



The

Dove

Deck

52 cards for prayer,  
peace and healing

Lauralyn Kearney

# The Dove Deck

# GUIDE BOOK

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Welcome! My prayer is that The Dove Deck will help you easily connect with God's loving guidance so you can witness how His wisdom works in your life. May you feel healed by His love each time you use them, and discover how many of your prayers are answered.

Many things test our faith over time. When faith weakens, doubt grows stronger. When we doubt that our lives have meaning, that we are here for a purpose, that our prayers are heard, and that God will provide what we need, anxiety will take hold. Anxiety disrupts inner peace and can instigate inflammation and a multitude of health issues.

A personal friendship with God eases anxiety and provides a deeply spiritual and fulfilling kind of comfort that is hard to find in this world. His guidance keeps us calm, and gently leads us to decisions that are aligned with the plan He has for our highest good.

These prayer cards are intended to strengthen your communication with God, and to provide insights into your current situation. Within these 52 cards are specific prayers, insightful messages, and relaxation exercises to help you release stress and tension that create a barrier to feeling God's love, peace and healing.

The Dove Deck helps you practice positive spirituality to see how faith, mindfulness and self-care strengthen your bond with God, and spark love and light within and around you.



## HOW TO USE THE DOVE DECK TO BUILD

# YOUR FAITH

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The **Instructions** card provides intentional layouts based on spiritually significant numbers if you want to choose a specific intention when drawing your cards. When you look at the cards, first read the titles and see what comes to mind. Then, like putting together a puzzle, see how the titles may relate as a broader message regarding your current situation or prayer. Use introspection and your faith to understand what they mean. Don't overthink. Relax, and remember these cards are designed to show you love, provide gentle direction, and help you understand your life's lessons. Before you use The Dove Deck, I encourage you to say this prayer or something similar, with hand on your heart:

***God, take away all my fears and worries. Help me gain deeper understanding of You and myself. Help me hear You and feel Your love when I use these cards today.***

The **Instructions** card provides a guide to spiritually significant numbers from the Bible. These numbers have resonated with divine meaning for centuries. You can shuffle and draw cards based on these numbers if you want more than a general reflection.

**2 Relationships** - Draw 2 cards based on a prayer you have about a relationship you need assistance with. This card is not limited to romantic love, it can include any relationship that you are praying to mend, let go, or understand more.

**3 Message from Jesus** - Draw 3 cards for a message specifically from Jesus.

**4 Cycles and seasons** - Draw 4 cards for insights into what God may have planned for you, or what is best to be mindful about during a specific season of the year or during a transitional time in your life.

**5 Grace and Forgiveness** - Draw 5 cards for God's guidance about how to stay calm and move forward.

**6 Overcoming fear and temptation** - Draw 6 cards for God's guidance about overcoming anxiety, insecurities, unhealthy behavior like addictions and unhealthy habits.

**7 Life lessons** - Draw 7 cards to gain deeper insight into what your soul is learning right now, and the wisdom you've gained that can help answer your prayers.

**8 New beginning** - Draw 8 cards for insights about decisions involving a fresh start.

**9 Divine resolutions** - Draw 9 cards for God's guidance about how to resolve a stressful situation.

**10 Goals** - Draw 10 cards for insights into how to achieve your present goals.

**11 Stress relief** - Draw 11 cards for insights into how to best alleviate stress right now.

I highly recommend that you center yourself before using The Dove Deck. To do this, take three deep breaths, relax your muscles and spend a few minutes focusing on your lower body. Notice if you feel any sensations in your feet or legs. You can imagine your feet tucked into soft grass or warm sand. Place your hands over your heart, or together, and share your prayer with God.

# ACCEPTANCE

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Learning how to accept difficult experiences is a part of personal growth. When we stubbornly insist that we can change something to go our way, or keep wishing things were different than they are, it becomes *exhausting*. Instead, we could use that energy toward something that is in our control, like taking good care of ourselves and nurturing relationships that are positive, healing, and give back.

Acceptance is an allowance of other people's free will. We can't force people to change or behave in a way that's ideal to us. Accepting how things are is also acknowledging the wisdom in God's plan that we may not be conscious of. When we don't understand why we can't have things the way we wish, it doesn't mean there's something wrong. God's plan includes you feeling at peace. Focus on what brings your heart and soul peace right now.

This card is a reminder...

- God, I accept I can't fix everything. I've done the best I could.
- Things will not always go my way, but I'm still blessed.
- My healing requires I love and accept myself as I am.
- God accepts me regardless of what others may think.
- If I try to force something that isn't right for me, it won't lead to happiness.
- Whatever I can't change redirects me to focus on what I *can* change and do.
- Accepting what is and will be isn't giving up, it's giving in to God's plan.
- This is too much for me to handle. God, I'm giving it to You.
- Everything happens for a reason, and someday I may understand better.
- I need compassion for myself as I choose to accept difficult truths.

