



INSTRUCTIONS
FOR GREATER
SELF-AWARENESS

QUICK START TO USING DOGNOSTICATION CARDS

1. Shuffle the cards.
2. Pick three cards face down to form the three-card spread. Turn each card over, look at it and contemplate it's meaning before looking it up in this booklet.

What happened BEFORE

What's happening NOW

What's AHEAD

3. *For Abstraction Cards* (black lettering): **BEFORE** relates to recent past events; **NOW** articulates the present; and **AHEAD** is a projection of what is likely to happen based upon what you know so far.

For Action Cards (green lettering): perform the tasks noted.

For Reaction Cards (red lettering): determine how and when the meaning fits you.

4. Hold onto what is meaningful to you; disregard what isn't.

Dognostication cards provoke self-reflection, invoke thinking and inspire positive action. Dognosticating is understanding the the present as influenced by the past and then predicting a logical future. Explore this new language of self-awareness based on the symbolism of Vedic astrology, the developmental stages, the chakras and alchemy. Dognostication Cards are divided into three groups:

Abstraction Cards (1-28 with black letters)

Action Cards (29-42 with green letters)

Reaction Cards (43-49 with red letters)

Modify the meanings and actions to make them yours.

ABSTRACTION CARDS (Cards 1-28 with black lettering) draw upon the meaning of the nakshatras of Vedic astrology, 27 constellations through which the moon transits every 24 hours.

To complete the yearly transit, a twenty-eighth that takes 7 hours has since been eliminated from usage *NOTE: Don't let the symbols of the nakshatras confuse you. Further information: dognosticate.com.* Each card is further delineated by one of 14 developmental stages.

1. THE SOLDIER (Pi)

The Soldier goes through training that breaks down his persona to as close to a blank slate as possible. The identity is rebuilt to think and perform as part of a team, honing instincts and skills they will need in battle.

Stage: Prenatal (<5 months.> to birth)

Nakshatra: Uttara Bhadrapada

Symbol: Twins (There may be two sides to every story, but you are the narrator of your life.)

General Meaning: Morality is not an issue. Neither is the spiritual ramification of what you are about to do. You have no illusions, but you do have a mission. You see how your mission fits into the big

picture. The ends will justify the means, so you may leave destruction in your wake. Credit for what is accomplished may not be yours to relish, but you will feel glory in your heart. Before you act, think it through and contemplate all the possible outcomes to minimize surprises. There is no hurry, so make sure you're prepared. **Consider:** Are you prepared? Have you thought through each step? Who can you trust? What are your escape routes?

2. THE JESTER (Buck)

The Jester was responsible for keeping royalty sane so they could rule the kingdom. Humor looks effortless even though it is a very serious business. The Jester is the eternal optimist in a complex world.

Stage: Prenatal (<5 months> to birth)

Nakshatra: Revati

Symbol: Fish (Whether a big fish in a little pond or vice versa, stay in school.)

General Meaning: The Jester is no

fool, even if he acts like the class clown. He uses humor to grease the wheel of acceptance, calm the anxiety of fear or diffuse the bomb of rage. Perhaps you are the brunt of a joke that allows others to laugh with relief. Your wealth is your capacity to open your heart with grace and join the laughter. Vulnerability is strength as you honor the richness of your life experiences. Trust divine providence and laugh until you cry with joy, infecting others with your jocularly. It's a zen thing.

Consider: Do you get the joke? Are you giggling? How about a smile? Do you feel the richness of your being?

3. THE LEADER OF THE PACK

(Jasper)

The Leader of the Pack is not only the Leader in charge, but if he needs a little comforting or support, he may find no one is available for him. He may have the power, but his life is dictated by the needs of others. He continuously reminds

himself that absolute power will corrupt absolutely.

Stage: Perinatal (birth)

Nakshatra: Ashwini

Symbol: Horse's Head (Attain your objective before getting on your high horse)

General Meaning: The Leader of the Pack has the responsibility that comes with authority; therefore, he has both the freedom to do as he wishes and the need to be of service to his followers. Because everything is connected, anything you do affects someone else. No time to be anonymous or autonomous. However, just because you're special doesn't mean that repeating the same actions over and over again, expecting a different result, is not a sign of insanity. Use your power wisely and the pack will remain cohesive and strong. That's why they call you the leader of the pack.

Consider: Who is your pack? Are you using your leadership to keep the pack

orderly and cohesive?

