

# PORTALS OF WISDOM



CONNECTION  
to self, source & intuition

by Sorene Healing



# Hiiii Cutie!

I'm Rena, the founder of Sorene Healing!  
I'm an Acupuncturist, Psychic Medium + Intuitive Healer.

I LOVE oracle cards! They help to clarify cute messages from the universe. For the longest time, I was searching for the perfect deck. A deck without words or numbers, just beautiful pictures to invoke my inner wisdom to come out and play!

I couldn't find the deck! So being a stubborn Aries, I made my dream deck myself!

My dream for you is to connect to the Portals and ingite your intuition, imagination and love for play.

Love Ya! x



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# Many, Many Moons ago...

...I had the first inkling that I needed to create my own oracle card deck.

For years I denied these visions, because who do I think I even was to make my own card deck?!!

After months, years of denying it, the visions were getting stronger and pushier, I sat with my guides and asked them to show me the way!

They guided me to a paintbrush, sponge, paint and canvas.

Of course, I laughed at them and thought they were playing tricks on me!

I thought - I'm a woo-woo fairy goddess, I'm no artist?!!!

It was a huge lesson in trust, surrender, and belief in me and my authentically creative soul that was yearning to play!



# I just had to trust, and start somewhere...

..So I started with blotting colours on a canvas with a sponge. I played with paints, textures and surrendered to the journey the universe was taking me on.

After weeks of playing around with painting, I decided to buy a huge canvas with the intention of trusting, channeling, and flowing. My intention was to create a beautiful artwork for myself. I was so lost in the creation it flowed out of me so easily!

I stood back and saw a Portal to the Heart of the Universe right in front of me.

There was no denying the potential of that Portal to take me places of higher frequencies. My trust and belief in Portals of Wisdom was ignited and birthed in that moment.



# Let me be your Hype Gal!

Portals of Wisdom was birthed into the world with the dream that EVERYONE will be able to receive guidance from the higher source they are connected to.

If you are new to playing with oracle cards, I want you to enter this chapter of your life with an open heart, mind and Spirit.

I know in my soul that you are a deliciously connected to Universal Source Energy, Guides, and loved ones which may have passed over. Whichever way you feel connected to the Universe, please trust, that YOU are always connected! The portals are here to meet you at any life stage you are in.

TRUST ME Baby Cakes,

YOU ARE INTUITIVE!

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# Whats your imagination up to, boo?

So many of us growing up had 'extremely big' imaginations - but where are they now that we are 'adults'?

Your imagination is imperative when connecting with your intuition. The more you can be open to your imagination whilst receiving wisdom, the easier and clearer you will be able to discern the guidance!

Our guides are here to work with us, have fun with us and play with us! They don't want to send information through to you in a spreadsheet format! What a snoozefest!

Your guides want to work with you in the most deliciously fun way possible - how you used to work together when you were young and played in your imagination!



Your guides are always  
talking cutie.  
Are you gonna listen?!

Your guidance wants to come through to you in the most  
simplest way!

They will show you the same numbers, repeat songs with  
meaningful words, make you 'randomly think about someone'  
for them to pop up into your life in the next few days!

Then theres absolutely times when the message is clear but  
we still want to deny it! This is a LOLZ moment, don't be  
too hard on yourself for having a human moment. Still  
thank them for the messages and tell them you will come  
back to them when you are ready for them!



*Wanna know more about  
the cute Portals?*

Good! Because they wanna  
KNOW YOU and be your besties!

Portals of Wisdom are a magical deck  
that invites you to tap into your own incredible wisdom,  
already within you!

They are here to remind you that you already possess the  
knowledge you seek, and that it is time to listen deeply to  
your inner voice.

The more you can trust your own inner wisdom on the  
reg, the yummiest life becomes!

Portals of Wisdom have been intentionally  
channeled through as abstract portals without any hints  
as to what they represent.

This is so you have spacious time and energy, to draw your  
intuition to the forefront. listen, see, feel and interpret your  
guidance from your higher self, through the portal, into your  
beautiful mind, body and soul.

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# Here, just for you Baby Cakes!

The Portals are designed for you to step into a higher frequency and receive messages, guidance and healing through the Portals with ease, allowing trust to flow through your intuition.

The portals are here to help you draw out the wisdom already within and around you! These cards encourages you to step into a place of stillness and receive the wisdom that is available to you through meditation, reflection, and inner work.

The portals are here to play and ignite you, not frighten you! As you develop your connection with your portals, so will your connection to your intuition and receiving wisdom will blossom and flow easily too!

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You're in charge Cutie,  
set some cute ass  
boundaries!

Building a relationship with the Portals and setting boundaries around the guidance you seek, will help you gain clear wisdom that flows through to you.

I always ask for guidance that serves my highest purpose in the Frequency of Love and Above. This means receiving wisdom that truly benefits my growth and life direction.

The frequency of love and above is deeply meaningful to me. I choose to connect only with wisdom, energy and source frequency at these higher levels, to keep me safe when channeling other-worldly energies.

