

# PDF Guide

This deck is a playful call to action for anyone seeking a little inspiration.

The logo is my original design, a play on balance with the horse as the Yin energy and the phoenix as Yang. Both are symbols that are close to my heart.

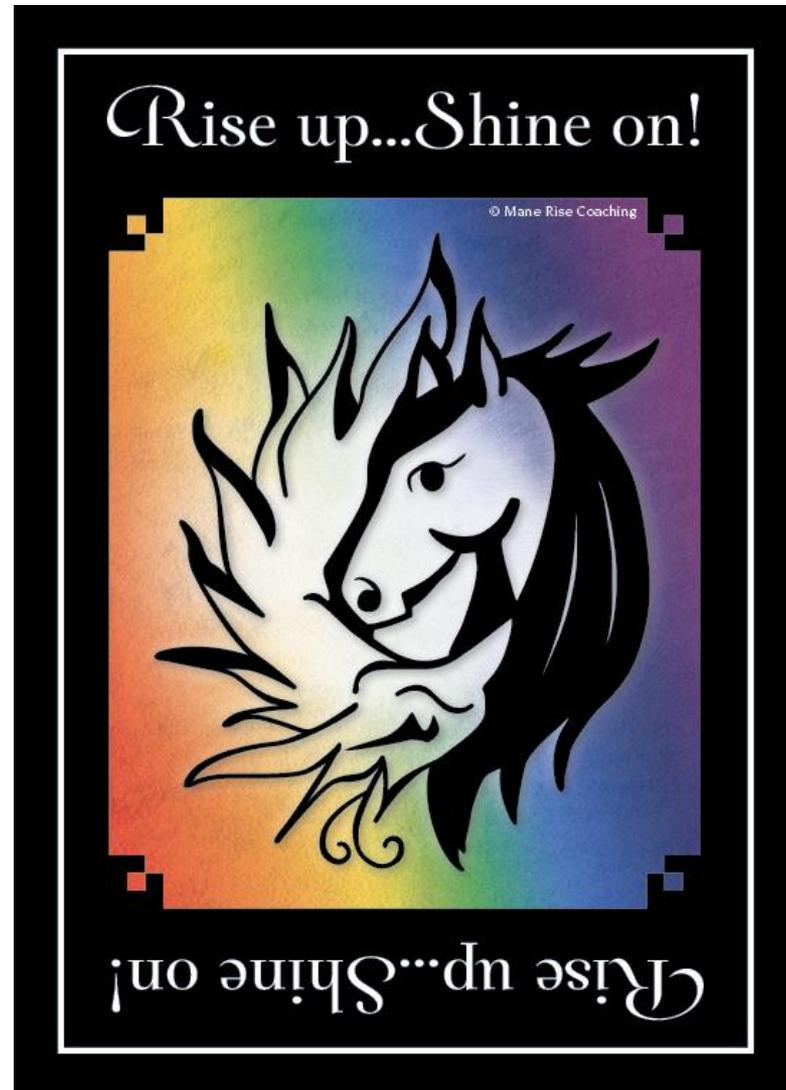
The deck does not include an expanded guide book. The words on the card are the distilled essence of the message. Each interaction will be unique to your energy.

I hope you will find pleasure and inspiration each time you engage with the cards.

May your inner light always shine bright!

In Joy,

Michelle Griffith



# Introduction

This deck started with a simple question from a trusted guide who asked me, "Why aren't you painting?" I simply responded, "Because I can't draw a quality stick figure!" I had no logical response to the question other than a belief that I am not creative. The story I have always told myself is that my strength is being logical and practical, even though intuition is truly my first and strongest sensation.

I acted on the suggestion to paint. I found a teacher who led me through a process of meditation and exploration of my intuition - outwardly expressed as acrylic paint on canvas. The paintings arrived with specific energy and eventually evolved into the cards. The resulting power of the deck is how each card has multiple access points. It is easy to use for a wide range of people from the curious creative to the seasoned card reader.