## Serenity Prayer

*God grant me the serenity to accept the things I cannot change; courage to change the things I can; and wisdom to know the difference.*

# ADAPTABILITY

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Adaptability is how we stay resilient during difficult challenges. It's the essence of personal growth – the ability to keep adjusting to inevitable changes that happen throughout life. Adaptability includes being resourceful and assertive about receiving what you need to thrive. Keeping an open mind, going with the flow, and not resisting positive change will help you ride the waves and get to your destination a bit easier.

Think of how plants and animals need to adapt to seasonal changes in order to survive. Similarly, we need to adapt to life's changes in order to do more than survive if we seek fulfillment and contentment. As we evolve, our mission is to continue to find meaning, purpose and beauty during all the seasons of our lives.

Sometimes people get stuck when they're too scared of change. Feeling stuck can lead to feelings of depression and hopelessness. Isn't it better to take a chance that you may succeed than be so scared of failure or judgment that you never try at all? A common trait that successful people share in common – you guessed it, adaptability!

This card is a reminder...

- Life is full of changes, and God gives me the ability to adapt.
- I move out of the way and allow God to work miracles.
- I am open-minded when considering options.
- I go with the flow and see where life takes me!
- As I adapt to this change, I see the blessings.
- I may need to change my approach, or modify something for a new use or purpose.
- Whenever I plan my life, I leave room for God to let me know if He has something better in mind. I trust God's plans for me.

*Do what you can, with what you have, where you are. –Theodore Roosevelt*

# AWAKEN

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You know that moment something clicks in your mind and suddenly what was confusing now makes sense? Those epiphanies are such blessings. And that's what this message is about.

Maybe you're finally ready to make that decision, or pursue that new idea that excites you. You may now understand the root cause of something and what to do about it. Or you may understand someone better after an open, honest conversation.

If you have recently experienced an ah ha moment, this is validation that it was meant to be. You were meant to gain this new knowledge, receive new insights, and make positive changes regarding the situation you're praying about.

If you haven't felt an awakening yet, this card is intended to provide assurance that your prayer is heard and you will receive the knowledge you need to move forward confidently and with more peace of mind. You are learning a lot in this process!

This card is a reminder...

- You are awakening to your greater potential.
- Reflect on the love that's present in your life.
- Embrace and express your God given strengths and talents.
- Notice opportunities to make new choices. You can do things differently.
- Prioritize inner peace, health and wellness.
- Your spirituality can bring greater awareness and understanding to your life.
- Every situation has something to teach you if you're open to learning.
- Read books or seek expert advice to gain greater understanding of what you can do to improve this situation.

*Without change something sleeps inside us, and seldom awakens. The sleeper must awaken. –Frank Herbert*

# BALANCE

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Balance is another practice in faith and mindfulness. We try to balance work and family, giving and receiving, me time with social time, rest and productivity, spending and saving. But sometimes, life gets chaotic and balance can feel unrealistic and unachievable.

Life is like riding a bicycle. Sometimes balance will come effortlessly and you'll be gliding from one part of your life to the other, nothing too neglected. Other times, it will be a bumpier ride. On those days you'll feel like you're hanging on by a thread yet somehow, by the grace of God, you're able to knock things off the to-do list and still have time to meditate for a few minutes, eat your veggies or get to that gentle yoga class on time. On those really stressful days, it will feel impossible to balance everything, and the best you could do is maintain your grip on where you're going so you can get there in one piece!

This card isn't about a quest to perfect balance in every area of your life. So don't beat yourself up if you've felt burdened by your schedule and know some things in your life need more attention. This is a loving reminder to prioritize what you need most right now. That part of your life that makes you happy needs more time from you.

This card is a reminder...

- Drinking a few quarts of water and eating healthily supports the immune system.
- Notice how many hours of sleep your body needs to feel rejuvenated.
- Committing to a daily exercise routine boosts energy and overall good health.
- Sunshine and fresh air recharge the mind, body and spirit.
- Creating realistic goals and a balanced schedule supports success.
- It may be time to consider planning a getaway for fun, rest and relaxation.
- Balancing your budget wisely can help alleviate financial worries.
- You may need to strengthen your boundaries, and say "no" more.

*Problems arise in that one has to find a balance between what people need from you and what you need for yourself.- Jessye Norman*

# BELIEFS

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Our core beliefs influence how we see ourselves, life in general, and create a script that we often unconsciously follow. These deep seated beliefs influence our decisions and whether we have the courage to pursue our dreams. Core beliefs are created by something we were taught as children or by something we concluded ourselves based on a significant negative experience.