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# Being Real with Ya Portal Besties

Sometimes, life gets tough and our own energy dips low. Having the Portals attuned to the Frequency of Love and Above helps lift our vibration and guides us from a higher perspective.

Developing your own unique connection and communication style with the Portals is essential—this is how you'll receive authentic guidance.

Don't force yourself to be "more spiritual", more grounded or more than you ARE, this muddles the energy. When connecting with the Portals, they want to work with the REAL you! Show up as you PERFECTLY are and swear, cry, rage, love, throw confetti at them. They love you ALWAYS!

The more authentically you connect with them, the more aligned your intuition and guidance will become.



# Attuning YOUR fancy Frequency to the Portals

Attuning your frequency is another fancy term for connecting to your portals on an energetic soul and cellular level.

The Portals were birthed under the New Moon and have the potency to absorb your frequency.

PLAY with your portals! Talk to Them, laugh with them and admire them (they love that)!

This is a sweet time to imbue your frequency into the deck and tell them what you'd like to receive from them in way of guidance (authenticity remember!!!)

As you grow in life, so will your energy and frequency! Keep your lines of communication open with your portals so they know where your at in life, and can meet you there energetically!



# Concrete Ways to Connect Energetic Activation & Integration!

Before working with the deck, connect it in with your own frequency.

Hold the deck, close your eyes, and take three deep breaths, visualizing your own internal light and frequency infusing into the cards.

If your not a visual person, just ask your energy to infuse into the Portals!

Do this as often as you feel, maybe as often as your cute energy upgrades! Yum!

## Set some Intentions

Hold the deck in your hands and state a loving intention into your Portals , such as:

"May these Portals bring clarity, wisdom, and truth in alignment with my highest good. Always in the frequency of Love and Above"



# Play in your Imagination & Intuition

## Have a Play!

Go through each card, noticing the symbols, colors, emotions, and feelings they evoke.

Which ones do you feel drawn to? Do you feel like connecting with the cards one at a time or a few at a time?

## Trust in Your Play Radar!

Notice what tickles your pickle when you play with the deck and what gives you the ick.

Do more of what tickles ya pickle!



# Receiving Yummy Guidance

Your Portals of Wisdom Oracle deck serves as a bridge between your conscious awareness and higher wisdom.

To receive clear, intuitive guidance, approach the Portals with an open heart, trust, and intention.

Set a Cute little Intention when you work with the Portals to receive Guidance.

*A cute intention could be something like....*

"I open myself to receive clear and loving guidance through these Portals. May the messages be for my highest good and aligned with divine truth".

*The Portals drop wisdom...*

...into You! There is no human logic where this wisdom lives. Lean into loving trust and surrender and allow the messages to come THROUGH as they are! As bizzare as they may seem to the logical mind, it is what you need to know in this moment!



*Really receiving the juicy Guidance*

*Connect in and Shuffle the Cuties..*

Pick one that feels SO right to you! sit with it.

Observe the Portal.

*Feel the energy of the Portal..*

What does it invoke in you?

How does it make you feel?

*No logical thinking, just trusting..*

What is the first thing that comes to your mind when  
you look at the portal

*Sit in the Wisdom...*

Reflect on the wisdom that dropped through FOR you!

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# Portals of the Cuttest Wisdom & Yummy Guidance

The Portals are not here to predict the future.

There are waaaaaay too many variables for one person to seek one direct path in your future.

They are here to give you clarity and guide you along the path of pure delicious yummy potential of your highest benefit.

Not only will they offer guidance and clarity, but infuse you with the frequencies and energy needed to implement action to the guidance received.



# Portals of Wisdom Frequencies

*These sweet baby portals carry frequencies of Wisdom.*

To provide you the guidance and  
clarification you seek.

*Frequencies to help you embody your Wisdom*

To help align you with the energy for you to move forward,  
to love and embrace your wisdom, and  
implement the guidance you receive  
into frequency energy to  
assist your growth in life.



# Embody the Wisdom

## Honour the Wisdom

Take inspired action and honour the wisdom the Portal has shared. If you have been guided to rest, then rest. If you have been guided to take action in a certain way, take action babe!

## Affirm the Wisdom

Create an affirmation based on the wisdom received.

## Absorb the Portal Frequencies

Place the Portal card somewhere you will see it often.

Sleep with it under your pillow.

Place it upon your body during a meditation to embody the healing frequencies and wisdom.





My Darling Cutie,

I hope this little nugget of info  
has tickled your pickle and help  
you connect in deeper with your  
Portals!

If you are looking for **EVEN MORE** juiciness and want  
to deepen your connection to the depths of your most  
delicious soul, then let's **PLAY** baby cakes!

You can find me on socials at  
[@portals.of.wisdom](#) | [@its-so.rena](#)  
or

Make a time to play in person or online:  
[sorenehealing.com.au](http://sorenehealing.com.au)

Love Ya! x