

**Inside  
your kit**

**HOW TO USE YOUR CARDS AND  
UNLOCK YOUR POWER TONIGHT**



# Soul & Spirit

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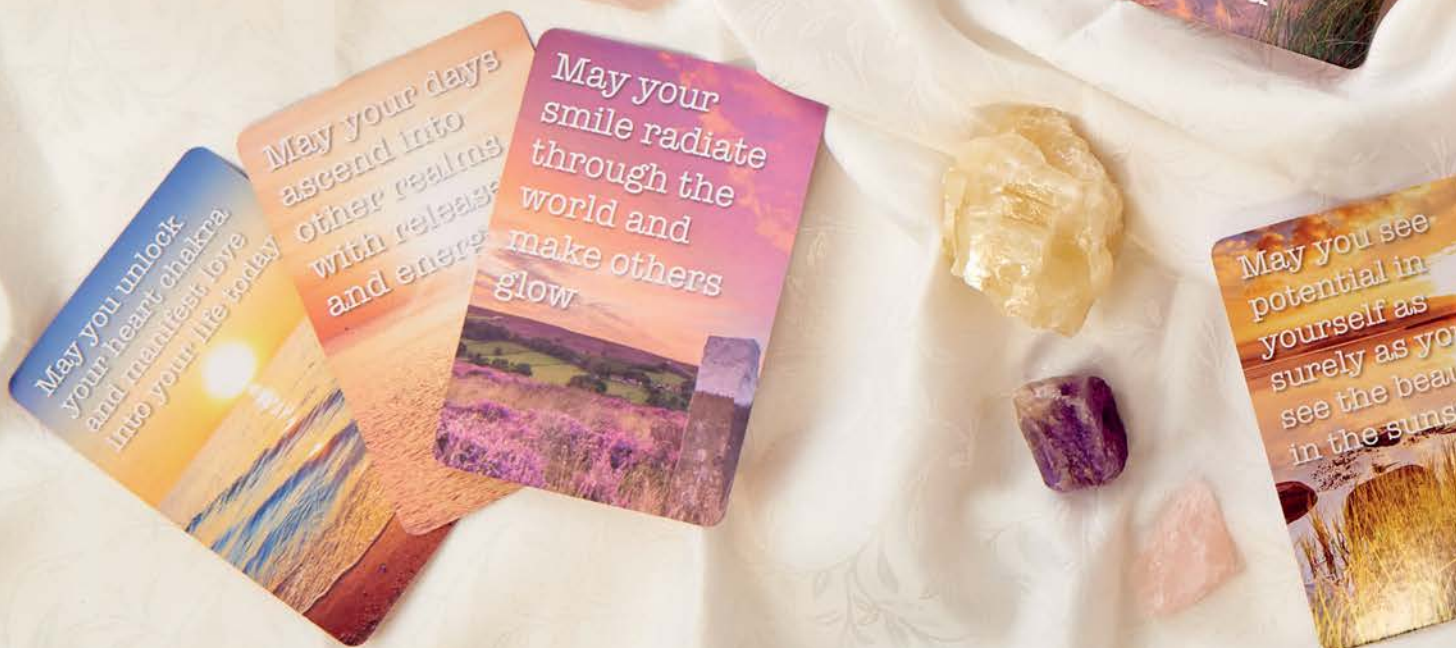
# Our mantra deck

A self-care session is not complete without these bonus, life coach-approved affirmations

WORTH  
**£15**

“**M**antra decks, also sometimes referred to as affirmation cards, have a special place in my heart and have been a trusted and powerful tool along my journey. I was delighted to be introduced to the *Soul & Spirit* Daily Mantras for Confidence deck. My first impression of it was one of excitement, as I work with a lot of people in my coaching practice that struggle with confidence and self-esteem issues. I would eagerly recommend these cards to anyone who wants to become their best self, align their life to manifest their highest good and to be reminded that they are already good enough. For me, mantra decks are a great way to connect with your inner cheerleader. They are an invaluable tool to help find clarity, boost your mood and align your thoughts with your desires. Here are my best tips for working with yours...”

