck, and how you do your readings. The key is to follow whatever you feel like; follow what you want, feel called to, or just want to test out. Have fun with it! It will all evolve with you on your journey.



# WORKING WITH THE CARDS

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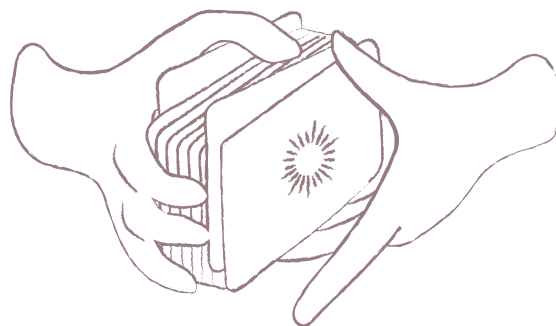
## Shuffling & Drawing Your Cards

There are various ways you can go about using your deck. It is all unique to you and it is fun to explore them as you see what fits best for you in any particular season, phase, or moment.

Getting Started:

Shuffling your cards actually helps to clear the energy and attune it to where you're at in the moment. There's no rule to how you shuffle, so do whatever feels right to you - casino style, overhand shuffle, cutting stacks - there's no wrong way!

Drawing cards can be done in many, many ways. You can shuffle and then draw the top card(s), you can shuffle until cards "jump" out, you can spread them out and run your hands over them until you get a "hit" (e.g. hand tingle, sense of warmth, etc.), or even use a pendulum! The trick is to do whatever feels right for you in that moment.



# WORKING WITH THE CARDS

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## Reading Your Cards & Listening to your "Gut"

When it comes to reading your cards, it is a very intuitive process. You can start by looking at the imagery and words on each card; what does it bring to mind? What thoughts, emotions, or ideas come up with them? You can then go to the booklet and read the associated description there; as you read, what stands out? What additional thoughts, emotions, or ideas come up as you read through it?

All of this comes into play in your reading as it's really about "feeling it out". This is part of listening to your "gut" with it. Pay attention to your mental, emotional, and physical responses to the cards and their descriptions.

- Does a particular person/situation/idea come to mind?
- Do you feel like you want to cry or maybe even throw the deck across the room?
- Do you get a lump in your throat or butterflies in your stomach?
- Do you have any kind of "eureka!" or "aha!" sort of moment?

All of this is speaking something, so it's wise to pay attention to all of the subtle (and not-so-subtle) elements that come through our senses as we look at and read our cards.

SAMPLES OF

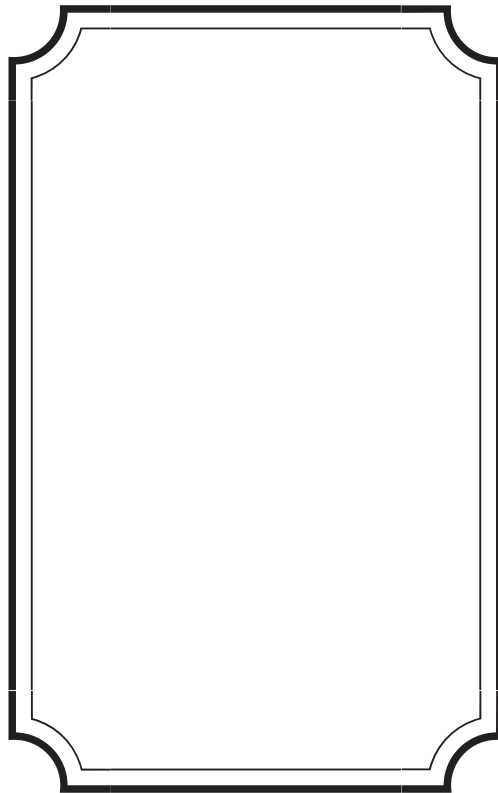
# CARD SPREADS

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## 1-Card Reading Example

Ask a question and pull a card.

Try a Card a Day - just draw a card and see what it says!