4. MUDDPUPPY (Maddie)

The Mudpuppy doesn't know any better because no one has taught her as such. She tends to be hedonistic in her love of mud and enjoys shaking her pleasure on others. Filth or stink are less important than the soothing comfort of mud and water.

Stage: Perinatal (birth)

Nakshatra: Bharani

Symbol: Yoni (It's a matter of life and birth.)

General Meaning: The Mudpuppy joyfully wallows in mud and then jumps into clean water to experience the contrast of clean. At this time, you can't help but push limits as part of your resistance to feeling confined. You accept that the discomfort of struggle comes before breakthroughs into new understanding and greater awareness. With childlike exuberance you explore polar opposites and accept the consequences of your

actions. You seek to recreate birth, death and regeneration, but refrain from causing pain for yourself or anyone else. Being a stick in the mud has its benefits.

Consider: What holds you back? How can you break through the restraints? What will it look like on the other side of resistance?

5. THE CHEF (Pete)

The Chef is an alchemist who transforms ingredients into something new and delicious. The Chef proves the whole is greater than the sum of its parts. Health nourishment and expansive joy are The Chef's goals. He is an artist who speaks to the senses of taste and smell.

Stage: Being (0-6 months)

Nakshatra: Kritika

Symbol: Knives (You are what you eat, so make every cut count.)

General Meaning: The Chef is the epicurean chemist creating the ultimate feast that will bring him greatness,

fame and awe. Your ultimate feast may take many forms. Preparation will be tedious but worthy of your attention. Your passion for preparation may limit your connection with others unless you are in problem-solving mode, which demands an objectivity that distances you from others. This is an excellent time for altering bad habits for purposes of purification. You may require isolation while in the throes of physical, mental and emotional upheaval. Ignite the sparks of your passion to cook up something or you will succumb to boredom, which could inspire problems. Keep elbows off the table.

Consider: What are your creative passions? What bad habits are you up for breaking? What's cooking?

6. THE HAMSTERGIRL (Sofie)

The Hamstergirl runs on a wheel for purposes of exercise, finding tremendous comfort in its routine. She knows she is not going anywhere physically, but the

action sends her to amazing places. She leads with her heart, followed by body and her mind.

Stage: Being (0-6 months)

Nakshatra: Rohini

Symbol: Chariot (When life is like being bowled over by chariots, avoid hanging out in the pits.)

General Meaning: The Hamstergirl seeks beauty of body and mind. Her actions are all dictated by the needs of her heart. Your need to live in the present precludes planning for the time being. Time for following the needs of your heart. Your spontaneous spirit brings out your inner beauty for all to see. Others may envy you for your discipline and focus, leaving you feeling slighted or criticized. Such is the glare of health and beauty you project. What a rush.

Consider: How do you nourish the needs of your body, building muscle and endurance? What can you add to your routines to improve your health?

7. THE MOUNTAINGIRL (Lucy)

The Mountaingirl embraces the wonder of nature. She takes to the woods because it gives her time to think about the events of her daily life. She prepares for her sojourns so that she can give herself over to thinking and synthesizing all that she knows.

Stage: Doing (7-18 months)

Nakshatra: Mrigasira

Symbol: Deer's Head (Like a deer with headlights, look and learn.)

General Meaning: The Mountaingirl lives a simple life so that she can focus on seeking pleasure and pursuing knowledge. You need more information and for that reason, you may find yourself living in your head for the time being. Perhaps you are motivated by having been betrayed or cheated by someone or something. Fortunately, you are able to separate thinking from feeling at this time. Turn intelligence, street smarts and an open mind, into wisdom and emotional

intelligence as a means of protection. Focus on the intellectual aspects of your search and the rest will fall into place. Mother earth loves you.

Consider: For what are you searching? How can you fill in the missing pieces? How will you know when you find the answers?

8. THE THINKER (Barney)

The Thinker expands his frame of reference, knowing that it may not change the outside world, but could transform his inner world. Overcoming mental resistance to learning is a unique thrill. If he had the choice, he would live in his head, but he's too smart and besides, other people are fun to watch.

Stage: Doing (7-18 months)

Nakshatra: Ardra

Symbol: Jewel (A jewel in the rough is like data waiting to become knowledge.)

General Meaning: The Thinker is on the road to find out more than he knows

which is already quite a bit. This is not a solitary search and may require bouncing ideas off of other people. You know to whom you must go to try on new things. You may even find yourself making up facts as a way of demonstrating that knowledge is power. You may sound sarcastic and opinionated, but you can also be swayed by a better argument. You are driven to divine the future based upon what you know now. Think before you leap.