*Carolynne Bennett, life coach*



NOW TRY SOMETHING NEW

## Carolyn's Revitalise Your Soul ritual

- 1** Find a quiet time where you will not be disturbed and use any candles or crystals that help you to connect to your heart and focus your mind. Candles, for me, symbolise illumination and truth.
- 2** Take a few deep breaths to quieten your mind and have a rose quartz crystal nearby. Rose quartz is a stone of the heart and embodies a powerful loving vibration.
- 3** Clear the deck. Personally, I like to tap the deck firmly with my hand three times to clear any previous energy that may have been absorbed since the last use. This gets the deck ready for a fresh positive reading.
- 4** Say a prayer or invocation that can connect you to that of which only reflects the truth in your reading. A prayer I love to use and find very effective is by theologian-philosopher Reinhold Niebuhr, named the Serenity Prayer. It says *"God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. Show me what I need to know so I can be my best self to better serve the world"*.
- 5** Shuffle the cards as you consider a question or intention that you would like inspirational guidance on. I like to focus my awareness on my heart centre as I do so.
- 6** Either split the deck and take a card, select a card from the top of the deck or pull out a card randomly. Follow my card-pulling rituals opposite to allow the deck to show you your highest truth.



May you lead a community that cultivates equality, creativity and care for all

May healing energy drift towards you like lovers to each other

May your soul be reborn each time you hear the whisper and whoosh of the ocean

May love and light find you even in the darkest canopy of your soul

May you shed unrealistic possibilities and become aware of your true, best self

May you practise divine meditation in the most beautiful nooks of the world

May your divine light bring laugh and joy into your

# Find direct guidance

Do a one-card reading if you have a specific question or area you need guidance on in mind. Before pulling a card, you could ask questions like:

What is it that I need to see?

What do I need to know about this situation?

What do I need to learn?

What is the next right action for me to take?

Conduct a three-card reading for a more in-depth reading. Whilst shuffling the deck, you can ask these questions:

Card 1: Where have I felt stuck in the past?

Card 2: How do I feel right now?

Card 3: Where am I going next?

***“As I consider my intention, I like to focus my awareness on my heart centre”***

May adventure find you and enrich your soul



WHEN I THINK I'VE SU

SURRENDER MORE.

WHAT DO I DO NEXT?

Use your  
bonus deck

## CONJURE UP

# affirmation magic

How to use positivity for ultimate power

## 5 THINGS TO REMEMBER

**1** Follow your own intuition and witness any words, thoughts and or feelings that come through for you as you do your reading. Take a moment to look at the picture on the card as this can also play an important part in your reading.

**2** A 'jumping' card (a card which jumps out of the deck or falls out of it) is a special message from the deck. It is important to pay attention to this card as well as the other cards in your reading.

**3** Saying mantras out loud can be especially beneficial when said with gusto and enthusiasm. Saying the mantra out loud can help tune you to the energy of the mantra, keeping you focused and calming your mind.

**4** Journal your session so that you can refer to it later if you need to.

**5** Visualise yourself as you would most like to be while saying your mantras out loud. This will leave you feeling even more confident!



*Carolyn's  
favourite card*



*Pandora's  
favourite card*

*"The magic is in how you feel, the mindset work and visualising yourself in that life already"*

## Will it actually make me feel happier?

Intuitive Living Coach Pandora Paloma says: "Massively! If you truly do not believe an affirmation to be true, it is just a positive lie. So I think with affirmations there is also a lot of mindset work to do alongside, however when used together can be really powerful. I write or read affirmations daily and change them month to month depending on what I'm working on. I help create the same for my clients. I have seen some huge shifts for clients, certainly for challenges such as lack of confidence or money blocks. I think the simplicity of giving back to yourself through daily or weekly affirmation work is part of the process. Giving time to journal and ponder life provides an opportunity for self-development and where we see the big growth".

## WHERE SHOULD I KEEP MY CARD FOR THE DAY?

Carolyn: "I tend to place my affirmation cards anywhere I will see them most through out the day. I will put a card in my purse, the cover of my phone, on my mirror in the bathroom, on my vision board and even have it laid out on my coffee table for the day. I have my vision board up on my wall and find the affirmation cards really help with anchoring and feeling my vision. I also have affirmation cards in a glass bowl and I simply choose one at random and then keep that card with me for the day".