# 2-Card Reading Examples

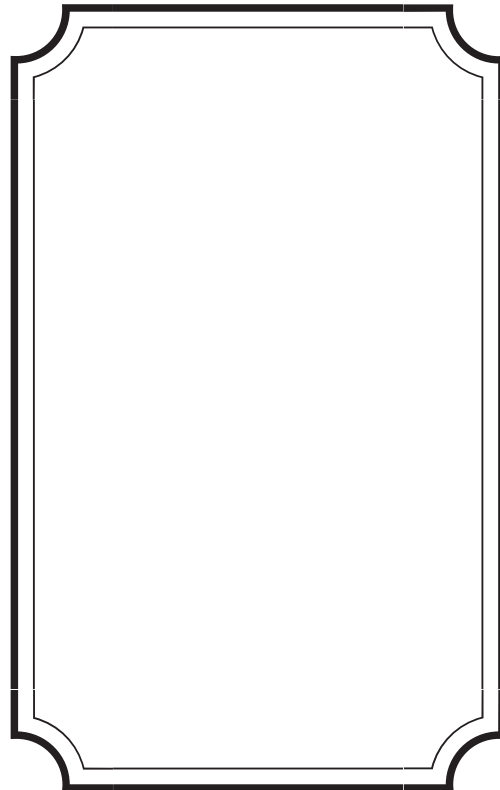
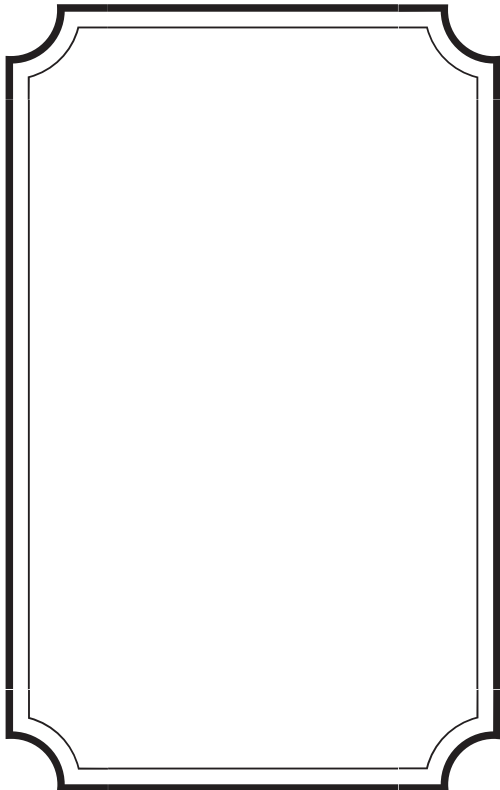
Card spreads/layouts:

Card 1 - What's Falling Away?

Card 2 - What's Rising?

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Card 1 - Strength (Your greatest strength, or what will strengthen you.) Card 2 - Challenge (What challenges you, or what needs work/ attention/ tending to?)



# 3-Card Reading Examples

## Card spreads/layouts:

**Card 1 - Strength (Strengths you have or what will strengthen you)**

**Card 2 - Heart (Blessings in your heart or a message from your heart)**

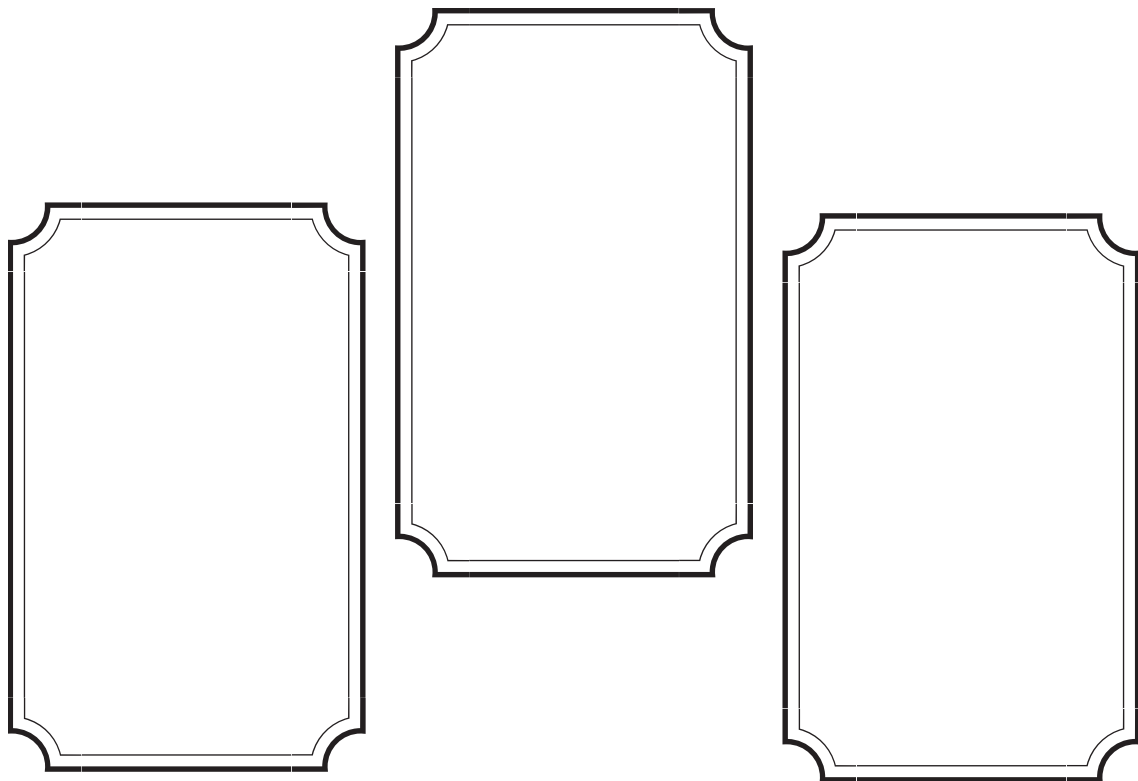
**Card 3 - Challenge (What challenges you or what needs attention)**