Consider: What are you learning? How does this new information help you ascertain the future? What's on your mind?

9. THE RABBI (Max)

The Rabbi is a religious authority that asks questions and provokes discussion following the reading of Torah. He is aware of theosophical contradictions due to individual interpretations and values the debates they ensue. The Rabbi celebrates rituals that reinforces God and

community.

Stage: Thinking (19 months – 3 years)

Nakshatra: Punarvasu

Symbol: Bow and Arrows (The slings and arrows of defeat can move the spirit.)

General Meaning: The Rabbi is a spiritually learned man who knows that the act of believing is far more powerful than the actual belief. You are asked to reach deep into your inner resources for faith that you will move through your present circumstances to embrace what is to come. Take a day off from the mundane, let music soothe the savage within you and expand your frame of reference to better understand yourself and others. Ponder your convictions, your passions, your purpose. L'Chaim (to life).

Consider: How do you believe what you believe? Where does your spirit wish to go next? What is the meaning of life?

10. THE RAT KING (Rusty)

The Rat King is the master of removing

vermin. Rodents are unpleasant and filling in holes is a dirty job. The Rat King is proud of the work he performs for the welfare of all. He is not particularly appreciated because few people really want to know about the capture and disposal of vermin.

Stage: Thinking (18 months - 3 years)

Nakshatra: Pushya

Symbol: Wheel (Don't reinvent the wheel, build a better mousetrap.)

General Meaning: The Rat King is obsessed by his war with the vermin who infest the comfort of those in his kingdom. Enlightened self-interest can be an excellent motivator, so go do what you know you have to do, even if it isn't so pretty. Be careful of thinking one thing and doing another to avoid the scrutiny of others. The intensity of your sense of purpose is important. Besides, if your intentions are good, all will be well. Think of your actions as nourishment for

the soul and don't be afraid to get your hands dirty. You're on a roll.

Consider: With what or whom are you at war? How can you avoid entangling others? What does victory look like?

11. THE PIRATE (Kaylie)

The Pirate lives in the close quarters of a boat with a community of men. He survives by stealing from others, except for those rare times when he tracks down treasure. The Pirate lives off the grid. He tries not to become attached to anything except his mates, because at any time it could be lost. He loves his drink.

Stage: Identity (4-6 years)

Nakshatra: Ashlesha

Symbol: Coiled Snake (Morals of an alley cat, scruples of a snake.)

General Meaning: The Pirate has reasons, not excuses. He seeks out danger because he likes it. Set aside guilt and shame, and go for it. You may not do the right thing or the best thing, but you have the need to do what you do because it is

a reflection of what makes you you. Deal with regrets later – there's something you need to learn and the lesson may not be as healthy as it could be. The dark side is a terrible thing to waste.

Consider: Are you mad enough to move past your own limitations? How can you integrate this experience without becoming self-destructive?

12. THE CEO (Tyler)

The CEO carries the responsibility of assuring that the company is profitable and that the employees are satisfied and productive. He has few routines as he facilitates a corporate culture conducive to success. He has tenacity and the confidence of allies, competitors, target markets and the greater community.

Stage: Identity (4-6 years)

Nakshatra: Magha

Symbol: Palanquin (Carry on, love and money are coming, love and money are coming to us all.)

General Meaning: The CEO is the visionary perpetually midwifing the birth of new ideas and procedures that enhance the bottom line. You were born to the task. Now is the time to step up and take the lead to complete it. Make the final adjustments to your plan and gather your resources. In the big picture, failure is a mere stumbling block. There are no guarantees, but a second round will better assure success. Here, here.

Consider: What vision is bursting to take shape? What final adjustments do you need before putting your plan into action? Have you prepared yourself to accept the results?

13. THE KNIGHT (Sage)

The Knight goes from one crusade to the next, periodically rescuing fair young maidens. He serves at the pleasure of his king, choosing to go from one quest to the next. In between quests, he spends quality time with his family.

Stage: Skills (7-12 years)

Nakshatra: Purva Phalguni

Symbol: Couch ('Tis better to have loved on a couch than to have never loved at all.)

General Meaning: The Knight dramatically rises to the occasion whether by force or by using his uncanny ability to understand the needs of others, so that he can rest and relax. You are able to see the larger issue that encompasses familiar ongoing conflicts and are now being asked to either use this knowledge to resolve the issue or take a stand until your side wins. It's like Dungeons and Dragons. Only then can you take a needed break to relax and refresh with someone you love, and love is never having to say you're sorry.

