



JOURNALING WITH ORACLE CARDS TRANSCRIPT



TRANSFORMATIONAL
JOURNALING

with *Christa Potter*



JOURNALING WITH ORACLE CARDS

▷ What You'll Discover

- What Tarot and Oracle Cards are.
- How Tarot and Oracle Cards can complement your journaling.
- How Tarot and Oracle Cards can direct your journaling.
- Why Tarot and Oracle Cards are one of my Favorite additions to my journaling.
- Where to start using Tarot and Oracle Cards in your journaling.

▷ What are Tarot and Oracle Cards?

Tarot and Oracle Cards are divination tools. They are a means of connecting to wisdom greater than ourselves. For that means God, the Universe, Angels, Spirit Guides, any and all of the above, or something else. You can also consider them a mean of communicating with your own highest self. Whatever your beliefs may be, if you are open to incorporating tarot and oracle cards into your journaling it can be really enlightening.

Being that the Tarot is a more defined system that requires an education all its own, for the purpose of this course I am going to recommend oracle cards for your journaling, unless you already have experience with tarot cards.



▷ How to Journal with Oracle Cards

This is such a fun way to journal and there are a few ways you can do this. The simplest is just to pull a Card of the Day. Ask the cards “What do I need to know most today for my highest good?” and pull a card. Connect with the card and the guidance you feel it is trying to give you and journal on it. At the end of the day reflect on how that card’s message presented itself to you throughout the day. Did your morning musings play out? Did you end up having an ah ha throughout the day as the card’s guidance showed up for you in a different way than you were expecting. This is such a great tool for connecting with your guides and angels and getting acquainted with how they like to communicate with you. It is also an excellent too for practicing mindfulness and awareness as you go about your day and notice how the card’s guidance shows up for you. It encourages you to be looking for those synchronicities that the Universe provides and just more conscious of what’s going on around you and in your thoughts.

Another way to journal with Oracle Cards is to ask the cards a more specific question or two and then journal on the response you get. This helps open the floodgates to your subconscious and spark the flow of writing if you are feeling stuck. If there is something troubling you or something you are just seeking clarity on, the cards you pull for your question gives you a direction to contemplate and journal on making it easier to open up to insights.

This can be a very telling method of journaling as you may discover yourself hoping for a certain answer or disappointed at a card you pull. Dig into why. Explore those feelings. It may help you discern what it is you really want.

Another way you can journal with Oracle or Tarot Cards is to do a full tarot or oracle card spread and journal on the reading. Often we can do a reading and give a glance at the messages we are getting from each card in each position in the read without giving the guidance the deeper reflection that it needs to fully communicate the guidance to us. Sometime we are hurried. Pulling the cards wanting a quick answer to something without allowing the adequate contemplation required to fully receive from the reading what it is offering. Journaling on each of the cards in the reading and what guidance you feel it is trying to communicate and what it means to you allows you to receive the full benefit of a reading. It slows things down and allows your intuition a chance to chime in.

Some tarot and oracle card decks even come with journal prompts as part of the card description provided in the guidebook. The Wisdom Keepers Oracle is a favorite deck of mine



and inspired some of the prompts in this course.

Here are some questions you can ask your cards as part of your daily journaling:

Journal Prompts

- What do I need to know today in the interest of my highest good?
- What am I unwilling to see right now?
- If I _____, what will the result/outcome be?
- What can you tell me about _____ for my highest good?