**Card 1 - Past (Past influences showing up in your life)**

**Card 2 - Present (Present circumstances in your life)**

**Card 3 - Future (Future potential of circumstances with past influences)**



# 4-Card Reading Examples

## Card spreads/layouts:

Card 1 - East (What is emerging in your life or what are you learning?)

Card 2 - South (What is expanding in your life or what is growing?)

Card 3 - West (What is changing in your life or what are you releasing?)

Card 4 - North (What is being nurtured in your life or what do you need to tend to?)

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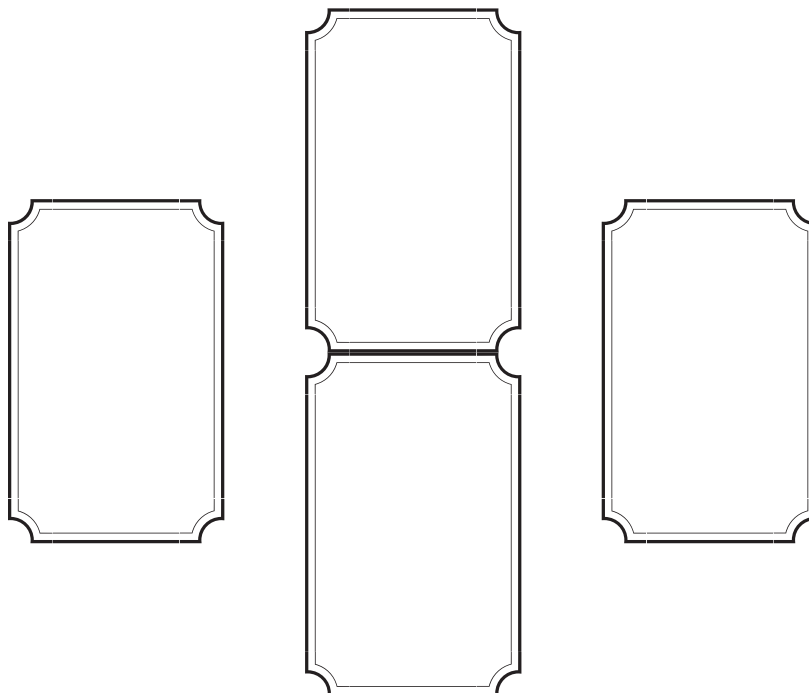
## Decision Making -

Card 1 - Choice (What is the primary energy behind the choice?)

Card 2 - Pro (What is the benefit or support of the choice?)

Card 3 - Con (What is the liability or challenge behind the choice?)

