



Sit. Stay. Heal.

The Peaceful Paws Oracle
Dog Training Wisdom for the Human Soul

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SIT. STAY. HEAL.
THE PEACEFUL PAWS ORACLE

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Peaceful Paws Oracle Guidebook

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*"You are loved. You are worthy.
You are, and always have been, a good dog."*

Welcome

Our dogs have been trying to teach us all along.

Sit. Stay. Come. Heel. The cues we give our dogs aren't really about obedience — they're invitations into a way of being. Pause. Stay present. Return to your center. Walk alongside rather than ahead. The same gentle guidance that helps a dog feel safe and connected turns out to be the guidance we've needed all along. This deck takes the everyday language of the human-dog bond and hands it back to you as wisdom for your own life.

Sit. Stay. Heal. is built on the belief at the heart of The Peaceful Paws Method: that connection heals what correction never could. These 44 cards aren't here to tell you what to do. They're here to help you hear what you already know — to slow you down, soften you, and return you to the steady, grounded presence that both you and the ones you love most can feel.

How to Use This Oracle

There's no wrong way to work with these cards. Let your intuition lead. Before you draw, take a breath and settle — the same way you'd ground yourself before working with a dog who needs your calm. Hold a question in mind, or simply ask to see what you need today. Then draw, and read slowly. Notice which line lands. The card meaning, the reflections, and the affirmation are there to be sat with, not rushed past.

The Daily Draw

The simplest practice, and a lovely place to begin. Each morning, draw a single card and let it set the tone for your day. Read its message, carry the affirmation with you, and notice through the day where the card shows up. One card, gently held, is often all you need.

Three Simple Spreads

When something bigger is stirring, lay out a spread. Read the cards both on their own and as a conversation with one another.

Sit / Stay / Heal — A three-card check-in. The first card, Sit, shows you where to pause and what to notice right now. The second, Stay, shows you what to stay present with or hold steady through. The third, Heal, shows you what wants to mend or soften as you move forward.

The Walk Together — A three-card spread for a relationship or partnership. Card one: where you are. Card two: where the other is. Card three: how to walk alongside — the pace, the presence, or the gentleness the connection is asking for.

Leave It / Drop It / Come — A three-card spread for letting go. The first card names what you're being called to leave behind. The second names what you're gripping too tightly and can release. The third points you home — back to your center, and to what truly nourishes you.

However you draw — one card or a full spread — let the deck do what our dogs do best: bring you back to the present, and remind you that you are, and always have been, a good dog.

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Foundation Skills



SIT

Pause and be present

Before you can move forward wisely, you must first stop and collect yourself. Take a seat. Ground your energy. From this place of centered stillness, you can observe, assess, and choose your next move with clarity rather than reaction.

When this card appears: You're being asked to stop the forward momentum and simply be still. This isn't about procrastination or avoidance—it's about conscious pausing. Before you react, respond, or rush ahead, take a seat. Ground yourself. Let your nervous system settle. From this place of centered presence, you'll see your situation more clearly.

Reflections

- Where in my life am I moving too fast?
- What would become clear if I just stopped and sat with it?
- How can I practice pausing before reacting today?

Affirmation *"I pause with intention. I sit with what is. I choose my next move from a place of centered calm."*



DOWN

Surrender and rest

Sometimes the most courageous thing you can do is lie down and admit you need rest. Lower yourself. Release the need to be constantly "on." True strength includes knowing when to soften completely and allow yourself to be vulnerable and still.

When this card appears: You've been holding yourself upright through sheer will, but your body and spirit are asking you to fully surrender. This card invites complete rest—not just physical, but emotional and mental. Let go of the performance. Lower your defenses. Allow yourself to be held by something greater than your own effort. Vulnerability is not weakness; it's wisdom.

Reflections

- What would happen if I allowed myself to fully rest?
- Where am I exhausting myself by trying to stay "up"?
- What does my body need that I've been ignoring?

Affirmation *"I surrender to rest. I release the need to hold myself together. I trust that I am safe when I soften."*



STAY

Ground yourself in the present moment

Patience and stillness have their own power. Not every moment requires action. Practice holding your position with calm confidence, trusting that remaining present is exactly where you need to be right now.

When this card appears: You're being called to cultivate the art of staying—staying present, staying grounded, staying committed even when everything in you wants to move, fix, or flee. This is about building your capacity to remain steady through discomfort, uncertainty, or temptation. Your power right now comes from holding your ground with grace.

Reflections

- Where do I have the impulse to flee or distract myself?
- What becomes possible when I practice staying present?
- How can I build my capacity for stillness?