Whatever your story...please stay curious and use the deck. Don't believe the story you have always told yourself about not being creative or sensitive. What is the feeling in your gut? What makes your heart skip a beat? Use the cards as part of your process to Rise up and Shine on – from the inside out.

In Joy! Michelle Griffith

Welcome

Rise up...Shine on!

This deck is a playful call to action for anyone seeking a little inspiration.

I hope you will find pleasure and inspiration each time you interact with the cards.

Each card features an original art work channeled by me. The corresponding messages are purposefully brief to allow your own energetic awareness to flow freely into the interaction.

*May your inner light always shine bright!*

- Michelle Griffith

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For more details and suggestions for use, get a free PDF download at...

[www.ManeRiseCoaching.com](http://www.ManeRiseCoaching.com)

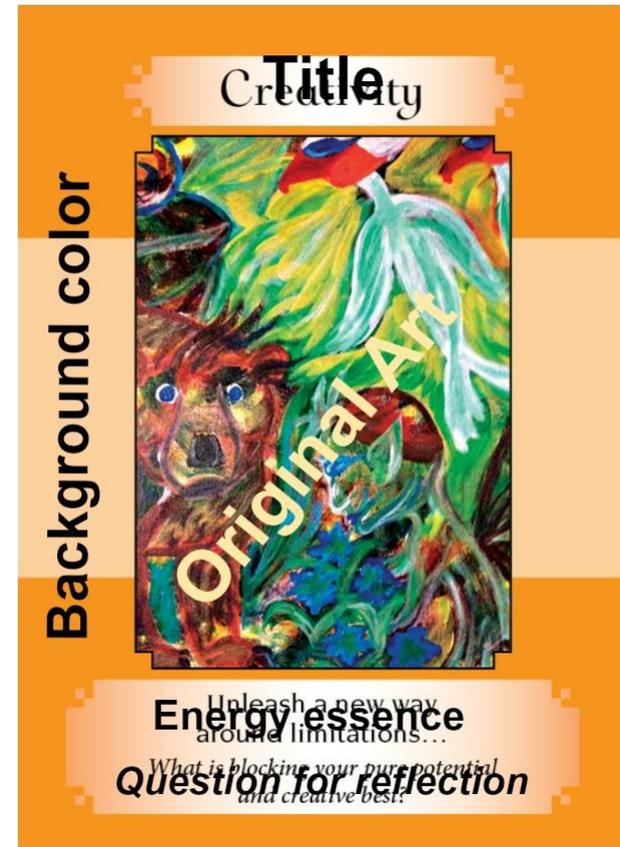
# Overview

There are 44 cards in the set. There are seven background colors that align with the major chakra energy centers: red for root, orange for sacral, yellow for solar plexus, green for heart, true blue for throat, indigo (midnight blue) for third eye and violet (purple) for crown energy.

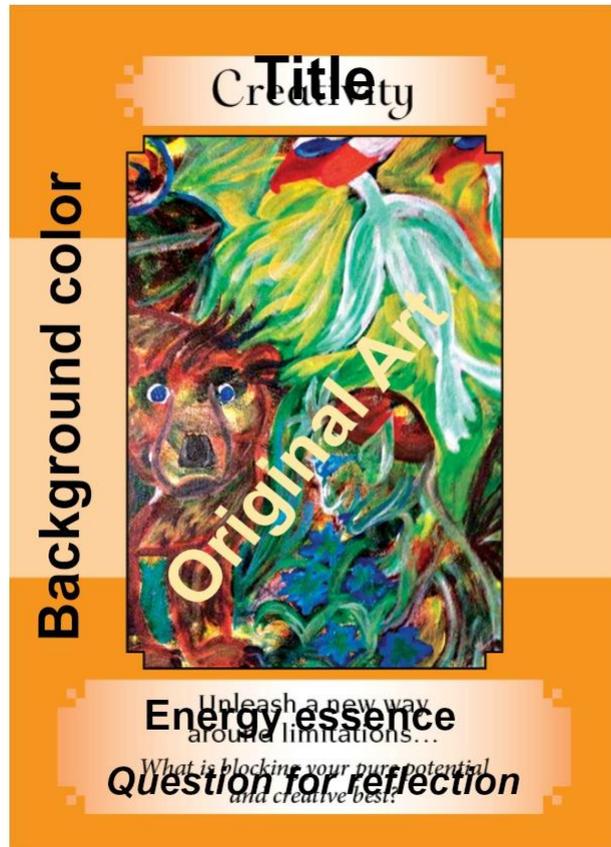
There are six cards in each color that represent a range of energy from low to high. There are two wild cards that have a black background.