Consider: Who do you love? How can you best resolve the conflicts in your life? How will you relax once they are resolved?

14. THE PRINCESS (Asha)

The Princess receives constant attention,

her basic needs are taken care of and her responsibilities are few. Worries about everyday life are minimal. Because she aspires to something more than perpetual partying, she engages in charitable works that will set her apart from other royalty.

Stage: Skills (7-12 years)

Nakshatra: Uttara Phalguni

Symbol: Legs of a Cot (You may not have a leg to stand on, but you do walk the walk.)

General Meaning: The Princess recognizes she has a duty to utilize her gifts and resources well. You know what you're about, what you've inherited and what resources you've earned. There is at least one person in your life upon whom you can always depend. Let them help you determine how to apply yourself when serving others. The more you give, the more you will receive, although receipt may demand releasing the needs of your ego. You're such a princess.

Consider: What are you prepared to

unconditionally give? Upon whom can you rely for support? How will you recognize the fulfillment of your duty to others?

15. THE CHAMP (Thailan)

The Champ is born with talent that he cultivates until he is one of the best at what he does. He's willing to do the grueling practice that turns talent into instinct. He's highly opinionated because he knows the value of a strong stand. He goes through many hoops and hits many stumbling blocks, but keeps the rage of frustration in check. He's got the soul of a gamer.

Stage: Recycling (13-17 years)

Nakshatra: Hasta

Symbol: Palm of the Hand (Don't bite the hand that fits like a glove.)

General Meaning: The Champ believes play is serious business and draws upon his creative intelligence to win. He wins most of the time, but not always. To master the game of life, you need to

learn the rules, think through possible strategies and then act as though your life depended on it. Teamwork means having faith in others as well as others having faith in you. Discard deception and embrace the joy of the game. If you lose, pick yourself up, divine new strategies and go for it again. Are we having fun yet?

Consider: Do you know the rules of the game? Are you ready to play? Got your team?

16. THE MODEL (Ruby)

The Model focuses on self-maintenance to further her career. The competition of her profession is cutthroat and stressful. Her work is more exhausting than it looks; yet she remains composed and alluring. She usually only has a few years to maximize her career because aging doesn't sell.

Stage: Recycling (13-17 years)

Nakshatra: Chitra

Symbol: Pearls (Cast pearls before kisses sweeter than swine.)

General Meaning: The Model is primarily concerned with appearances, including the less fortunate for the purpose of bragging rights. She talks without thinking, but her intuition is such that what seemed crazy often pans out. You are driven to exercise your creative muscles, so take advantage of any opportunity to do so. Artistic passion is rare and may wane with age. Take the time to focus on how others see you as a way of reinforcing your confidence and self-esteem. Beauty is in the eye of the beholder so stun them with your style.

Consider: What do you see when you look in the mirror? How can you make yourself look and feel even more beautiful?

17. THE PAINTER (Cody)

The Painter attains technique to ride the wind of creativity before a blank

canvas. Sometimes he carefully sketches and other times he trusts the brush is an extension of his vision. In his mistakes he discovers new expressions, which can lead to future efforts that are constructive or destructive.

Stage: Individuation (18-22 years)

Nakshatra: Swati

Symbol: Coral (Resting on your corals is pain without gain.)

General Meaning: The Painter's creative compulsion bypasses his philosophical notions and sensitive nature. You have something to communicate. Now is the time to determine and use the most expedient form of expression. The results may surprise you, so throw caution to the wind and put it out there. Trust that you will take in the feedback you need, and shed the rest. The risk is worth taking, especially after you discover your expressions were necessary. Become your own work of art.

Consider: What do you need to express? How can you express yourself to maximize the feedback you need? Is relief in sight?

18. THE OBSESSIVE (Jaxson)

The Obsessive doesn't find joy in fussing, but is compelled to do so because that's what he knows and besides, he was born that way. He either lets obsessiveness rule his life, running him around in circles, or he channels his obsessive nature to attain his goals. Others may find him difficult, but he usually achieves great things.

Stage: Individuation (18-22 years)

Nakshatra: Vishakha

Symbol: Arch (For all intents and purposes, beware the ideo of the arch.)

General Meaning: The Obsessive has rules he must follow, although those rules can change for no apparent reason. Deal with whatever is nagging

or niggling at the back of your brain. Further procrastination breaks your rules of success. Feel free to whine your way to meeting your goals. You may appear to others to be soft and childish, but your underlying strength will bring you success because after all, everyone's got a niggly or two. Keep your nose to the grindstone of your own design.