Affirmation *"I stay rooted in this moment. I trust the power of presence. I am steady, patient, and whole exactly where I am."*



COME

Return to your center

When you've wandered too far from yourself, remember you always have the ability to come back home. Reconnect with your values, your loved ones, and your authentic path. The journey back is always available.

When this card appears: You've strayed from your center—perhaps gradually, perhaps suddenly. This card is a loving call home. Come back to yourself. Return to what matters. Reconnect with the people and practices that ground you. No matter how far you've wandered, the path home is always open. Your true self is waiting with open arms.

Reflections

- Where have I lost touch with myself?
- What does "home" feel like to me?
- What's one step I can take to return to my center today?

Affirmation *"I always know the way home. I return to my center with ease. My true self welcomes me back."*



FOCUS

Direct your attention with intention

In a world full of distractions, your attention is your superpower. Choose where you place your gaze. What you focus on grows, so point yourself toward what matters most.

When this card appears: Your attention is being pulled in too many directions. This card asks you to gather your scattered energy and direct it with intention. What deserves your focus right now? What's important versus what's merely urgent or distracting? Where you place your attention shapes your reality. Choose wisely.

Reflections

- What am I giving my attention to that doesn't serve me?
- What truly deserves my focus right now?
- How can I protect my attention from constant distraction?

Affirmation *"I choose where I place my attention. I focus on what matters. My concentration creates my reality."*



WATCH ME

Be fully present with another

True connection happens when you give someone your full attention. Put down the distractions. Make eye contact. Be here now. Your presence is the greatest gift you can offer.

When this card appears: Someone needs your full presence—or you need theirs. This card calls for deep, undistracted attention. Put down your phone. Stop multi-tasking. Look someone in the eye and really see them. Or ask to be seen yourself. True intimacy and connection happen in these moments of complete presence.

Reflections

- Who in my life needs my full attention right now?
- When was the last time I felt truly seen by another person?
- How can I practice being more present in my relationships?

Affirmation *“I give and receive full presence. I see and allow myself to be seen. Connection deepens when I’m fully here.”*



PLACE

Find your sacred space

Everyone needs a spot that feels like home—physically, emotionally, or spiritually. Identify where you feel safe and centered, then give yourself permission to return there whenever you need grounding.

When this card appears: You need to identify or return to your place of safety and restoration. This might be a physical location—a favorite chair, a spot in nature, a room of your own. Or it might be an emotional or spiritual space—a meditation practice, a creative ritual, a way of being that feels like home. Create and honor your sacred space.

Reflections

- Where do I feel most safe and centered?
- What makes a space feel like "home" to me?
- How can I create more sanctuary in my life?

Affirmation *"I have a place that is mine. I return to my sacred space whenever I need grounding. I am always welcome home."*



CHECK IN

Assess where you are

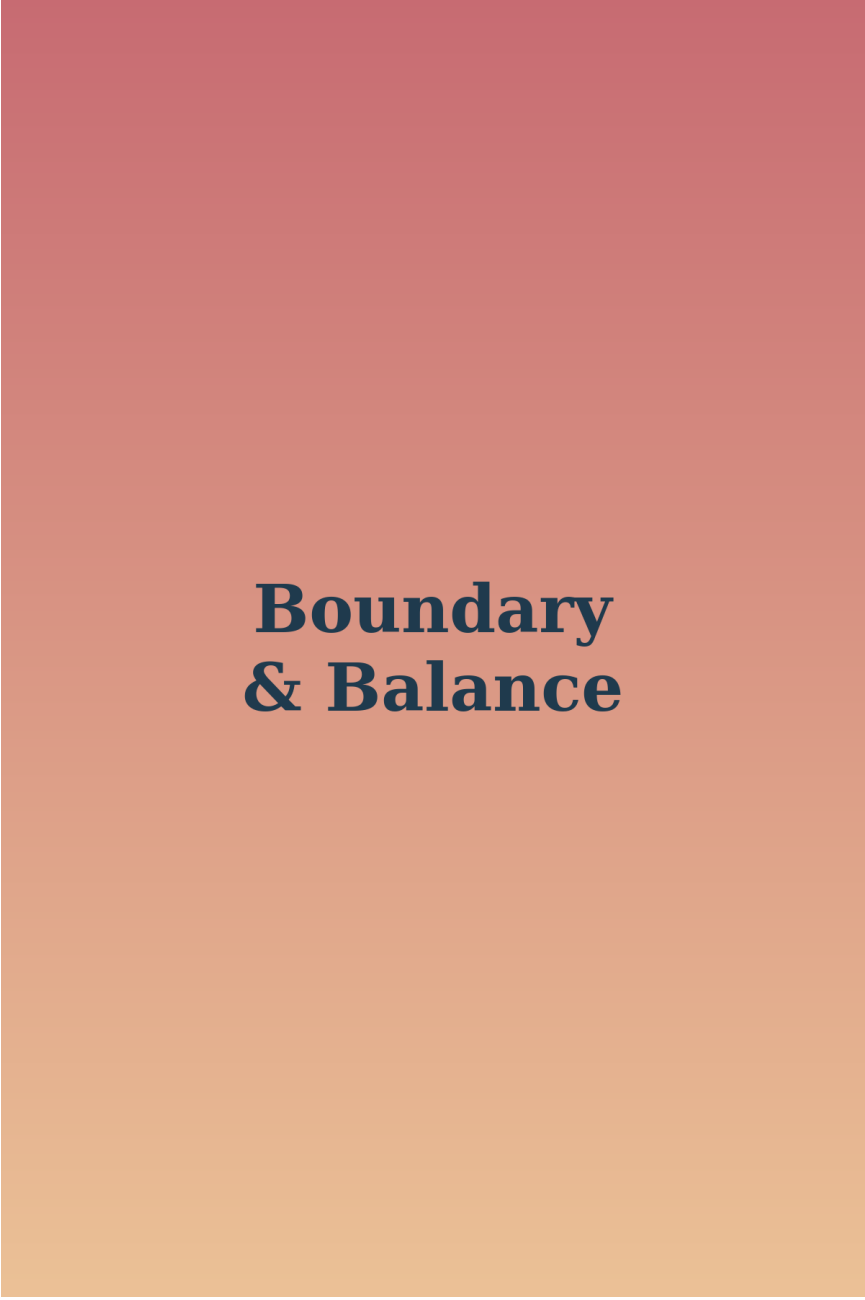
Before moving forward, take inventory. How are you really feeling? What do you actually need right now? Honest self-assessment prevents missteps. Pause and truthfully check in with your body, mind, and spirit.

