

## **Embracing the Magic Within: Clarity Cards** **created by Shelly Wilson**

*All of the answers you seek can be found within if you take the time to listen. ~ Shelly*

I created this deck of inspirational and empowering *Clarity Cards* to remind us to embrace the magic within. Much like the *Cards of Empowerment* deck, I was inspired to create this deck as a divination tool to accompany my book, *Embracing the Magic Within*, and to empower you to connect to the you within. I purposefully chose not to include detailed instructions with this deck of cards as I encourage you to explore and use them as you are guided to do so.

You may have a specific question that you are seeking guidance and clarity on. Ask the question aloud or within your mind and then shuffle the cards and select one card or as many that you feel led to select. You can also simply choose to ask the question, “What do I need to know for today?” or “What do I need to know at this time?” Then, choose a card or as many that you feel led to select once again.

To assist you, I have included how I would interpret the cards myself. I use the term *Spirit* as a collective term for our angels, guides, God, Source, Consciousness, Higher Power, Universe and even our loved ones who have transitioned. Please utilize the terminology that resonates with you personally.

Please note that the following card interpretations are based on my own perception. I encourage you to practice discernment and apply the following messages as you are guided to do so. Remember, my intention for creating this deck of cards is to empower you to connect to the you within. Listen to the guidance you receive within your mind and take note of any impressions, words, thoughts, feelings, images and so on.



### **Always do your Best**

Spirit is inviting you to always do your best. You are an energetic being having a human life experience. Your present state of being indicates what you are capable of in the moment. When you feel healthy and balanced, you will obviously do better than when you are feeling unhealthy and imbalanced.

### **Attain the Peace Within**

Spirit is sustaining you as you attain the peace within. Breathe in peace, love, ease and compassion as you exhale fear, worry and doubt. When we attain the feeling of peace within, we can then choose to respond to our external circumstances rather than allowing what is happening around us to affect our peace. Remember, often times you cannot control what is happening around you, but you can attain the peace within and choose how you wish to respond.

### **Attune Body, Mind and Spirit**

Spirit is asking you to attune body, mind and spirit. We are more than just a physical body. Accordingly, we are an energetic being incarnated in physical form having a human life experience. We must cultivate the spirit and provide loving care for the body and mind. Balancing the aspects of body, mind and spirit is an integral part of each individual's overall health.

### **Be Adventurous ~ Explore More**

Spirit is inspiring you to be adventurous and explore more. Life is meant to be lived, and emotions are meant to be felt. Fear tends to suppress living because we often avoid change whenever possible. We are fearful of the outcome or what others may think of us, so we avoid it altogether. Perhaps, we need to simply reframe our perception and choose to embark on adventurous explorations.

### **Be Joyful ~ Journey with Joy**

Spirit is encouraging you to be joyful and to journey with joy. You are an energetic being having a human life experience. Explore and discover more of what brings you joy and then choose to experience it.



## **Be Your Own Kind of Beautiful**

Spirit is motivating you to be your own kind of beautiful. Recognizing our place within the whole (Consciousness, Universe, Source Energy), we can each step forward into our own authentic expression as Divine beings on this planet through awareness and conscious creation. Make the choice to love yourself for who you are fully and completely. Accept your uniqueness and dismiss any perceived flaws or imperfections because you are perfect just the way you are. There is no need to compare yourself to another.

## **Boundaries are Necessary**

Spirit is reassuring you that boundaries are necessary and is part of practicing self-love. Choose to cultivate the healthy balanced relationships and establish boundaries within those relationships that feel unhealthy or imbalanced. Invest your energy wisely! Say *no* when you mean no rather than saying *yes* to appease others.

## **Clear Energy ~ Release the Old**

Spirit is gently suggesting that you clear energy and release any old, outdated energies. Practicing good energetic hygiene is essential for our physical health and mental/emotional well-being. Cutting cords assists with clearing the lower vibrational emotions from our energy field. Releasing the old may include releasing habits, patterns, beliefs or even relationships. Honor your emotions as you allow space for the new energy to emerge.

## **Cocoon for Clarity**

Spirit is recognizing that this is a time to cocoon for clarity. In essence, cocooning involves pulling your energy in as you become more aware of energy drains, whether it be people, places or things. Gather your energy and intentionally bring it back to you. Tune in and listen to the guidance you are receiving. Cocooning may also involve resting/sleeping and establishing boundaries.



## **Create Consciously**

Spirit is reminding you of your ability to create consciously. Become aware of your energetic emission with your thoughts, words and actions as well as your intention behind your creation. Remember, everything is energy and awareness is everything! To create consciously, do your best to be present and also release the manifestation details as well as the linear aspect of time. Trust in the Divine timing of the Universe. Also, focus on how you want to feel and inject that feeling into your creation.