When you choose a card you may be drawn to one or all of the parts. There isn't a right or wrong way to see the card. Just notice what you are drawn to and follow your own curiosity. Each card features 5 different parts for you to consider:

- Title
- Background color
- Original art
- Energy essence
- Question for reflection



# About the 5 Parts



- **Title:** The word has the dictionary definition(s) and also a connotation that it prompts for the reader. Your perception or feelings about the word are related to the context of your life. Age, experience and state of mind all influence your perception. Notice what comes up when you see the word. Is your response is aligned with the definition or something else?
- **Background color:** The colors align with the energy of the primary human chakras- root /red; sacral /orange; solar plexus /yellow; heart /green; throat cards /blue; 3rd eye/midnight blue (indigo) and crown/violet (purple).
- **Original art** channeled by Michelle. The art can be a story all by itself. Each time you may notice something different in the picture. If you are drawn to the picture, give yourself time to notice why. Is it because of the color, a single element in the composition, something unusual or does it raise a question in your mind?
- **Energy essence:** Use the essence of the card to form your own ideas and opinions. Write or reflect on any additional information to expand on your own unique awareness.
- **Question:** A meditation, a prompt for journaling or simply a topic for conversation. Clarify what aligns with your inner truth. The question will help you polish your energetic shine from the inside out.

# Suggestions for Use and Storage

Each time when you shuffle the cards, you infuse the deck with your personal energy. When you draw a card notice your immediate response, take a minute to see if the feeling is familiar, surprising or something that may inspire you to act. The card may relate to what is happening in your life or it may draw your attention to something that you haven't noticed. Here are some specific ways to use the deck:

- 1. Journal Prompt - Write about how you feel in relationship to the card or observe any indifference to the card. Enjoy the process and see if the writing leads you to any new awareness or conclusions.
- 2. Energy tracking – Draw one card each day. Record the date, the question you ask, and the card you select for the day. It is a great way to look back over a time period and see what energy is prominent and how you engage with what is happening around you.
- 3. Flash Fiction story prompt – What is the story that comes to your mind when you look at the picture? What happened before the scene and what will happen after?
- 4. Meditation thought – Ponder the question during some quiet time...
- 5. Color: What do you notice during the day that corresponds to the color? Does it inspire you to wear something the same color?
- 6. Yoga inspiration – Focus on the background color and choose a pose or two that will enliven the corresponding energy. Seek proper instruction for all yoga poses.
- 7. Response to inquiry – Gain some insight or clarity related to an idea, a question or something on your mind. Center yourself and ask a question related to your situation. For example: If you are trying to decide between two jobs, don't ask: "Which job would be best?" Instead, ask a question that is more focused on yourself, like: "What will keep me moving forward for the greater good?"
- 8. Three card draw – When dealing with a situation draw three cards. The first card provides insight on the past energy that got you to this point, the second card gives you information on where you are now and card three is a suggestion about how to take the next right action. In this scenario it can be fun to pull a final card that answers the question is there anything else I need to know?...
- 9. Traditional card readings – If you are familiar with oracle cards, you can use any of the traditional card spreads or use this deck in combination with another. There is no particular significance to cards that appear inverted or reversed, because each color has a range of energy from low to high frequency.

When you aren't using the cards, store them in the cotton pouch or some other natural fabric that you prefer. Keep them on a shelf near the window where they can absorb the cleansing energy of the sun and moon.