When this card appears: You're being asked to pause and honestly assess your current state. Not where you think you should be, not where you want to be—where you actually are right now. Check in with your body. What sensations are present? Check in with your emotions. What feelings are here? Check in with your energy. What do you truly need? Honest self-awareness is the foundation of wise action.

Reflections

- What am I feeling in my body right now?
- What emotion is asking for attention?
- What do I actually need versus what I think I should need?

Affirmation *"I check in with myself honestly. I listen to my body's wisdom. I honor what I truly need."*



Boundary & Balance



LEAVE IT

Release what no longer serves you

Sometimes the most powerful choice is to walk away from what tempts but doesn't nourish. Trust your ability to let go of toxic situations, negative thoughts, or energy drains. What you leave behind makes space for better things ahead.

When this card appears: Something is tempting you, but you know it's not good for you. This card gives you permission—and strength—to walk away. Leave the toxic relationship. Release the negative thought pattern. Step away from the drama. Trust that what you leave behind creates space for what truly nourishes you. Your discernment is correct. Leave it.

Reflections

- What am I being called to leave behind?
- What's tempting me that I know doesn't serve my highest good?
- What becomes possible when I walk away from this?

Affirmation *"I leave behind what doesn't serve me. I trust my discernment. I make space for what truly nourishes."*



DROP IT

Release your grip on outcomes

That thing you're holding so tightly—the grudge, the need to be right, the perfect plan—loosen your jaw. Let it fall away. Freedom comes when you stop clenching.

When this card appears: You're holding onto something with a death grip. This card asks you to open your mouth and let it drop. Release the grudge. Let go of the need to control outcomes. Stop clutching the story about how things "should" be. Your tight grip is exhausting you and preventing new possibilities from entering. Drop it. Feel the relief of an open hand.

Reflections

- What am I gripping too tightly?
- What would I gain by releasing my hold?
- How is my attachment to this outcome causing me suffering?

Affirmation *"I release my grip. I open my hand and my heart. I trust what's meant for me will stay."*



OFF

Respect boundaries—yours and others'

Not everything is yours to claim or fix. Step back from what isn't your responsibility. Honor the space between self and other. Healthy boundaries create healthy relationships.

When this card appears: You're overstepping—either someone else's boundaries or your own. This card is a gentle but firm reminder to step back. Get off the couch that isn't yours. Stop trying to fix what isn't your problem. Respect the line between you and others. Or notice where others are encroaching on your space and lovingly ask them to step off. Boundaries aren't walls; they're the framework for authentic connection.

Reflections

- Where am I overstepping in someone else's life?
- Where are my boundaries being violated?
- How can I communicate my limits with love?

Affirmation *"I honor boundaries—mine and others'. I respect the sacred space between us. Healthy limits create healthy love."*



WAIT

Trust in divine timing

The door will open, but not yet. This pause is purposeful. Use this time to gather your energy, clarify your intentions, and prepare. What's meant for you won't pass you by.