Card 4 - Additional Information (Clarifier or information to consider)





# 5-Card Reading Examples

## Card spreads/layouts:

Messages from Your Spirit Guides -

Card 1 - Message from your Higher Self

Card 2 - Message from the Angels

Card 3 - Message from the Earth

Card 4 - Message from your Master Guide

Card 5 - Message from your Ancestors

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Soul Spread -

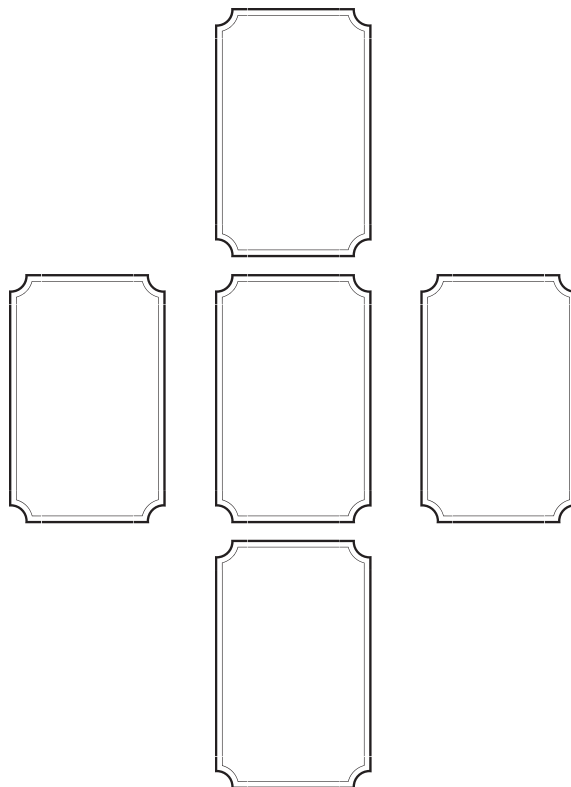
Card 1 - Soul Gift (What you came here to express or share with the world.)

Card 2 - Karmic Wound (What you came here to heal.)

Card 3 - Life Lesson (What you came here to learn.)

Card 4 - Current Obstacle or Challenge

Card 5 - Soul Calling (What your soul is calling you toward.)



# 7-Card Reading Example

## Life Path Spread -

**Card 1 - You and a strength or a gift you have.**

**Card 2 - Your life and what's happening now.**

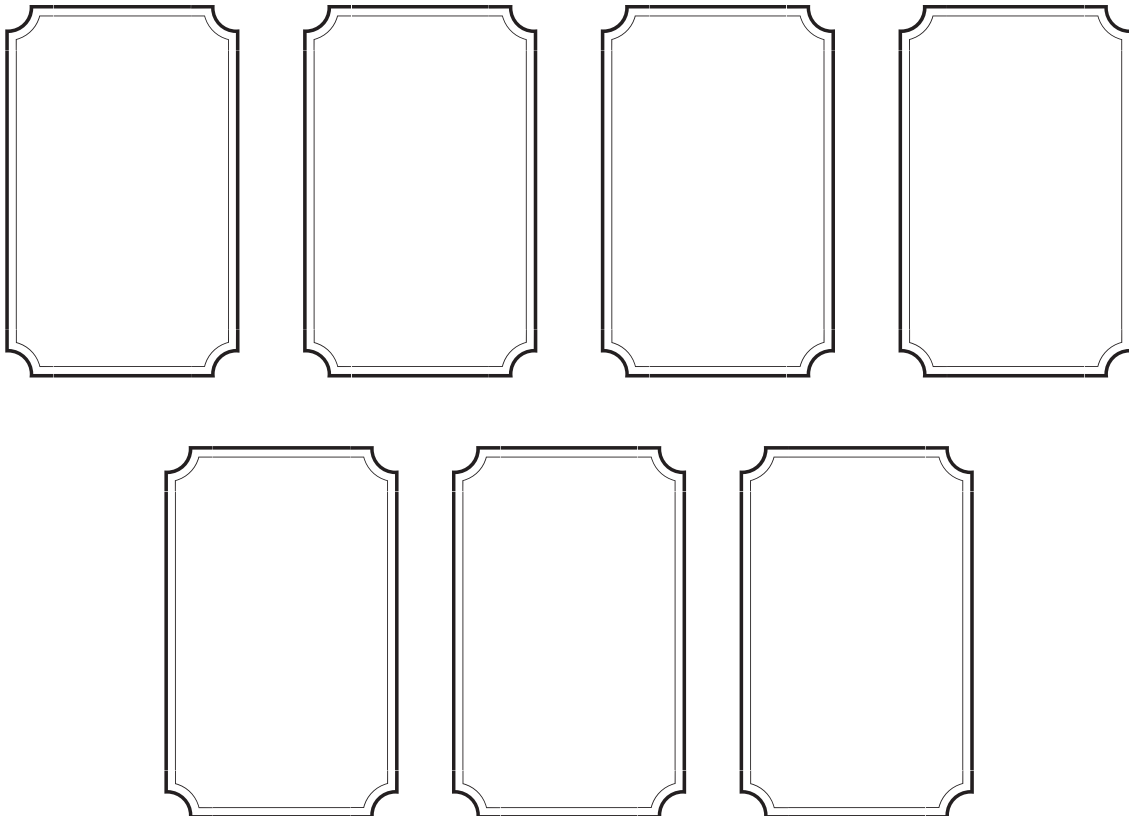
**Card 3 - Something that supports your happiness.**