The message of this card is that one or more core beliefs may be influencing the situation you're praying about. Examples of negative core beliefs are: I don't matter. I am not good enough. I don't belong. If I love people enough I can fix them. I have to help everyone. I am selfish to think about myself. I have to be perfect. I have to say yes otherwise I will lose love and acceptance.

Examples of positive core beliefs are: my feelings matter. I belong with my tribe. I am not responsible for fixing people. I am not indebted to help everyone. It is sensible, not selfish, to take good care of myself. Perfection is an illusion. Being honest and doing what's best for my well-being, I live my life resentment-free.

Reflect upon what underlying negative belief may need a positive upgrade, or what positive belief can support an answer to your prayer.

This card is a reminder...

- Use empowering beliefs as fuel to overcome this challenge.
- Your feelings matter regardless of whether someone else acknowledges them.
- When you allow yourself to be real, people love and appreciate your individuality.
- Having negative thoughts at times doesn't mean you're a negative person.
- Boundaries are a healthy practice to protect time, self-respect and well-being.
- You don't need to control everything. You can surrender some things to God.
- If a belief isn't working well for you, be willing to challenge and change it.

*There's plenty about God that I don't understand and can't explain. But I come back to my core belief that God is good, that He's for us.—Joel Osteen*

# BREATHE

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The vagus nerve is the longest nerve connecting the brain to the body, and is considered one of the most important nerves we have because of the key role it plays in our mental and physical health. It controls the parasympathetic nervous system, the part of your nervous system that tells your body to chill out. This nerve runs from the brainstem to the colon and is involved in digestive, cardiovascular and respiratory functioning. The vagus nerve also activates your gut instinct (sending electric impulses from your gut to your brain), and is behind that thick sensation of a knot in your throat.

Studies have shown regulating this nerve can potentially help alleviate symptoms of inflammatory diseases, autoimmunity, immunodeficiency, Dysautonomia, tension headaches, allergic reactions, as well as depression, anxiety and PTSD. This Calming Breath shifts you out of survival mode and into relaxation by regulating your vagus nerve.

## **Calming Breath**

*Count your inhalation to 4 or 5, holding briefly, and exhale to a count of 6 or 10. This method of controlled breathing has been a major focus of therapeutic yoga for centuries due to its healing effects throughout the body.*

This card is a reminder to try this breathing technique whenever you...

- Feel panicky, lightheaded, or in physical pain.
- Want to remain calm and graceful under pressure, or need help focusing.
- Need help quieting the mind to meditate (this breath is a meditation itself).
- Want to relieve frustration, anger, or obsessive type thoughts.
- Feel too wound up or the opposite—too sluggish.

Try this breathing technique in three cycles. It only takes about 60 seconds and can be done anytime, anywhere. The focus is to allow the belly to rise with your breath, and consciously slowing down your breathing. You can inhale through the nose and exhale through your mouth or only breathe in and out through your nose. Do whatever feels right for you. I find that exhaling through pursed lips is more useful when experiencing elevated levels of pain or stress. Spiritually, this breath helps God's Holy Spirit flow abundantly through you. Imagine God's white healing light illuminating your entire body.

# CALM

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Anxiety is a normal response to stressful situations, but sometimes it can become a chronic state of being. Learning how to manage anxiety healthily is an act of kindness and love for your mind, body and spirit.

God inspires qualified therapists whose purpose is to teach you something new and helpful. Techniques like hypnotherapy can be very effective at reducing stress and anxiety. Relaxation and talk therapy is a powerful addition to self-care. Often past trauma becomes stuck on repeat and a specialist can help you reclaim your inner peace.

This card is commending you for the effort you have made to feel calm, present and safe. God is encouraging you to continue to face the fears holding you back from experiencing more peace, joy and success in life.

This card is a reminder...

- Avoid responding quickly to something upsetting. Take time to process and center first.
- You may not have all the facts, so choose to stay calm and learn more.
- Just because an obstacle has arisen doesn't mean you won't achieve your goal.
- No need to rush or be pressured into making a decision. Give yourself time to consider options and what truly feels right for you.
- What may be true for someone else doesn't mean it's true for you.
- Consult a health care professional about calming nutrients like B vitamins, magnesium, omega fats, trace minerals and vitamin D.
- Caffeine is a stimulant and can cause or worsen anxiety.
- Try relaxation exercises like restorative yoga, hypnotherapy, Reiki or meditation.
- A qualified, compassionate therapist can help you alleviate stress and anxiety.

*Everything we do is infused with the energy with which we do it. If we're frantic, life will be frantic. If we're peaceful, life will be peaceful. –Marianne Williamson*

# CENTERING

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When not centered, life can feel a lot more tumultuous than it needs to be. When you start to feel scattered, unorganized or overwhelmed, it's time to pause and get your bearings. This card is a gentle reminder that centering can help your present situation, and may be related to your prayer.