When this card appears: You're at the threshold, but you're not meant to cross it yet. This card asks for patience and trust in timing that's bigger than your will. The wait isn't punishment—it's preparation. Use this pause to get clear, gather resources, or simply build the capacity to hold what's coming. Divine timing is always perfect, even when it's frustrating.

Reflections

- What am I meant to learn or gather during this waiting period?
- How can I use this pause productively?
- Where do I need to trust timing that's not mine to control?

Affirmation *"I trust divine timing. I wait with patience and purpose. What's meant for me will arrive at the perfect moment."*



WAIT FOR IT

Anticipation builds power

The moment isn't quite ripe yet. Hold your position with eager readiness. The tension before release, the breath before the leap—this anticipatory energy is building something powerful. Stay alert. It's almost time.

When this card appears: You're in that electric moment right before something big happens. Don't rush it. This building energy, this anticipation, is actually charging what's about to unfold. Stay poised. Stay ready. Feel the power gathering. The release is coming, and it will be worth the wait. Your eagerness and readiness are part of the magic being created.

Reflections

- What am I anticipating right now?
- How can I stay present with this building energy?
- What's being created in this moment before the leap?

Affirmation *"I hold steady in anticipation. I trust the building energy. I'm ready for what's about to unfold."*



EASY

Slow down and breathe

You don't have to rush through everything at full intensity. Lower the stakes. Reduce the pressure. Approach this situation with calm energy and watch how much smoother it becomes.

When this card appears: You're bringing too much intensity to the situation. This card asks you to dial it down. Soften your energy. Move slower. Breathe deeper. Sometimes the quickest way through is the gentle way. Lower the stakes you've artificially inflated. Approach with ease and watch how resistance melts away.

Reflections

- Where am I creating unnecessary intensity or pressure?
- What would happen if I approached this situation with calm energy?
- How can I take the pressure off myself today?

Affirmation *"I move through life with ease. I release unnecessary pressure. I trust that gentle energy creates better outcomes."*



GENTLE

Soften your approach

Force creates resistance. When you move through the world with a lighter touch, doors open more easily. Be kind to yourself and others. Tenderness is not weakness—it's wisdom.

When this card appears: Your approach has been too harsh—with yourself or others. This card invites softness. Use a lighter touch. Speak more kindly. Move more tenderly. Gentleness doesn't mean weakness or passivity; it means approaching with care and respect. Force creates pushback; gentleness invites opening. Be soft. Watch what becomes possible.

Reflections

- Where have I been too harsh with myself?
- Who needs a gentler approach from me?
- How can I bring more tenderness into my life?

Affirmation *"I approach with gentleness. I soften my touch. I trust that tenderness opens doors that force cannot."*



QUIET

Embrace the power of silence

Not every moment needs to be filled with noise or activity. Sometimes the most profound wisdom comes in stillness. Hush the constant chatter and listen to what emerges in the silence.

When this card appears: There's too much noise—external or internal. This card calls for silence. Turn off the inputs. Stop the constant chatter. Create space for quiet. In the silence, you'll hear what the noise has been drowning out—intuition, truth, peace, clarity. Not every moment needs to be filled. Embrace the power of nothing happening.

Reflections

- Where is noise drowning out my inner voice?
- What would I hear if I created more silence?
- How can I build quiet into my daily life?

Affirmation *"I embrace silence. I quiet the noise. I listen to the wisdom that speaks in stillness."*



BACK UP

Create space to reassess

You might be too close to see clearly. Take a few steps back and gain perspective. Distance doesn't mean retreat—it means getting a better view before moving forward wisely.

When this card appears: You're too close to the situation to see it clearly. This card asks you to physically, emotionally, or mentally step back. Create some distance. Get perspective. From farther away, you'll see things you couldn't when you were right up against them. Backing up isn't giving up—it's getting smart before moving forward.

Reflections

- Where am I too close to see clearly?
- What perspective would I gain with some distance?
- How can I create healthy space to reassess?

Affirmation *"I step back to see more clearly. I create space for perspective. Distance brings wisdom."*



SIDE

Stand parallel with support

Position yourself beside those who need you. Not in front directing, not behind pushing—simply alongside as a steady, supportive presence. Your companionship itself is the gift.

When this card appears: Someone needs you beside them, not fixing or leading. This card calls for the powerful presence of standing alongside another without agenda. Be shoulder to shoulder. Walk parallel paths. Offer the gift of companionship without trying to control the journey. Sometimes the most profound support is simply being present, side by side.

Reflections

- Who needs me to stand beside them right now?
- Where am I trying to lead or push instead of accompany?
- How can I offer support without taking over?