**Card 4 - An obstacle or challenge that you are overcoming.**

**Card 5 - What your angels want you to know.**

**Card 6 - What your guides want you to know.**

**Card 7 - What your heart wants you to know.**



# HEALING THROUGH JOURNALING

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## Bringing Journaling into Your Practice

I highly recommend keeping a "Reading Journal." It is a valuable processing tool as well as something we can look back on and see our growth, our lessons, and our healing and see how the cards have spoken to the things in your life along the way.

You can keep a journal in whatever way feels right to you. I have kept a reading journal in many different forms over the years; some with just jotting down the cards I drew and their meanings, and others where I've jotted down the crystals I'm sitting with that day and a summary of how the cards are applying to my current situation/season of life.

It can be as unique and diverse as you make it and can change from day to day and season to season as you grow with your readings. The more you put into it, the more you'll get out of it!

For starters, you may try writing down:

- Date
- Cards drawn
- Words/phrases that stand out
- What it means to you

As you do this, you will gain greater clarity into your own beliefs and attitudes around the things in your life and be able to see where you may want to make some changes. You will also gain new perspectives and insights into how the universe works, how your spirit team speaks to you, and how your intuition nudges you with those "niggles".

So much can come through during journaling! (Also make notes of any signs you may get around your readings; it's a beautiful way of seeing the encouragement and affirmation from the universe!)

# BUILDING ON YOUR INTUITION

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## Seeing the Signs

Paying attention to things like numbers, symbols, shapes, animals, and so forth, can help you learn to really trust and honor your intuition and messages from your "Spirit Support Team".

Oracle cards will often provide general themes and ideas surrounding your reading. When this happens, it's always fun to keep an eye out for the signs!

Synchronicities are all around us; as we learn to trust and honor our intuition, we begin to see them in so many ways. These bring encouragement from our spirit guides/angels/Source and we can find ourselves beginning to relax into the flow of life instead of trying to fight or force it.

How signs and confirmations can appear to you:

- Songs/lyrics
- Numbers
- Symbols
- Synchronicities (no such thing as coincidences!)
- Feathers
- Animals/Insects
- Cloud shapes
- Dreams

There are many ways in which the universe will speak to us; we just have to pay attention and trust our gut!



# MY JOURNEY IN BECOMING MY OWN

# ORACLE

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## Becoming the Oracle of my Life

It wasn't long ago (2016) that I was in a place of severe depression with suicidal tendencies, and was fighting my way out of an abusive marriage. I was trying to reclaim my life, but I felt lost, confused, and very lonely. I knew my soul longed for so much more, but I also knew that my heart needed some major healing.

As I began to open up to the spiritual world, I found oracle cards. I was instantly hooked! My very first deck, Angels & Ancestors by Kyle Gray quickly became a sort of lifeline for me. Through them, I found encouragement, love, support, and a guiding system into my own heart and soul. I began to reconnect with my own intuition - the compass of my heart; I began to tap into my inner wisdom and let it guide me through the ups and downs of my life. I began to live empowered!

As I worked daily with the cards (ever finding new decks!), I began to really notice myself change in leaps and bounds. I began to trust myself, which was something that I didn't have before. I began to see the light at the end of my long, dark tunnel and I opened up to a world I had only ever vaguely dreamed of - one that left me feeling seen, heard, held, supported, and so very loved!

All through oracle cards! I loved it! Eventually, I wanted to know how to share this with others and so became a Soul Coaching Oracle Card Reader. I hope that my journey may be an inspiration for others in becoming their own oracle!