Consider: What have you left undone that needs doing? How will you finish what is undone to relieve yourself of discomfort?

19. THE CRONE (Millie)

The Crone is well regarded because of the knowledge and wisdom she has attained in her long life. She may be the grandmother who raises her grandchildren, the dutiful weekly bridge player or the witch to whom everyone goes for medicines and advice. She may not physically age well, but she ages with grace and dignity.

Stage: Intimacy (23-30 years)

Nakshatra: Anuradha

Symbol: Lotus (The flower of youth is not strained.)

General Meaning: The Crone has outlived her contemporaries because she accepts and handles difficult situations in a healthy way. A little melancholy is natural, but can turn into self-pity instead of experiential wisdom. You're not fooled by others, so don't fool yourself. You know how to foster communication between others in conflict, so work your magick, even if it ultimately leaves you no peace of mind. At best, you will be honored.

Consider: How can you use the respect you have garnered to help others in conflict? How will you accept praise with humility?

20. THE DOMINATRIX (Moxi)

The Dominatrix or **Domme** is a dominating woman. Agreements are made between the Domme and the Slave before enacting

a mutually agreed fantasy. The rituals of pain and humiliation serve both the Domme and the Slave. The Domme appears to have the power, but the Slave can stop their interaction with a word.

Stage: Intimacy (23-30 years)

Nakshatra: Jeyshta

Symbol: Earring (Can I bend your earring for a moment.)

General Meaning: The Domme acts upon her need for control. She obtains power by remaining open and honest. Intimacy is an issue because despite your openness, you are self-conscious and self-protective. You possess the strength and vitality to accomplish anything, but you are also very sensitive and apt to act on impulse. The intensity of your neediness is obvious to others, so be selective about on whom you lean. Fortunately, all is transitory.

Consider: What do you really want or need? How can you create an environment

conducive to meeting these needs in a creative way?

21. THE UNBREAKABLE (Zack)

The Unbreakable experiences and reexperiences the bodily humiliations of age or injury. He wastes no time with that which increases the pain and cuts to the chase. The grief that also emerges has its own emotional and physical demands. He's a mess.

Stage: Generativity (31-40 years)

Nakshatra: Mula

Symbol: Lion's Tail (If I'm lyin', I'm dyin'.)

General Meaning: The Unbreakable gets to the root of things because he knows he's running out of time. Pain is inevitable, but suffering is optional. If you choose suffering, you will miss the wonder and awe that comes with non-attachment. You may have to go to hell to let go of that which you didn't need in the first place. The only way to know the relief and joy of

letting go is to surrender. Breaking up is hard to do, but ever so worth the effort.

Consider: To what are you so attached that the idea of letting go brings you pain? How can you bypass your own resistance? Are you ready to feel ecstasy?

22. THE AQUATIC (Sugar Bear)

The Aquatic lives in a world that moves at a dreamlike pace with different rules. He respects and honors both the actual sea and its metaphorical counterpart, the collective unconscious. He contemplates his small contribution to the greater whole.

Stage: Generativity (31-40 years)

Nakshatra: Purva Ashadha

Symbol: Fan (It's easy to fan the flames when you're underwater.)

General Meaning: The Aquatic swims through the universal, reaching emotional depths that inspire peace and joy. However, his attention to the mundane is tenuous at best. You may not feel

completely in your body as you reach for that larger context that gives life meaning. You take leaps of faith and are undaunted by setbacks. It resembles religion minus the dogma. Therefore, be careful of making promises. You may not be able to keep them. Your faith makes you feel invincible, so go ahead – beat your chest. **Consider:** Ready for faith to take you on a magickal mystery tour? Are you flying yet? How do you like the view from on high?

23. THE TEACHER (Triumph)

The Teacher conditions the future of humanity by shaping young minds and, periodically, adult minds. The best teacher inspires students to do the research, synthesize the data so they will think for themselves. A student's natural resistance to the unknown is transformed by the inspiration of the teacher.

Stage: Transformation (31-40 years)

Nakshatra: Uttara Ashadha

Symbol: Elephant tusks (An elephant never forgets his tusks.)

General Meaning: The Teacher gracefully assimilates feedback regarding curricula from parents, administrators and supervisors. You are asked to keep, accept criticism and make the changes you deem useful. There is victory in facilitating the growth of new understanding in others. You're allowed to solicit flattery to reinforce alliances because at this time, everything is political. Capitalize on your role as one in the know and don't look back.