Affirmation *"I stand beside, not ahead or behind. I offer companionship without control. My presence is enough."*

Connection & Presence



HEEL

Walk alongside, not ahead or behind

True partnership means moving together in harmony. Release the need to control or follow blindly. Find the rhythm of walking side-by-side with life, matching its pace with grace.

When this card appears: You're out of sync—either pulling ahead or lagging behind. This card invites you into the dance of true partnership. Match the pace. Walk side-by-side. Feel into the rhythm of moving together without force. This applies to relationships, projects, and your relationship with life itself. When you heel with grace, movement becomes effortless.

Reflections

- Where am I pulling ahead instead of walking together?
- Where am I dragging behind when I'm meant to keep pace?
- What does true partnership feel like to me?

Affirmation *"I walk in harmony with life. I match the pace with grace. I partner rather than control or submit."*



TOUCH

Make gentle contact

Sometimes a small gesture of connection is all that's needed. Reach out. Check in. A light touch can ground, reassure, and strengthen bonds. Don't underestimate the power of showing up softly.

When this card appears: Someone needs a gentle touch—or you do. This isn't about grand gestures; it's about simple contact. A hand on a shoulder. A text to say "thinking of you." A moment of eye contact. Small touches create big connections. Reach out with gentleness. Let someone know they're not alone. Allow yourself to be touched, literally or metaphorically.

Reflections

- Who could use a gentle touch from me today?
- Where am I craving connection or contact?
- How can I reach out in small, meaningful ways?

Affirmation *"I reach out with gentle touch. I connect through small gestures. I'm not afraid of softness."*



CHIN REST

Offer and accept comfort

Sometimes you need to lay your head down and feel supported. Other times, you're the one offering your shoulder. Both giving and receiving comfort are acts of love. Allow vulnerability.

When this card appears: This card speaks to the tender exchange of comfort—both giving and receiving. Sometimes you need to rest your head on someone's shoulder and let yourself be held. Sometimes you're the one offering your steady presence to another. Both are beautiful. Both are necessary. Don't be afraid to ask for comfort or to offer it freely.

Reflections

- Who can I turn to when I need comfort?
- Where am I resisting asking for support?
- How can I offer my steady presence to someone who needs it?

Affirmation *"I give and receive comfort freely. I rest my head when I'm weary. I offer my shoulder when others need support."*



TAKE IT

Receive what's offered

Someone or something is extending a gift to you. Don't hesitate. Don't question your worthiness. Open your mouth and accept it. You're allowed to receive good things. Take what's being given with gratitude and joy.

When this card appears: Life is offering you something good, and you're hesitating. This card says: take it. Receive the compliment. Accept the help. Say yes to the opportunity. You don't have to earn every good thing that comes your way. Sometimes the universe just wants to give you a treat. Open your hands, open your heart, and take what's offered with gratitude.

Reflections

- What good thing am I hesitating to receive?
- Why do I feel I don't deserve this gift?
- How can I practice receiving with grace?

Affirmation *"I receive what's offered to me. I accept good things with grace. I am worthy of gifts, help, and love."*



YES

Affirm and allow

Say yes to the opportunity, the invitation, the possibility. Stop resisting what wants to flow toward you. Open yourself to receive. Agreement and acceptance create momentum. This is a green light—go.

When this card appears: This is a clear yes. Whatever you've been pondering, questioning, or resisting—say yes. This card is your green light. Yes to the opportunity. Yes to the relationship. Yes to the risk. Yes to what wants to emerge. Your agreement creates momentum. Your acceptance opens doors. Trust this yes.

Reflections

- What am I being invited to say yes to?
- Where have I been resisting out of fear?
- What becomes possible when I open to this?

Affirmation *"I say yes with an open heart. I allow what wants to flow toward me. I trust this green light."*



GOOD DOG

Celebrate yourself

You're doing better than you think. Acknowledge your efforts, your progress, your inherent goodness. Stop waiting for external validation. Pat yourself on the back. You deserve praise simply for showing up and trying.

When this card appears: You need to hear this: you're doing a good job. Really. You're trying. You're showing up. You're doing your best with what you have. This card is your permission to celebrate yourself without waiting for someone else to notice. Give yourself the "good dog" you've been waiting to hear. You're worthy of praise just for being you.

Reflections

- What have I accomplished that I haven't acknowledged?
- Why do I wait for external validation?
- How can I celebrate my own goodness today?

Affirmation *"I celebrate myself. I acknowledge my efforts. I am inherently good and worthy of praise."*



CHOOSE

Exercise your agency

You have more power than you realize. Even when circumstances feel limiting, you still have choice. Choose your attitude. Choose your response. Choose your next step. Your agency is your birthright—use it.

When this card appears: You've been acting like you have no choice, but you do. Even in difficult circumstances, you have agency. You can choose how you respond. You can choose where you place your attention. You can choose your next small step. This card reminds you of your power. You're not a victim of circumstances—you're a chooser. Choose consciously.