You are worthy of a life led by your own heart and soul! You are your own oracle!



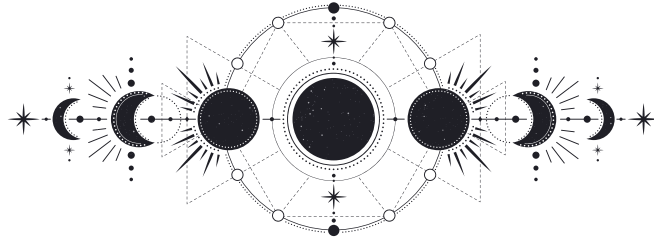
 Heather



# MOON MEDICINE



Finding healing, growth, and  
self-evolution with the cycles  
of the moon.



# Introduction

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Our biggest challenges in life tend to be within ourselves; our wounds, our fears, our attachments, our doubts. We have a tendency to ignore them, bury them, hide from them, or run from them. But these behaviors do not lead us to healing, to growth, to our own evolution as a soul living this human life...it definitely doesn't lead us to our best life.

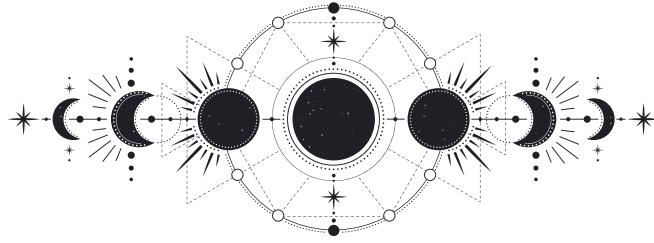
The moon is our energetic ally in learning how to cycle, transition, and transform ourselves and our lives so we can heal. In working with the cycles and phases of the moon, it's easier to actually face these various challenges in our lives with intention and purpose. When we add spiritual tools, it can have that much greater of an effect towards our healing and growth.

With Moon Medicine, I offer a guidance manual, if you will, in working with the four primary moon phases, oracle (and/or tarot) cards, journaling, and other supports, such as crystals and herbs, to help you in learning how to guide your own healing, your growth, and your soul's evolution...to help you start living your best life!

A Rebel Heart chooses to no longer ignore, bury, hide, or run from these inner challenges we all have. It chooses to face them and pour an abundance of self-love into this journey we call life. The Rebel Heart chooses Love over Fear and does it in it's own unique, and individual way.

Moon Medicine is designed to help you find your own beautiful way into your best life full of love and light!





# Commitment

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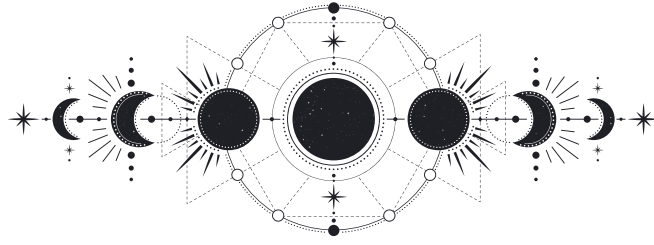
Committing to our healing and growth is a continuous cycle of awareness and change. We must allow our perspectives to shift, allowing our beliefs, thoughts, attitudes, and behaviors to shift with them. It isn't always an easy thing as much of what we need to heal is incredibly painful. But it is worth the commitment!

I started my healing journey with a journal. I poured my heart out through my pen onto the pages and let my soul speak to me through the pain. It allowed me to see myself more fully, to see my own beliefs and perspectives, and to start understanding some of the "why" behind "me".

Then I found oracle cards. They helped bring a new depth to my perspectives and helped me see where I needed to shift. They were also a lot of fun and came with a lot of inspiration and encouragement!

I started working with the moon cycles and phases through subscriptions like Lunarly and Moon Logic. They helped me to recognize my own cycles, my own phases and seasons of healing.

There are many layers to healing the wounded soul, the aching heart, and the jaded mind. It requires true commitment to self to begin and stay on the healing path. I encourage you to bring all the tools you can that help you along your journey in healing. You deserve a happy, loving, and fulfilled life!



# What You Need to Start

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- A committed heart to loving yourself, to healing, and to growing.
- A commitment to setting aside time for yourself each week.
- A journal, a pen, and an open mind.
- An oracle or tarot card deck (or two, or more!).
- A moon calendar app or some way of tracking the moon's phases.