## **Disconnect to Connect**

Spirit is encouraging you to disconnect in order to connect. This may involve disconnecting from social media, technology and even people at times. This message is a reminder to allow space to receive. Clear your mind and open your heart to receive the guidance and inspiration flowing to you.

## **Don't Take Things Personally**

Spirit is helping you to not take things personally. What other people say and do is a reflection or projection of their own personal reality. The same is true for you. Communicate clearly to the best of your ability and don't take things personally. Everyone is having their own unique human life experience.

## **Dream Big and Follow those Dreams**

Spirit is suggesting that you dream big and then follow those dreams. Take a moment and allow all of your desires, dreams, aspirations and intentions to fill your conscious mind. Visualize yourself receiving and achieving all that you desire. Know that you are worthy to create this reality. Don't allow others' doubtful thoughts and negative opinions to influence your dreams. This is your life to live and your dream to achieve!

## **Embrace the Magic Within**

Spirit is inviting you to embrace the magic within and reminding you that magic is within each one of us. This message is a reminder that every experience is here for you rather than happening to you. Know that you have the power to create the reality you desire. Choose to live your life with passion, presence and purpose.



## **Embrace Well-Being**

Spirit is aiding you to embrace well-being. Take care of your physical health and honor your mental/emotional well-being. You are your own best authority of who and what is right for you. Listen to the guidance you receive and trust it. Practice self-love and self-care regularly. Your body, mind and spirit will appreciate the effort.

## **Embrace your Aliveness**

Spirit is supporting you as you embrace your aliveness and navigate the waters of your human life experience on this journey into consciousness. Allow yourself the opportunity to truly live a life you love rather than simply existing. Listen to your heart and let your spirit speak. Be present in the moment. Choose to stop defining yourself by others' limitations.

## **Everything is Energy**

Spirit is acknowledging that everything is energy. Become conscious of your own energetic emission with your thoughts, words and actions as you become aware of those energies around you as well. Vibration, frequency and resonance are aspects of understanding energy. We have the power to transmute and shift energy based on our viewpoint and how we choose to respond.

## **Excuse Yourself from Negativity**

Spirit is suggesting that you excuse yourself from negativity. Being consumed with fear, worry and negativity will undoubtedly take a physical and mental/emotional toll on an individual and can even create illness or disease within the physical body. You have the power to choose where and with whom you invest your energy, so invest wisely!

## **Free Yourself from the Doubt and Fear**

Spirit is urging you to free yourself from the doubt and fear. These are heavier, lower vibrational energies that originate in the root/base chakra. We are energetic beings having a human life experience, so it is natural that we will feel these emotions. Be confident and conscious as you move through the fear and return to love.



## **Fresh Start ~ Embrace the New**

Spirit is acknowledging a fresh start and motivating you to embrace the new. Choose to recognize this message as an opportunity for a new beginning. This message may represent a new individual coming into your awareness, a new relationship, work-related prospect or other opportunity. Allow yourself to begin anew and move forward as you embrace this new energy.

## **Give Thanks ~ Be Grateful**

Spirit is prompting you to give thanks and be grateful. Gratitude assists with the flow of abundance. Being grateful for the blessings within the challenges is essential as well. As often as you can, choose to express your gratitude for that which you are thankful for.

## **Grow your Spirit**

Spirit is nurturing you to grow your spirit. Remember that each experience and encounter with another provides an opportunity to learn and to grow. This message may entail taking a class, reading a book, learning a new modality or exploring opportunities that resonate with you. Embrace the new you that is evolving along with the wisdom and life experiences that you are attaining.

## **Hone in on your Happiness**

Spirit is inviting you to hone in on your happiness. Become aware of your energetic emission and create consciously by choosing to invest more time and energy in what brings you joy and feeds your spirit. Gratitude energy is one of high-vibration and assists with creating more abundance, which includes financial prosperity, health, happiness and well-being.

## **Honor your Emotions and Feel the Feels**

Spirit is urging you to honor your emotions and reminding you that it is essential for you to feel the feels. In each moment, allow yourself to feel the emotion as it arises. I believe that you have to feel the emotion in order to heal it and clear it. Rather, than setting the feeling aside for later when it's more convenient for you to feel it, begin a practice of honoring the emotion in the moment. Your mind, body and spirit will thank you!



## **Ignite the Spark**

Spirit is stimulating you to ignite the spark. Feel into what brings you joy and then do more of that. The sacral chakra is the area of connection and creation. Work with this energy center intentionally. Allow yourself to feel your emotions and to acknowledge those individuals who rekindle your spirit.

## **Inspiration Flows to You and Through You**

Spirit is acknowledging that inspiration flows to you and through you. It is essential to clear your mind to provide space for inspiration and guidance to flow. Many times, the thoughts, words and impressions are subtle, or we may even wonder if it is our imagination making it up. You can absolutely ask for clarification or additional information, so don't hesitate to do so. As you are guided, share with those around you. In doing so, the inspiration flows through you.