Centering Prayer is a medieval practice that helps us be present with God's peace, healing and wisdom. It centers and grounds us in His love by using a simple prayer.

## **Centering Prayer**

1. Choose a soothing word or phrase that symbolizes your call to God. With practice, this word or phrase will naturally attune your mind, body and spirit to God's love and peace no matter where you are. Don't overthink what your word or phrase should be. You can change it. What's important is how the word or phrase makes you feel.
2. Sitting comfortably and with eyes closed, take a few breaths and silently say your soothing word or phrase, inviting God's love into your heart.
3. Having difficulty with bombarding thoughts is 100% normal. You can gently re-direct your attention by saying, "Peace and Calm," "God, heal me" or "God, I trust in You." Then gently release any tense muscles, and notice any calm sensations in your body. You can take note of any intuitive impressions by keeping a journal or notepad nearby.
4. At the end of Centering Prayer (5-20 minutes), remain in silence with eyes closed for a couple of minutes. Close your practice giving thanks for something in your life.

When centered, solutions appear clearer. Anxieties dissipate. Focus is sharper. You will feel more capable to achieve whatever your heart sets out to do. And be present for those you love. May this Centering Prayer align you with God and your best self!

*Learn to listen to subtle cues from your spirit instead of the barrage coming from your brain. — David Brazzeal*

# CLARITY

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There are times in life when the solution to a problem or the best decision may not always be clear. During these times of uncertainty it can be easy to make assumptions. The problem is assumptions aren't facts and can often steer us in the wrong direction. Clarity is often an issue of timing and readiness. In time, the answers are revealed. And when we're ready to follow through, the path will present itself.

When we're not being honest with ourselves or someone else isn't being honest with us, this will also warp our perspective of a situation and create confusion.

During times of uncertainty the following questions may be helpful. What is true for me? What feels best for me? What decision helps me feel peaceful or excited? Am I overthinking? Am I pushing too hard? Do I have enough information to make this decision? Am I willing to trust God's timing for this situation?

If you're not feeling clear about the situation you're praying about, it's a sign to wait. It's better to pause until the right situation becomes clear than regret moving too fast.

This card is a reminder...

- Get all the facts before making a decision or passing judgment.
- If the answer isn't a strong yes, there may be good reason for hesitating.
- Try to avoid making big decisions when feeling pressured.
- If something doesn't feel right, trust that gut instinct.
- Consult with an expert to gain more clarity.
- The situation you're praying about needs time to unfold naturally.
- Ask God to send a clear sign regarding your prayer.

*When things feel murky and unsure, fine tuning our hearing so as to distinguish the voice of our Innermost Self brings clarity. –Kristi Bowman*

# COMMUNITY

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There are certain times in life when we are called to make a difference in our community. It may be the beautification or politics of the community you live in, or a non-profit for a cause you're passionate about. Maybe you feel drawn to a school or wellness center affiliated with your loved one. Or maybe you are inspired to contribute to a food drive or create a hobby-based interest group, or join a compassionate support group.

Being of service in a community is a special calling. It unifies humanity, serving as a reminder that we all need love, support and a helping hand at some point. It provides an outlet to express empathy, compassion and use our God-given talents. It helps us feel needed and useful. It gives meaning and purpose to our lives. Helping others in need reminds us that we all benefit from crossing paths with someone who really cares, and it humbles us when we become too consumed with our own problems.

You can make a difference. Getting involved with a community you care about gives you the opportunity to lend a helping hand, or receive one. Joining a support group or helping out at an animal shelter, homeless shelter, or local park clean-up can lift your spirit, self-esteem and confidence. We feel less alone when we're part of a community.

Your calling may not stop at volunteer work. Perhaps you are called to work as paid staff for an organization that is making a difference in your community, or create a charitable foundation or donation based website. Maybe a support group will open new doors.

This card is a reminder...

- The answer to your prayer may involve volunteer work or joining a cause.
- Pursue your passion by getting more involved with that specific community.
- Notice how good it feels to make a difference in someone's life.
- Your acts of love and kindness are needed and appreciated in your community.
- Support is available, explore the opportunities.

*The best way to find yourself is to lose yourself in the service of others.*

*– Mahatma Gandhi*

# COMPASSION

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God asks us to be compassionate, starting with ourselves. Have you been extra hard on yourself lately? Try repeating the Ho'oponopono prayer of love and forgiveness. Place your hands on your heart and say, "I am sorry. Please forgive me. Thank you. I love you."

As you say the words, imagine God's love and healing energy flowing through the top of your head to the bottom of your feet. If you are working on forgiving someone else, see God's healing energy flowing to their heart. Then imagine any negative cord between you and the other person being cut by your guardian angel. You are both free!