Consider: What knowledge do you possess that can serve the needs of others? Who is with you? What does victory look like?

24. THE STUD (Kirby)

The Stud has an onerous responsibility to live out the manly man dream according to the criteria of both males and females. He is macho and strong, yet sensitive and loving. Not many can pull it off.

Stage: Transformation (31-40 years)

Nakshatra: Abhijit

Symbol: Swans (I got it for a swan's song, warts and all.)

General Meaning: The Stud is of a nakshatra that has long since been eliminated in Vedic astrology. Its lunar cycle is seven hours as opposed to 24 hours for the other nakshatras. Therefore, The Stud's value is poignant yet fleeting. He is the fulfillment of a romantic fantasy for men and women alike. You are approaching a state that resembles the altered state of falling in love. This is a significant time, a fateful time. Pay attention to the serendipities and synchronicities. All decisions and choices you make will effect your future. Then again, you are at the mercy of destiny. You must embrace free will because you have no other choice.

Consider: What makes this time more significant than any other time? What connections can you make between

your past, present and future? Isn't it awesome?

25. THE SHERIFF (Toby)

The Sheriff is an investigator who listens to everyone's story, analyzes crime scenes and determines the truth. He diffuses situations when tensions are high to avoid the escalation that leads to danger. He encounters complex situations that bypass right and wrong due to mitigating circumstances. He receives adulation for maintaining a harmonic community.

Stage: Wisdom (51-65 years)

Nakshatra: Shravana

Symbol: Three Footprints (The game's a footprint.)

General Meaning: The Sheriff knows that for those he protects, he is only as effective as they let him, as he unearths the difficult truths of their lives. Investigate until the truth is revealed. You're charming and calculating enough to listen while others strip away secrets and bear their souls. Your discoveries

may change the lives of others. Be careful of taking on the burdens of those who talk to you. Listen and learn.

Consider: How will you proceed with your investigation? How will you know the truth when you hear it?

26. THE VOCALIST (Gabby)

The Vocalist has attained fame due to her talent and an excellent sense of timing. She focuses on singing her heart's desire. She is reminded of how lucky she's been every time she dons her glamorous gowns to perform before throngs of fans. She's in sync with the cultural needs of the day. She values the way music takes her audiences to another plain of existence.

Stage: Wisdom (51-65 years)

Nakshatra: Dhanishta

Symbol: Tablas (She moves to the beat of different tables.)

General Meaning: The Vocalist is a talented star and an insightful artist who speaks to the needs of her audience

with harmony and elegance. You are the star of your own life, entwining your many interests, ambitions, talents and abilities into the symphony that is you. Fame may be fleeting, but very useful in orchestrating a secure future. Use your connections to further your aspirations. They will want to help you because you're worth it. You've got 'em, so flaunt 'em.

Consider: Ready for a ground swell of attention? How can you capitalize on your popularity?

27. THE NURSE (Sassy)

The Nurse is a humanitarian, a caretaker, and a healer without the burden of responsibility that doctors carry. She is free to offer comfort and sympathy, while keeping emotionally economic when easing the suffering of others to keep herself healthy.

Stage: Integrity (66+ years)

Nakshatra: Shatabhista

Symbol: Empty Circle (You know you've gone full circle when you return from

whence you came.)

General Meaning: The Nurse facilitates the healing process by following treatment plans and reports her observations to the doctor. Rather than take action, observe. As your contemplations bring forth wisdom, know that there is power in privacy and not everything needs to be shared. Pay attention to the details that assure easier living for yourself and others. The devil is in the details.

Consider: Who or what is ailing and needs to be healed? How can you help without being consumed? What have you observed?

28. THE ENIGMATIC (Maya)

The Enigmatic is independent because very few people understand her. Others may see her as something of a guru who has moved past the constraints of conventional wisdom into the realms of mysticism and magick. She uses this to her advantage.

Stage: Integrity (66+ years)

Nakshatra: Purva Bhadrapada

Symbol: Sword (He who lives by the sword might get shot.)

General Meaning: The Enigmatic is good at reading other people especially because she baffles them. She knows it's all about perception. How others perceive you will change how you perceive yourself – and vice versa. A change of self-perception is what you need right now to better connect with your inner self as well as the community and that which is universal. Create opportunities to spin and transform your *raison d'être*. Expand the tunnel of awareness that feeds your consciousness. It's the spiral of life.