Reflections

- Where have I given away my power to choose?
- What can I choose right now, even if it's small?
- How does it feel to remember I have agency?

Affirmation *"I have the power to choose. I exercise my agency with wisdom. I am not a victim; I am a creator."*



WITH ME

You're not alone

Whatever you're facing, you don't have to do it solo. Call in your pack. Walk together. The journey is easier when you remember you have companionship, support, and love walking right beside you.

When this card appears: You've been trying to do everything alone, but this card reminds you: you have a pack. Call them in. Ask for help. Let people walk with you. The lone wolf may seem strong, but it's the pack that survives and thrives. You don't have to carry everything yourself. There are people who want to support you—let them.

Reflections

- Who is in my pack?
- Where have I been isolating when I could ask for support?
- What would it feel like to not do this alone?

Affirmation *"I'm not alone. I call in my pack. I allow others to walk with me and support me."*



LOOK

Open your eyes to what's really there

You may be missing something important because you're not truly looking. Observe without assumption. See what's actually in front of you, not what you expect or fear. Clear vision requires conscious attention.

When this card appears: You're not seeing clearly. This card asks you to really look—not at what you expect to see, not at what you fear, but at what's actually there. Open your eyes. Observe without judgment or assumption. The truth is right in front of you, but you have to be willing to see it. Look with fresh eyes.

Reflections

- What am I not allowing myself to see?
- Where are my assumptions blocking clear vision?
- What's right in front of me that I've been missing?

Affirmation *"I open my eyes to what's really there. I see clearly, without assumption. I trust my vision."*

**Exploration
& Joy**



FETCH

Go after what brings you joy

Pursue what lights you up with wholehearted enthusiasm. Life is meant to be enjoyed. Chase your passions, bring back treasures, and don't apologize for what makes your tail wag.

When this card appears: Go after what you love with unabashed enthusiasm. This card gives you permission to pursue joy without apology. Chase that dream. Follow that passion. Bring back what delights you. Life isn't just about duty and responsibility—it's also about what makes you come alive. Run full speed toward what lights you up.

Reflections

- What brings me pure joy?
- Where have I been holding back my enthusiasm?
- What do I want to chase with my whole heart?

Affirmation *"I pursue what brings me joy. I chase my passions without apology. I celebrate what makes me come alive."*



GO SNIFF

Explore with curiosity

Take time to investigate what intrigues you. Follow your nose down unexpected paths. Curiosity enriches life. Give yourself permission to wander, discover, and be delighted by small things.

When this card appears: Stop rushing toward the destination and take time to sniff around. This card invites curiosity, exploration, and the willingness to be sidetracked by what's interesting. Follow your nose. Investigate what intrigues you. Let yourself wander. Some of life's best discoveries happen when you're not on a straight path to anywhere in particular.

Reflections

- What am I curious about right now?
- Where have I been too goal-focused to explore?
- What would I discover if I allowed myself to wander?

Affirmation *"I explore with curiosity. I follow what intrigues me. I trust that wandering leads to discovery."*



FIND IT

Seek what's hidden

Something valuable is waiting to be discovered, but you'll need to search for it. Use all your senses. Follow the trail. Trust your instincts to lead you to what's been concealed. The treasure is there—go find it.

When this card appears: There's something hidden that you're meant to discover. This card sends you on a treasure hunt. Use all your senses. Follow the clues. Trust your instincts. The answer, the opportunity, the truth is there—but you'll have to seek it out. Don't wait for it to come to you. Go find it.

Reflections

- What am I seeking right now?
- What clues or instincts have I been ignoring?
- How can I trust my ability to find what I'm looking for?

Affirmation *"I trust my ability to find what I seek. I follow the trail with confidence. I discover what's been hidden."*



FREE DOG

Give yourself permission to play

Break free from the rules for a moment. Run wild. Be silly. Follow your impulses toward joy. Structured time has its place, but so does unbridled freedom and fun.

When this card appears: You've been too constrained by rules, shoulds, and structure. This card says: break free. Run wild. Be ridiculous. Play without purpose. Let yourself be completely unleashed for a while. All that discipline and structure will be there when you return, but right now you need to remember what freedom feels like. Go be a free dog.

Reflections

- Where have I been too constrained?
- What would I do if I gave myself complete permission to play?
- How can I bring more spontaneous joy into my life?

Affirmation *"I give myself permission to run free. I play without purpose. I celebrate unbridled joy."*



UP

Rise to the occasion

You have more strength than you realize. This is your moment to stand tall, to elevate your energy, to meet the challenge before you. Lift yourself with confidence. You are ready, even if you don't feel it yet.