Allow this ancient Hawaiian healing prayer to integrate your shadow self and higher self through love. And help you release any pain you've been holding onto from someone else's words or actions. God wants to take your pain and fill your heart with love and peace.

Compassion doesn't mean you excuse the actions of someone who hurt you. It's often hardest to forgive when the offender doesn't appear sorry for what they did. Compassion is simply the acknowledgment that we all suffer. Don't be fooled by outward callousness. When someone is trapped in the darkness and incapable of empathy, humility, and doing the right thing, they are suffering. Their soul will not know peace in that dark state.

This card is a reminder...

- You don't need to be so hard on yourself. You're doing the best you can.
- Someone in your life who is hurting may need more compassion from you.
- You don't need an apology to move on, and you don't need permission to be happy.
- Give your attention to those who love you, not those who have hurt you.
- Ask God to bring anyone who hurt you into His light with the hope that their heart and soul may be healed and they won't hurt anyone else.
- Give any anger to God. Release that burden so you can enjoy more peace.

*"When you have learned compassion for yourself, compassion for others is automatic."*

*- Henepola Gunaratana*

# CONFIDENCE

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God gives each one of us a natural talent we can channel into serving our purpose and harvesting joy. Is there something you feel called to do but feel you need more practice or knowledge on the road to reaching this goal? If there is something you want to be better at, or pursue on a higher level or professionally, go for it!

If you're lacking confidence you may not bother trying to reach your goal. Without confidence, you may settle for something far less, something that doesn't challenge your insecurities. You may feel stuck, bored or depressed because your lack of confidence is blocking you from listening to your heart and exploring the wonderful experiences God has planned for you. This may pertain to jobs, relationships, finances – any situation in which confidence is needed to experience the joy your heart longs for.

Developing a skill you enjoy will help you build confidence in yourself. You won't know what you can do unless you at least try. There's lots of practice behind every talented and successful person. Even prodigies must further develop their talent and be ambitious to accomplish their goals and experience their dreams come true.

God hears your prayers, and is asking you to have faith in Him. He will work through you and shine divine light upon whatever you do. Have faith! Let your confidence be an outward expression of your trust in God's plan for you. Let God work miracles in your life.

This card is a reminder...

- You already have natural abilities you were born with.
- Be willing to learn something new and improve your skills.
- You don't need to be overly confident in this situation, just have faith in God's plan.
- You are capable of achieving the goal you feel strongly about in your heart and spirit.
- Be confident that God believes you deserve good in life, including love and success.
- You *can* do this!

*When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things. –Joe Namath*

# COURAGE

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We admire the good samaritan who risks his or her life to help save a stranger; the first responder who rescues someone from imminent danger; the doctor who performs a difficult and life-saving surgery; the athlete who stays calm and focused under pressure; the shy child who bravely gets up and shows their talent on stage.

What do you have in common with these heroes? God gave you just as much courage as He has given them. And now He is asking you to use it. God hears your prayers and is asking you to be brave. He will give you the courage that you need.

There is one thing that different kinds of heroes share in common. In their act of courage, they don't have time for indecisiveness. In order to have any chance of success, they must trust their gut and act without overthinking.

This is a time to trust your instincts. Courage is needed in order to receive what you're praying for. Resist procrastination or avoidance. It's time to move forward.

It's time to make your goal the primary focus, and to act as if reaching this goal can be life changing. Because it can be!

This card is a reminder...

- It's time for you to move through insecurities that have been holding you back.
- Get ready to reach your higher potential and welcome more good into your life.
- Face challenges with faith God already has a plan in store to resolve them.
- Face your fears and take a chance because the results may be wonderful.
- You have a right to stand up for yourself and fight for justice.
- Don't overthink this situation, trust your instincts.

*Scared is what you're feeling. Brave is what you're doing.— Emma Donoghue*

# CREATIVITY

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The answer to your prayer involves creativity. If you've been longing to write a book, record an album, paint, or create something else meaningful to you, prioritize time to work on it and set achievable goals and deadlines each week. If you feel stuck, try reading a motivational book, hiring a coach or joining a class to jumpstart your inspiration.

You have a wealth of innovative ideas within you. Creativity helps you tap into them.

When we're children, we are encouraged to spend lots of time engaged in our active imaginations. As we get older, we're often discouraged from using our imagination as if it's unproductive or childish. Becoming too entrenched in daily chores and responsibilities weakens our imaginative abilities. Becoming disconnected from your creative imagination leads to boredom, restlessness, anxiety, depression, difficulties problem solving, and an overall feeling of stagnancy.

As Einstein said, imagination is more important than knowledge. Knowledge is limited, we can only access the knowledge already discovered. Imagination is unlimited! The creative mind opens the doors to extraordinary evolution and worldwide progress. The creative mind is how we let God in to inspire and guide us.