With these things you can get started on your Moon Medicine journey on the path of healing, transformation, and growth. It is an evolutionary path that changes us from the inside-out.

With each cycle and phase you will journal, draw cards, and reflect. You will set healing intentions, discover actions you can take, allow rest and recovery, and determine what works for you and what doesn't.

You will discover new parts of yourself, have many aha! moments and learn to truly cherish the beautiful soul that you are.



# MOON CYCLE

## **Moon Cycle & Phases**

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The New Moon marks the beginning of the first lunar phase and moon cycle. The New Moon symbolizes new beginnings and is like a cosmic reset. It is a time to set intentions and invite new energies into our lives to manifest our desires.

With the intention of healing, your goal is to invite positive change into your life. By bringing focus to this, you are supercharging that healing energy and opening the door for the Universe to respond in kind.

Each lunar cycle is an opportunity for self-discovery; to learn to recognize your own cycles as you bring greater awareness to the cycles of the moon's orbit and it's influencing energies.

Each phase is associated with specific types of energies. For the 4 major phases, these include:

New Moon - Cleansing, New Beginnings, Intention/Goal Setting, New Experiences

First Quarter Moon - Building Energy, Focused Intention, Taking Action, Nourishing Seeds of Intention

Full Moon - Cleansing, Release, Abundance, Achievements, Gratitude

Last Quarter Moon - Releasing What Doesn't Serve, Refocusing Intention/Action

Note: To keep track of moon phases, there are numerous apps, programs, and websites that will keep tabs for you! Most calendars also print the moon phase on the associated days through the year.



# NEW MOON

## **Weekly Journaling**

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With the New Moon, start with a journal entry. You are planting your seeds here, so consider what you want to plant. What healing do you want to nurture this month? What situations, emotions, or painful stories seem to continue plaguing you? What do you want to see change? What do you want to build, to create, to grow in your life?

Write down all that comes up without judgement or filter. Let it all flow in your writing until you feel you are done. When you feel like this part is complete, choose a card deck that resonates with you.

With cards in hand, consider what came up for you and ask any of the following types of questions:

Where does my intention/goal need to focus (for my highest good)?

What area of my life needs my attention in this moon cycle?

Where in my life do I need a new beginning, a new creation, a new direction?

What needs to be nurtured to grow?

Then draw a card.

Sit with it for a minute. Look at the imagery, the words. What is it initially saying to you? Then go to the booklet, if the deck has one. What stands out? What speaks to you?

Jot all of that down in your journal.

You can add a spot for your “New Moon Review” and write your “Intention/Goal” and then include “Action Step” and “Affirmation” to help deepen your practice.



# FIRST QUARTER MOON

## **Weekly Journaling**

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The First Quarter Moon is about nourishing the seeds of intention you set with the New Moon. Now is the time to reflect on the previous week and see how the energy of your intention has been built up or has been blocked. How has it been presenting to you? How has it felt over the week to hold your intention?

If the energy has been building, questions you could ask include:

What do I need to maintain forward momentum?

Is there anything that needs my awareness that could be a potential block towards my goal?

How do I best nurture the seedlings I've planted?

If the energy has felt blocked, questions you could ask include:

What is blocking my way forward?

What do I need in order for my way to open up?

What action can I take to move beyond this block?

When done you can add a review section that includes your "Intention" as a reminder, "Release/Nurture" for what needs to be released or what needs nurturing, and then "New Action Step" for any additional actions you can take to grow your seeds.



# FULL MOON

## **Weekly Journaling**

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The Full Moon is illuminating; it will highlight and bring clarity to the things in our lives that we need to release that no longer serve us anything good. It shows us what isn't working for us anymore and helps us to discover a new way forward. It is also a time to recognize your successes and celebrate them! Hold gratitude for what you've accomplished and be willing to release what isn't working.

Consider what has felt aligned with your intention and what has not. Consider what has worked and what hasn't. Are you seeing any growth? Are you gaining new awareness or wisdom? What's growing?

Some full moon questions you could ask include:

What needs to be illuminated for my intention/goal to come to fruition?

What needs deeper healing so I can move forward?

What needs to be shed in my life to open my way forward?

When done you can add a review section with your "Intention" as your reminder, "Illumination" for your awareness point, and then "Path Forward" for anything that may need released or anything that brings awareness for your forward movement.



