

Tools for Using and Developing Your Intuition

Self-Discovery and Art-Making Course

- Journaling and Free Writing
- Art-Making
- Oracle and Tarot Cards

Pull a card or a card spread (once you get more experienced) to give you guidance on how to proceed. All of these cards can be found on amazon and ebay. You can also visit local Metaphysical Bookstores/New Age/Spiritual stores in your area to find a variety of Oracle and Tarot.

A favorite among Creatives:

Sacred Rebels Oracle, by Alana Fairchild

Angel Cards:

Daily Guidance from your Angels, by Doreen Virtue

For Health and Wellness:

Power Thought Cards, by Louise L. Hay

Traditional Tarot deck:

Riter Waite – these take some time to learn. Check out biddytarot.com to learn more about using Tarot for your own growth and guidance. Biddytarot is very positive, fun and casual.

Native American-based cards:

Medicine Cards: the Discovery of Power Through the Ways of Animals

Meditation and Listening-Prayer

A favorite is Wayne Dyers "I am Meditation" on youtube

• Dowsing rods and Pendulum

Good for yes or no questions. There are many youtube videos on how to use. Look for copper rods. You can find them on amazon, ebay and in some local metaphysical bookstores.