This card is a reminder...

- A creative hobby can be very therapeutic.
- Creative activities help clear the mind and release stress and tension.
- Creativity trains the brain to see things from different angles.
- Try a different approach if what you are doing isn't working.
- Prayers are sometimes answered in unexpected ways.
- You don't need to conform to succeed. Your success is based on your individuality.

*Draw the art you want to see, start the business you want to run, play the music you want to hear, write the books you want to read, build the products you want to use - do the work you want to see done. -Austin Kleon*

# DISENGAGE

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When other people's problems or negative attitudes start to interfere with your need for rest, rejuvenation, me time, peace, it's time to disengage. It's perfectly normal and rational to admit, *I can only handle this much right now. I can't take on other people's issues and fix them. And that's okay.*

When we stop spending copious amounts of time trying to solve an issue that either isn't our issue to begin with or that we realistically can't solve on our own, we begin to free up time to focus on taking better care of ourselves.

Sometimes detaching from a stressful situation will provide more insights and objectivity. It's hard to see the full picture when we spend so much time up close and in it.

Highly stressful situations are emotionally draining and distract us from self-care and staying focused on our goals. Spending time in nature, exercise, prayer and meditation diffuse negative energy and re-align you with God's loving and healing Holy Spirit.

God hears your prayer and wants you to know that He sees how stress is affecting you, and He is asking you to consider disengaging from the negative situation so you can regain your strength, hope, health and positivity.

This card is a reminder...

- Don't engage with people's skirmishes, conflicts, and dramas they create.
- The answer to your prayer may be accepting it is what it is.
- Taking a break from this situation will give you the rest and strength you need.
- By taking a step back, you may be able to see a better approach.
- Enabling someone disables their ability to learn how to help themselves.
- You may need to spend less time on social media.
- Be mindful about not allowing your cell phone to interfere with being present for your loved ones.

*Never let somebody's drama determine the outcome of your day. –Terry Mar*

# FAITH

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God always knows exactly what we need. He asks us to believe if what we're praying for is in the highest good, our prayer *will* be answered. When you pray, visualize receiving what you need. Picture it without needing to control exactly how it will happen. Just gently and calmly see your prayer answered as if watching a movie.

If you work really hard for something and don't achieve it, please don't lose faith. Your prayer will be answered in a way that is more beneficial for your soul through experiences you are meant to learn and grow from. There are many unseen factors at play, timing being one. Keep in mind what the Dalai Lama once said, ""Remember that not getting what you want is sometimes a wonderful stroke of luck."

Some of us will be faced with insurmountable challenges that will test our faith to the max. Experiences like these can leave us on shaky ground if we begin to lose faith that God will pull us through to better days. Without faith, life can appear bleak, lonely and meaningless. We may not ever fully understand it all, but something we can be assured of is that God's plan is for us to keep learning about ourselves, our abilities, and the power of love. The deepest, darkest moments push us out of our comfort zone, give our lives deeper meaning, and forge a closer bond with God whose love and comfort never leaves us.

This card is a reminder...

- Have faith, you have what it takes to succeed.
- Allow things to unfold naturally, you're not meant to know the outcome yet.
- It's normal to doubt. But faith will give you more strength.
- Have faith in your instincts.
- If it's meant to be, it will be.
- God is asking you to give Him your fears and trust the divine plan.
- Remember all the times you doubted and things worked out.

*Seeds of faith are always within us; sometimes it takes a crisis to nourish and encourage their growth. –Susan L. Taylor*

# FOCUS

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There can be so many distractions in life, sometimes it feels impossible to focus. Some people may be able to multi-task, but studies have shown the majority of us receive better results when we choose to focus on completing one thing at a time.

Maybe you've felt rushed lately, moving hectically from one task to the next. Maybe you've felt uninspired and have had a hard time concentrating. Maybe you've felt ungrounded, not having enough time to focus on self-care.

If something we don't perceive as pleasurable needs our attention, chances are we'll avoid resolving the issue altogether. When something important needs our attention, avoidance will only create more stress and anxiety.

Mother Theresa said, "Not all of us can do great things. But we can do small things with great love." This humanitarian who spoke five languages and is worshipped as a goddess by some Hindus achieved a lot in her lifetime. Her international mission to help so many suffering in this world was a big undertaking. She decided to focus on doing small things with love. Eventually, those small things grew into giant accomplishments!

What happens when we do even small things like washing dishes with love? Or doing laundry with love? Paying bills with love? We focus on what we are grateful to have instead of seeing the little things as more nagging obstacles to inner peace.

This card is a reminder...