# LAST QUARTER MOON

## **Weekly Journaling**

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Third, or Last Quarter Moon is a time of reflection; to look at the progress you've made, the lessons you've learned, and to celebrate your accomplishments!

Look back over your journal for this whole moon cycle. What have you learned about yourself, about life, and about the direction you want to go? Consider how far you've come, the things that have worked and those that have not, and consider your way forward.

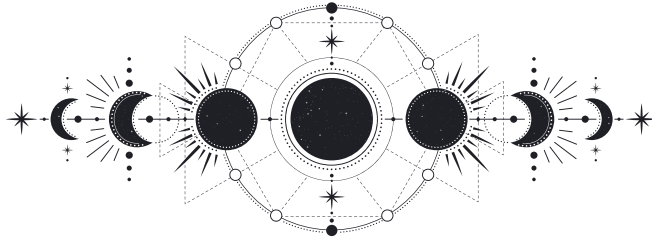
Some questions you can ask with this moon phase include:

What message do I need at this point that will help me continue evolving and manifesting the life I desire?

How do I need to adjust or reframe my intention for further growth?

What has worked for me and what hasn't?

When done you can add your last review points with "Intention", "What Works/What Doesn't", and "New Action" for what you can do to keep things growing.



# Conclusion

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After your Moon Cycle journey, go back and read everything. Think about how each week went for you, what you learned, what you accomplished (no matter how big or small!), and reflect on ways you can build this journaling & card reading ritual for practicing flow with the cycles of the moon. Experiment and practice with it! Make it your own.

This journey of healing is YOURS.

Own it proudly! Explore the various tools and things out there that can help you tune into yourself, hear your heart, and follow your soul's call.

You are MAGIC!!!

You are an ORACLE!!!!

You are AMAZING!!!

May your journey with Moon Medicine help you step out and live that life of your dreams!

You are worthy of it all!

So much love to you,

From my Rebel Heart to Yours -

Heather





REBEL HEARTS  
CARD SPREADS



# INNER HEALER

## CARD SPREAD

Consider an aspect, situation, relationship, or wound you have been wanting to find deeper healing with. Sit with it and then ask the following questions:

1. What is my lesson in this? (This card will represent the lesson/theme/overarching energy.)
2. Where am I currently at in this lesson/process? (This card represents your present challenge or area of focus for healing.)
3. What do I need to move forward with this? (This card represents the perspective, shift, attitude, energy, or action needed to move towards healing.)



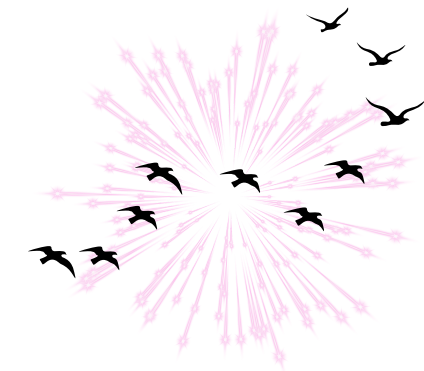
# HEART TRUST

## CARD SPREAD

When you want to hear what your heart has to share, take some long deep breaths, close your eyes, and tune into your heart. Feel it beating in your chest, hear it drumming in your ears, and then listen to its voice.

Learn to trust it.

1. What does my heart want to show me today?
2. Where do I need to practice (self-)trust?
3. How can I best support myself in my process of learning?
4. (Optional) Does my heart have anything further to add or any additional supporting message for me today?



# FREEDOM

## CARD SPREAD

Journal prompt: Write at least three beliefs you hold about yourself, whether in general or in regard to something specific.

Choose 1 belief and pull a card for each question around that belief; journal all that comes up. Do this with each belief you'd like to dive deeper into.

1. How does this belief support (or limit) me in my life's most authentic expression?
2. What blocks or limitations are associated with this belief?
3. What do I need to release, nurture, or shift with this belief to manifest my truest freedom for my highest good?



# CURIOUS HEALING

## CARD SPREAD

Journal prompt: Hold an attitude of childlike curiosity with yourself and be open to what comes forth. Consider your healing journey, how far you've come, where you're at, and where you want to go.

1. What in my life needs my healing attention right now?
2. How can I best nurture myself for this healing?
3. What is blocking or challenging my healing in this?
4. How do I gain freedom to move forward in my healing?





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