When this card appears: It's time to rise. Stand up. Elevate your energy. Meet this moment with the full force of your capability. You might not feel ready, but you are. This card calls forth your strength, your courage, your ability to step up. Rise to the occasion. You're more capable than you know.

Reflections

- What challenge is asking me to rise?
- Where have I been playing small when I could stand tall?
- What becomes possible when I elevate my energy?

Affirmation *"I rise to meet this moment. I stand tall in my power. I am ready, capable, and strong."*



OVER

Transcend limitations

What looks like a barrier is actually an invitation to leap. You're capable of more than you think. Rise above the restrictions, real or imagined, that keep you small. Clear the hurdle with grace and courage.

When this card appears: That obstacle isn't as insurmountable as it seems. This card says: jump over it. Transcend the limitation. You have the capacity to clear this hurdle. Don't let what looks like a barrier stop you. Gather your courage, trust your strength, and leap. You'll be amazed at what you can get over when you commit to the jump.

Reflections

- What barrier am I ready to transcend?
- Where have I underestimated my ability to leap?
- What's on the other side of this hurdle?

Affirmation *"I transcend my limitations. I leap over barriers with courage. I am capable of more than I imagine."*



THROUGH

Move past obstacles

Don't go around—go through. The only way to the other side is to walk directly into what you've been avoiding. Trust that you have what it takes to pass through this challenge and emerge transformed on the other side.

When this card appears: You can't avoid this—you have to go through it. This card calls for courage to walk directly into what you've been avoiding. Don't try to circumvent, bargain, or skip past. The transformation you need happens by moving through, not around. Trust that you're strong enough to pass through this and emerge changed on the other side.

Reflections

- What have I been trying to avoid or go around?
- What scares me about going through this directly?
- How might I be transformed by moving through instead of around?

Affirmation *"I walk through what I cannot avoid. I trust my strength to carry me. I emerge transformed."*



UNDER

Go beneath the surface

The answers you seek aren't found in the obvious places. Dig deeper. Crawl beneath appearances and assumptions. What lies underneath—in shadow, in subconsciousness, in hidden places—holds the truth you need.

When this card appears: Stop looking at surface level. This card asks you to go deeper, to crawl underneath, to explore what's hidden below. The truth you seek is in the shadow, in the subconscious, in what's been buried. Get low. Dig. Look beneath appearances and assumptions. What's underneath holds the key.

Reflections

- What surface-level understanding do I need to go beyond?
- What's hidden in my shadow or subconscious?
- What truth lies beneath my assumptions?

Affirmation *"I go beneath the surface. I explore what's hidden. I trust the wisdom that lives in the depths."*



Transformation & Release



RELEASE

Let go with trust

You've been holding on so tightly, afraid to lose control. But some things need to be freed. Release your grip. Trust that what's meant to stay will remain, and what leaves was meant to go.

When this card appears: It's time to let go. Open your hand. Release your grip on the outcome, the person, the plan, the past. You've been holding on so tightly, but it's exhausting you. This card asks you to trust enough to release. What's meant to stay will remain. What needs to go will leave. Free yourself by letting go.

Reflections

- What am I afraid to release?
- What's the cost of holding on so tightly?
- What becomes possible when I let go?

Affirmation *"I release with trust. I let go of what's ready to leave. I free myself by opening my hand."*



SETTLE

Find calm in the chaos

When everything feels overwhelming, you have the power to soften and center yourself. Take a breath. Lower your energy. Peace is always accessible within you, even when the world is loud.

When this card appears: You're spinning, overwhelmed, overstimulated. This card asks you to settle yourself. Lower your energy. Soften your body. Take a deep breath and find your center even in the midst of chaos. You have the power to calm yourself from the inside out. The world may be loud, but you can be quiet within it.

Reflections

- What's causing me to spin right now?
- How can I lower my energy and settle myself?
- What helps me find calm in chaos?

Affirmation *"I settle myself in the midst of chaos. I find peace within. I have the power to calm my own energy."*



SHAKE IT OFF

Release tension and start fresh

That stressful moment? Shake it loose from your body. Don't carry what's already passed. Reset your energy. Wiggle, move, release, and begin again with a clean slate.

When this card appears: Don't hold onto that stress, that awkward moment, that failure. Shake it off. Literally move your body to release the tension. Dogs shake after stressful encounters to reset their nervous system—you can too. Let it go physically, energetically, emotionally. What just happened is already over. Shake it loose and start fresh.

Reflections

- What am I still carrying that's already over?
- How can I physically release this tension?
- What would a clean slate
- What am I still carrying that's already over?
- How can I physically release this tension?
- What would a clean slate feel like right now?