- Break your goal down into smaller steps.
- Delegate uninterrupted time to finish working on your goal.
- Focus on one thing at a time rather than trying to tackle it all at once.
- Create boundaries that protect your time and help you focus on what you need.

*I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest.*

*–Venus Williams*

# FREEDOM

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Circumstances in life can make one feel like a prisoner—an unfulfilling job, toxic relationship, limitations from illness, financial burdens, a less than ideal living situation.

There are many ways emotions can imprison us, too. Perpetual self-doubt blurs our vision, insecurity sabotages relationships, obsessive thoughts about things we can't control or things we fear waste so much precious time and energy.

This message may have several meanings, see what feels true for you. It may be God congratulating you for making the effort to free yourself from an unhealthy behavioral pattern, a burdensome debt or stressful situation. It may be encouragement to recognize where you feel trapped and how you could use your perspective to shift your thoughts about the experience. Or how you can use your free time to start making positive changes.

Viktor E. Frankl was a holocaust survivor who became an influential psychiatrist, motivational speaker and author of *Man's Search for Meaning*. While a prisoner in a concentration camp, when all other freedoms were taken away, he realized the one thing no one could take from him was how he chose to *think* about himself and the situation he was in. He said, "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

We may not have control over everything that happens in our lives. But we always have the power to decide how we choose to view ourselves and respond to challenges.

This card is a reminder...

- You'll feel less stressed when you don't take things personally.
- Freedom is being your true self regardless of what anything thinks.
- Focus on ways to create more financial freedom in your life.
- It's time to get serious about making a change so you can experience more joy.
- Emotional Freedom Technique can help process stuck feelings.

*I know but one freedom and that is the freedom of the mind. –Antoine de Saint-Exupery*

# FRESH START

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God knows when we need a fresh start. Whether it's paying off debt, going back to school, moving to a new location, starting a new job or relationship. He knows exactly what our spirit needs to thrive. He knows when we're due to move from one chapter to the next.

Life moves in continual cycles. There will be times when we feel on top of the world, and times we'll struggle and wonder when we'll be out of the rut. This message symbolizes moving out of the rut and into a positive new situation that is an answer to your prayer.

Change can trigger all sorts of feelings, and it's not always easy. We usually need to say goodbye to one chapter to welcome another. But even when change is hard, new beginnings bring blessings when we leave our heart and mind open to how God is guiding us. Even though it can be sad to let go of past hopes or relationships, when you receive what you need to be well and content, you will also feel grateful for this fresh start.

If you're praying for a fresh start, or you're just beginning one, have faith. Remember, God loves you and wants to help you succeed and experience peace and happiness. Ask Him for exactly what you need. When you partner with God, you partner with the creator of the universe!

This card is a reminder...

- Every season of your life serves a purpose and helps you learn and grow.
- You are ready and capable to transform your life.
- You learn more when you step outside your comfort zone.
- This fresh start is giving you newfound purpose.
- Make the best of what you have right now while planning for the future.
- You have the power to quit an unhealthy habit.
- God hears your prayers, and is working in your favor.

*"The beginning is always today." –Mary Wollstonecraft Shelley*

# GOD SAYS...

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There are thirteen God Says cards. These are intended to be direct messages about your prayer. Below are additional insights into each card.

## **God Says...**

**Good news is on the way.** Too often we turn to God when we're in despair, and forget to acknowledge the connection between good news and our prayer truly being heard and answered by Him. Let every good thing that happens, every answered prayer, be further evidence of how much God loves and supports you. This will strengthen your faith!

**Your prayers are heard regarding your career.** God is helping you align with the best opportunity. Keep trusting your instincts and exploring your options.

**I am proud of you.** God sees your challenges and how you handle them. He sees those private moments when you gather up all the strength you have to cope with those really difficult situations. This card is validation your effort is acknowledged, and God is so proud of how you've been handling, coping, and conquering obstacles.

**Your true friends believe in you.** A friend may be extra supportive at this time, gift you with something, or rejuvenating quality time with friends will lift your spirit.

**I give you educational resources.** If you already received a degree or specialized training, you are being asked to consider using it because it can be an answer to your prayer. This may also symbolize God sending you a new educational resource, or encouraging you to obtain a higher degree, that will open new doors for you.

**Your patience will help you notice other things that need your attention.** There is often a reason for long periods of delay. You are either still needed in the situation you're presently in because what you are giving or receiving is divinely important even if it doesn't appear so at times. Or the opportunity you want isn't available yet. For example, there may be a new home, job or relationship destined for you that isn't on the market yet. At this time, you are meant to focus on self-care and whatever else is presented to you that can gift you peace, wisdom and more understanding.

**Give me worries about your loved one.** God sees that you have been worrying about your loved one. Maybe you want to know that your loved one is safe and protected. Or you're praying that someone you love will overcome a health or career challenge. God hears your worries, and is answering your prayer right now by assuring you that your loved one is presently surrounded with loving and protective holy angels and the healing power of God's Holy Spirit.