Consider: Whose feedback would help you alter your self-perception? How will you solicit this feedback? How will you evolve?

ACTION CARDS (14 cards with green lettering) ask you to stop thinking, and perform a task. Alter the tasks to suit

your circumstances. Each pair of Action Cards is about balancing one of the chakras, the energy centers of the body. The specific origin of the chakras is un-known; however, they are part of the Hindu Vedas.

Chakra: Muladhara (Root)

Location: Between the anus and genitals

Overview: Survival, instinct, trust.

29. SNIFFING AND SCENTING

Action: Feel free to move around while you breathe deeply through your nose and articulate at least three different smells. Describe how each scent makes you feel.

30. DIGGING AND BURYING

Action: Declare out loud two of your worst fears. Talk about each until you can feel the fear subside. Write down an affirmation you can use later that combats these fears.

Chakra: Svadhisthana (Sacral)

Location: Lower abdomen

Overview: Emotion, creativity, sexuality.

31. HERDING AND HUNTING

Action: Get up and reorganize the objects on your altar or on some other surface in the room. Add or remove items. Continue this process until you are satisfied.

32. BEGGING AND WHINING

Action: Use a clock to assure you spend 5 minutes sighing, moaning and whining. You can verbalize complaints, indulge in self-pity, longing or selfish frustration.

Chakra: Manipura (Naval)

Location: Solar plexus

Overview: Power, ego, control.

33. SUBMITTING/SURRENDERING

Action: Close your eyes and make two separate apologies to someone or something and ask for forgiveness. Keep your eyes closed until you feel the tension release.

34. ATTACKING AND BITING

Action: With all of your strength, hit something big and soft, such as a pillow or have a kicking/screaming tantrum. Do

not to stop this process until you let go.

Chakra: Anahata (Heart)

Location: Heart

Overview: Compassion, love, balance.

35. ROCKING AND ROLLING

Action: Get into a fetal position, perhaps with someone holding you, and gently rock back and forth. Think about something that gives you pleasure.

36. GROOMING AND SCRATCHING

Action: Give your entire head a good scratch or have someone else scratch your head. In the alternative, brush your hair with 100 strokes.

Chakra: Vishuddha (Throat)

Location: Throat

Overview: Communication, excitement.

37. LISTENING/PAYING ATTENTION

Action: Take time to listen, separate and identify the sounds around you. Switch your attention from each sound. Pay attention to sounds that trigger a feeling.

38. BARKING AND HOWLING

Action: Take a deep breath and howl or make some other sound. Continue making the sound until you feel it vibrate throughout your body.

Chakra: Ajna (Third Eye)

Location: Above and between the eyes

Overview: Imagination, fantasy, spirit.

39. CATCHING AND FETCHING

Action: Grab an object that catches your eye and sit down with it. Contemplate the object and come up with a meaning of why you selected it. Let the object become a symbol.

40. PLAYING AND CHALLENGING

Action: Stand up, close your eyes and dance to the music in your head. Discover a rhythm to drive your movement. Continue moving until you are finished.

Chakra: Sahasrara (Crown)

Location: Top of the head

Overview: Synthesis of the six other chakras for a greater understanding of

existence.

41. RUNNING AND CHASING

Action: Run in place or down the street with abandon, anything to get that endorphin rush and send more blood into your brain.

42. SLEEPING AND DREAMING

Action: Recall a dream or fantasy you've recently had. In your mind, re-enact as much of the dream or fantasy as you can. Describe your experience out loud.

REACTION CARDS: (7 cards with red lettering) draw upon seven stages of alchemy, the transformation of lead to gold. Metaphorically, alchemy articulates personal transformation. Diagnostically, they tell you about how you are approaching your reading of the Cards.

43. FIREWORKS

Alchemical Stage: Calcination. The substance is heated to remove all moisture until it is reduced to ashes.

Hermetic Arcanum: "Whatever remains

below is its worst enemy.”

Reaction: Fireworks can be scary, even while they provide a unique thrill. The heat is turned up and burning away the illusions that protect you from the truth.

Suggestion: Surrender and let new wisdom emerge.

44. WATER DISH

Alchemical Stage: Dissolution. The ashes are dissolved in water or acid.

Hermetic Arcanum: “The way to the truth is through the intelligence of the heart.”

Reaction: Water is nourishing, fortifying and necessary. A new spin on what you know washes over you and allows new information to flow.

Suggestion: Accept that control is a myth and embrace fate.

45. KITTY

Alchemical Stage: Separation. Filtration isolates the components and unnecessary material is discarded.

