

CARDS FOR TRANSITIONAL INTEGRATION

EXPLORE, DISCOVER, CREATE

Draw upon these cards when you are willing to pause momentarily, and touch into Stillness. Allow the message or the question presented on the card you have chosen to invoke self-awareness. As you sit in stillness with the card you have drawn, allow time for reflection while observing what comes into your awareness.

The following suggestions may assist you in deepening into your experience: journal about your observations; share your experience with a friend or loved one; express your awareness in the form of dance, drawing or painting; or experiment with viewing the topic from a variety of different perspectives.

If you are inspired, share your experience with Jane Ellen at Jane@TransitionalIntegration.com. To order, visit www.transitionalintegration.com.

Blessings to you!