## **Invest in You ~ Practice Self-Care**

Spirit is urging you to invest in you and practice self-care. Take time for you and honor your emotions. Choosing to make yourself a priority is essential. Practicing self-love and self-care are extremely important for our physical health and mental/emotional well-being. Intentionally investing time and energy in your wellness and well-being will benefit you as well as those around you.

## **Just Breathe**

Spirit is advising you to just breathe. Breath is life-force energy, and we breathe naturally/autonomously. When we breathe consciously, we have the ability to modify the energy within ourselves, which, in turn, can affect the energy around us. As you deem necessary, intentionally become aware of your inhalations and your exhalations. Breathe in peace, love, ease and compassion and then exhale fear, worry and doubt. When you are feeling anxious, overwhelmed, stressed, uncertain or just a bit wonky, remember to just breathe!

## **Just Say No**

Spirit is reassuring you that you can just say *no*. Feel comfortable and empowered to say *no*; this opportunity, choice or relationship isn't right for me. Having boundaries is part of practicing self-love. No may also correlate to the root/base chakra as a reminder to you to release any fear, worry or doubt you may have.



## **Just Say Yes**

Spirit is inviting you to just say *yes*. Say *yes* to opportunities that appeal to your spirit. Yes may also correlate to the heart chakra as a reminder to you to let love guide you in your thoughts, words and actions.

## **Kindness Matters ~ Share the Love**

Spirit is reminding you that kindness matters and encouraging you to share the love. Every act of kindness does make a difference and each one of us is creating a ripple. Greeting fellow life travelers with a kind word and a smile is an easy way to share the love. Doing so is effortless and rewarding. We all have the ability to create magical moments if we simply choose to do so.

## **Live Life Fully**

Spirit is enthusing you to live life fully. The time is now for each one of us to wake up to our greatness, so that we can truly live a life we love. Have the courage to imagine this reality and choose to journey into consciousness with fullness and aliveness rather than simply existing or going through the motions on auto pilot. Don't be afraid to live.

## **Love Yourself Unconditionally**

Spirit is assisting you, so that you can love yourself unconditionally. Self-love and self-care is definitely not selfish. Intentionally practicing self-love will benefit you and those around you. Know that every experience you have had, are having or will have are part of your human life experience. Shift any regret energy and recognize perceived mistakes as opportunities for learning and growth.

## **Magic is the Power to Create**

Spirit is recognizing that magic is the power to create. Remind yourself that you have the ability and power to create the life you desire. The power of choice involves invoking the energy of words through clear, honest communication. In turn, we can use this same power to create consciously, and it begins with setting intentions.





## **Notice the Signs and Synchronicities**

Spirit is prompting you to notice the signs and synchronicities from your angels, guides and loved ones in Spirit. These messages may be in the form of cloud formations, found in nature, animal messengers, songs on the radio, numerical sequences, overhead conversations, coins discovered in unexpected locations as well as other messages. Trust the guidance coming through for you as thoughts, words, images and impressions. Be sure to ask for additional information or clarification as needed.

## **Open your Heart and Let Love Lead**

Spirit is inspiring you to open your heart and let love lead. Intentionally choose to let love be the guiding force in all of your thoughts, words and actions. Heart-centered consciousness begins with each one of us. We are creating a positive ripple by intentionally letting love lead, especially when we feel challenged. Previous experiences or relationships may cause us to be hesitant or even fearful. This is a reminder to love even more!

## **Organize and Simplify your Life**

Spirit is suggesting that you organize and simplify your life. Prioritize what is necessary and then take action as you are guided to do so. Recognize where you can minimize effort while maximizing results. Clearing physical clutter from our home is necessary to change the energy. Removing unused items, by discarding, donating or selling them, will instantly provide a shift in the home's energy and offer simplicity.

## **Practice Mindfulness ~ Be Present**

Spirit is urging you to practice mindfulness and be present. Mindfulness involves being conscious and aware. Being fully present in the moment is significant with this intentional practice. Become aware if you are dwelling in the past or constantly thinking about the future. The now is where we create. Spending time in reflection of past experiences and considering our future is part of our human life experience. We just don't want to miss out on the present moment. Practicing mindfulness enables us to be present.



## **Practice the Pause**

Spirit is gently reminding you to practice the pause. Everyone is having their own human life experience. Consciously breathing will shift the energy. Allow yourself to become present and aware of your surroundings, while maintaining the peace within. This message is a reminder to practice the pause in this moment and just be.

## **Pursue your Passions**

Spirit is supporting you in your endeavors to pursue your passions. Initially, this process may entail connecting to the power of your heart to recognize what brings you joy, so you can determine what you are passionate about. You may be guided to foster creativity in others by encouraging them to pursue their passions as well. Choose to pursue what you are passionate about as often as you can.