Hermetic Arcanum: “Every created

thing carries the signature of its creator.”

Reaction: The kitty is otherworldly, alien and aloof. You are detached and distant, identifying which elements serve you and blowing off the rest.

Suggestion: Let go of unnecessary thoughts, feelings and beliefs to allow you to see the big picture.

46. SQUIRREL

Alchemical Stage: Conjunction. The remaining components are recombined to create something new.

Hermetic Arcanum: “Continued enlightenment comes from living with the operation of the sun.”

Reaction: The squirrel triggers the instinct to kill for food. Your being has been conditioned by events and relationships, yet your essence remains the same.

Suggestion: Remind yourself that you know who you are and that you belong.

47. RACCOON

Alchemical Stage: Fermentation. New life is introduced to advance the material’s level of being and to better

assure survival.

Element: Inner light

Hermetic Arcanum: “The gateway to the above is through the true imagination.”

Reaction: The raccoon introduces the paradox because they are both very cute and incredibly destructive. Your world may look the same, but your vision has changed, almost to the point of disorientation.

Suggestion: It's not psychotropics, but you're in an altered state of overload by insights and connections.

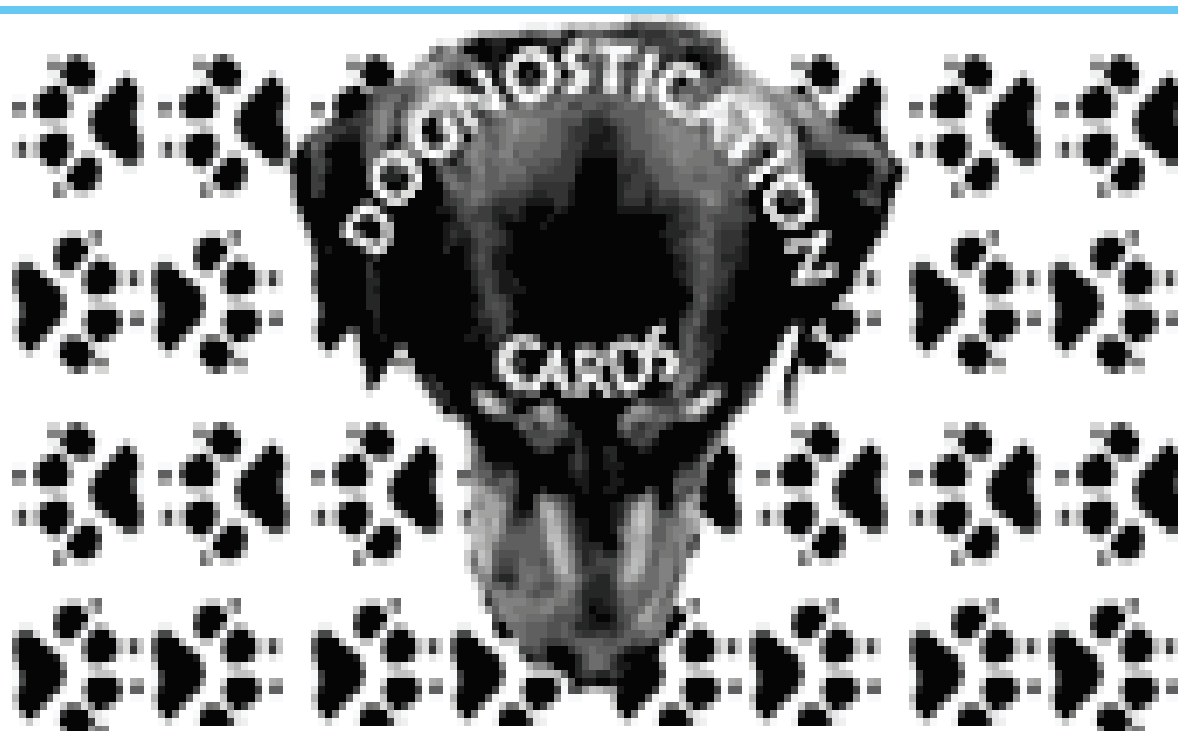
48. DOGHOUSE

Alchemical Stage: Coagulation. The crystallization into a transformed state.

Hermetic Arcanum: “The stone is purified consciousness that remains intact on all levels of reality.”

Reaction: The doghouse is a familiar and safe place where the spirit can be renewed. You find joy as your consciousness is expanded and altered.

Suggestion: Let your joy inspire greater depth and breath.



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Thank you, doggm's