Affirmation *"I shake off what's already passed. I release tension from my body. I begin again with fresh energy."*



RECALL

Remember who you are

You may have wandered from your true nature, but your essence remains unchanged. Call yourself back to your core values, your authentic self, your original brightness. You haven't lost yourself—you've only forgotten. Remember now.

When this card appears: You've forgotten who you are at your core. This card is a call to remember. Recall your essence, your values, your authentic nature. You haven't lost yourself—you've just been distracted, confused, or led astray. But your true self is still there, waiting for you to remember. Come back to who you really are.

Reflections

- Who am I when I'm most authentically myself?
- What core values have I strayed from?
- What does my true nature feel like?

Affirmation *"I remember who I am. I recall my authentic nature. My essence has never left me."*



KENNEL UP

Create safe containers

Sometimes you need protective boundaries around yourself—not to isolate, but to restore. Create a sanctuary where you can retreat, recharge, and feel completely safe. Your kennel isn't a cage; it's a haven.

When this card appears: You need to create a container of safety around yourself. This isn't about isolation—it's about restoration. Build your sanctuary. Set strong boundaries. Give yourself permission to retreat into protected space where you can rest without vigilance. Your kennel isn't a cage; it's a haven where you can fully let down your guard and restore yourself.

Reflections

- What would complete safety feel like right now?
- What boundaries would create a sanctuary for me?
- How can I build a restorative container around myself?

Affirmation *"I create safe space for myself. I retreat to restore, not to isolate. I am protected and free to rest."*



LOAD UP

Prepare for the journey

Adventure awaits, but first you must gather what you need. Pack your emotional tools, your courage, your resources. Get ready with intention. Preparation isn't hesitation—it's wisdom before the leap.

When this card appears: Something new is coming, and you need to prepare. This card asks you to gather what you'll need for the journey ahead. Pack your tools. Gather your resources. Fortify your courage. Check your supplies. Preparation isn't procrastination—it's wise planning before you leap. Load up intentionally.

Reflections

- What journey am I preparing for?
- What resources, tools, or support do I need to gather?
- How can I prepare myself emotionally and spiritually?

Affirmation *"I prepare wisely for what's ahead. I gather what I need. I load up with intention and courage."*



BREAK

Give yourself permission to stop

You've been working so hard. Release yourself from the task. Take a break without guilt. Rest isn't earned—it's required. Step away, play, breathe. You'll return stronger when you've allowed yourself true respite.

When this card appears: Stop. Just stop. This card gives you full permission to take a break. You don't have to earn rest. You don't have to finish everything first. You're allowed to step away, to play, to do nothing. Rest is not a reward for productivity—it's a biological necessity. Break from the work. You'll return stronger, clearer, and more creative.

Reflections

- What do I need a break from?
- Why do I feel guilty about resting?
- What would true respite look like for me?

Affirmation *"I give myself permission to rest. I take breaks without guilt. I honor my need for respite."*



LISTEN

Hear what's being communicated

Beyond words, there are messages everywhere—in tone, in energy, in silence, in your body. Stop talking and truly listen. The guidance you need is already being offered. Tune in with all your senses.

When this card appears: You've been talking, planning, thinking—now it's time to listen. This card asks you to quiet your own voice and tune in to what's being communicated. Listen to what's being said beneath the words. Listen to the energy in the room. Listen to your body's wisdom. Listen to the silence. The guidance you need is already here—you just have to listen for it.

Reflections

- What am I not hearing because I'm talking too much?
- What is my body trying to tell me?
- What messages am I receiving that I've been ignoring?

Affirmation *"I listen with all my senses. I hear what's being communicated beyond words. I trust the guidance that comes through listening."*



TRUST

Have faith in the process

You can't control every outcome, but you can trust that you'll handle whatever comes. Trust yourself. Trust the journey. Trust that even challenges serve your growth. Lean into faith when certainty isn't available.

When this card appears: This card asks for trust when you can't see the whole picture. Trust yourself to handle what comes. Trust that the universe is working in your favor, even when it doesn't feel like it. Trust that challenges are teaching you something essential. Trust the process, even when the outcome is uncertain. Faith isn't knowing what will happen—it's knowing you'll be okay no matter what does.

Reflections

- What am I being asked to trust right now?
- Where do I need faith instead of certainty?
- How can I trust myself more deeply?

Affirmation *"I trust the process. I have faith in my ability to handle what comes. I surrender to the journey with an open heart."*

Closing Blessing

May these cards guide you home to yourself again and again. May you remember that you are both the trainer and the trained, the teacher and the student, the one who calls and the one who comes running. May you learn to sit with what is, stay when you want to flee, and always find your way back to center.

You are loved. You are worthy. You are, and always have been, a good dog.

*With peaceful paws and wild hearts,
Pat*