## **Quiet your Mind and Listen**

Spirit is nudging you to quiet your mind and listen. Let your spirit speak. What knowledge does it wish to impart on you? Who are you? Why are you here having this human life experience? What lessons are you intended to learn during this incarnation? As you pose these questions and any others, listen to what is conveyed to you through thoughts, words, feelings and impressions. Allow yourself to embrace this clarity and greater knowing of who you really are as you connect to the wisdom within. Do your best to stop overthinking and overanalyzing. Clearing the mind provides space for inspiration and guidance to flow.

## **Quit Worrying**

Spirit is advising you to quit worrying. Shift any worry you may feel to one of concern and awareness. Worry is a heavier, lower vibrational energy that originates in the root/base chakra. Become aware if you have control of the situation or if it is beyond your control. We only really have control of our own thoughts, words, actions, emotions, what we choose to perceive and how we choose to respond. Free yourself from needless suffering if the situation is beyond your control.



## **Relax and Restore your Spirit**

Spirit is sustaining you as you relax and restore your spirit. You are a human be-ing and not a human do-ing. Each one of us must become aware of how we're investing our emotional, mental, financial and physical energy, and then choose to recognize whether these activities bring us joy, connection, nurturing, rest and creativity to our lives. Choose to relax, restore, recover and re-energize, so that your spirit can be restored.

## **Respond Rather than React**

Spirit is presenting you with the ability to respond rather than react. We can choose to react when we experience challenges, or we can pause, breathe and choose to respond. Verbalizing the two words aloud even feels different — react is harsher and quicker; respond is softer and gentler. When we attain the feeling of peace within, we can then choose to respond to our circumstances rather than allowing what is happening around us to affect our peace.

## **Shift your Perception**

Spirit is assisting you, so that you can shift your perception. Are you looking through the lens of love or fear? Pause, breathe and spend a few moments in reflection. Be the observer rather than the participant in the experience. Now, allow yourself to see the person, situation or experience from a different perspective.

## **Strive for Balance**

Spirit is supporting your ability to strive for balance in your life. Take time for you as you take time for others. Balance work with play. Balance giving with receiving. There is no need to assign a ratio for the balance. Simply choose to recognize when adjustments may be necessary.

## **Take Time to Play**

Spirit is inspiring you to take time to play. We are human be-ings and not human do-ings. All work and no play makes for very dull days. Self-love involves taking time to do whatever you love, just to play, without worrying about wasting time.



## **Thrive and Do More of What you Love**

Spirit is prompting you to thrive and do more of what you love. Choose to thrive rather than just merely survive. Knowing this is your life to live, intend to do more of those things that you enjoy. Move through any fear or doubt that may arise and fully embrace being alive.

## **Time to Shine**

Spirit is acknowledging that it is time for you to shine. Delight in your own uniqueness and choose to shine your internal Light bright. Choose to feel confident and empowered to do so. Your solar plexus is your power center and can be drained or refueled depending on the energies around you. Become more aware of who and what may be affecting this energy center as well as who you choose to be.

## **Unwind from the Tensions of the Day**

Spirit is gently suggesting that you unwind from the tensions of the day. Our emotions affect our physical bodies. If we are vibrating with fear, worry, stress or lack of trust, the energy is being focused in a lower vibrational way and resisting flow. Making conscious and empowered choices is fundamental for our overall wellness, including our physical health and mental/emotional well-being. These choices include who and what we choose to invest our energy in.

## **Voice your Desires ~ Express Yourself**

Spirit is encouraging you to voice your desires and express yourself. Become aware of when you feel unable to express yourself fully or are fearful of how your words will be received by others. Infuse love into what you communicate and remember to communicate your needs and desires to those around you as well. You have a message to share, so please share it!

## **Walk your Own Path ~ Just be You**

Spirit is nurturing you to walk your own path and reminding you to just be you. You have free will, the power to choose and the power to create. Choose to be you and feel confident and empowered doing so. There is no need to compare your choices to what another individual chooses. Simply feel into who and what is right for you as you experience life in your own unique way.



## Zone in on Zen

Spirit is offering you an opportunity to zone in on zen. Take a few deep breaths and bring awareness inward to the central essence — that place that is peaceful and serene no matter what the external circumstance. Focus on love and higher, lighter vibrations. These vibrations are easy to identify since they are heart-centered, light, bright, playful, loving, grateful, peaceful and giving.



**Shelly Wilson** is an author, intuitive medium and conscious creator who is passionate about helping people wake up to their greatness. She supports others as they navigate their own journey into consciousness to experience aliveness. Shelly's books, *28 Days to a New YOU*, *Connect to the YOU Within*, *Journey into Consciousness* and *Embracing the Magic Within* are available in paperback and eBook. She is also the creator of Cards of Empowerment and Clarity Cards.