**I heal your heart and your soul.** This message appears when you have been through something stressful like a breakup or financial, family or health crisis. It's God's way of letting you know He sees the pain you've been through and He is healing you from the inside out. He is helping you move on, and use your power to create an entirely new reality.

**I may have something better planned for you.** If you are pushing or planning for something that isn't aligned with your divine plan, this is God's way of saying stop wasting your time. He has something better planned for you, and it will gift you more happiness.

**Spend time in nature.** God may have seen you cooped up indoors too long or engrossed in an overly busy schedule. God and your guardian angel will be with you when you take a much-needed nature break. Watch a sunset. Smell a rose. Breathe in fresh air.

**Ignore skeptics and follow your heart.** You may not feel supported or understood yet with the decision you're making or the project you're working on, but God is speaking to you. Trust that strong nudge or vision. It may be an answer to your prayer.

**Thank you for showing kindness where it was, and is, needed.** God sees every good deed you do, even those little things that you don't think is a big deal. It is a big deal who is on the receiving end. God is thanking you for your recent kindness, and giving spirit.

**You only need My approval in this life, and you already have it.** Are you worrying about someone not being accepting of you? God created your spirit, of course he approves of you! If you are not feeling approving of yourself, God is asking you to love, honor and respect yourself. This message is about harnessing self-worth and self-esteem.

*When God speaks, oftentimes His voice will call for an act of courage on our part.*

*—Charles Stanley*

# GRATITUDE

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Life can give us reasons to feel resentful, bitter and angry. Choosing gratitude isn't denying the realities of a world that dishes out harsh experiences. Gratitude is a choice to focus more on how God's light and love works in our lives rather than focus on the dark machinations that only drudge up pain we don't deserve to keep feeling.

Even in the absolute worst of times there's always something to be grateful for—a helpful stranger, a kind friend, a place to stay, the clothes you own, the phone in your hand.

Gratitude can shift a bleak mindset within seconds. Just think about something or someone you are grateful for right now—a disaster you dodged, an act of kindness, an answered prayer.

Maybe you're feeling grateful for a positive outcome you experienced. Or maybe God is saying gratitude has something to do with your prayer, and to keep focusing on what is possible. This is easier to do when we reflect on what we have already received as a reminder that God's love is supportive and miraculous! Gratitude is both a personality trait and an emotional state. It is essential to keep your faith in a world that tempts us to compare our situation to others, and focus on what we don't have.

Studies have shown that managers who remember to say "thank you" to people who work for them created more motivated, hard working employees. Couples who took time to express gratitude for their partner not only felt more positive toward the other person but also felt more comfortable expressing concerns about their relationship. When people wrote and personally delivered a letter of gratitude to someone who had never been properly thanked for his or her kindness, the writers immediately had an *entire month* of increased happiness. And in less than 3 weeks, gratitude journal keepers were more optimistic and felt better about their lives. They also exercised more and had fewer doctor's visits. A gratitude mindset grows stronger with use and practice.

*"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough."*

*- Oprah Winfrey*

# GUARDIAN ANGEL

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Each one of us is assigned a guardian angel who looks after us from birth until we return home to Heaven. God is like a matchmaker, creating a holy angel just for you. Your guardian angel is aware of God's plans for you, and its mission is to guide you through your experiences and keep your spirit safe on your journey here.

Your guardian angel knows you better than anyone on else on Earth. It knows all the details of your past, present and future. Your angel understands your unique personality and emotional triggers. Your angel knows who you are destined to meet, and your purpose and mission. Your guardian angel knows why your spirit has had to endure certain challenges, and it guards you when you're entering uncomfortable or difficult situations. Your guardian angel respects your free will and has compassion for you, and doesn't judge your choices. It will try its best to steer you toward good decisions, achieving your goals, and overcoming your insecurities. It's main mission is to love, comfort, listen, guide and guard you.

When you develop a conscious bond with your guardian angel, your heart will recognize this divine companion is your spirit's best friend.

Your guardian angel is created from God's pure love that generates a brilliant white light. Whenever you need your guardian angel's help or healing, try imagining yourself sitting in a bright, fluffy white cloud. Imagine it incredibly bright and the sun beaming right behind it. Imagine feeling the warmth of the sun's rays as you nestle into this nurturing, safe, blissful white cloud of God's love. Now imagine beautiful, soft, feathered wings wrapping around your shoulders, and receiving a loving hug from your faithful and loyal guardian angel.

This card is a reminder that you are not alone. Your guardian angel is with you.

*When you are lonely or frightened, talk to your guardian angel. You can do it out loud or inside your head, your angel can hear you. Ask your angel to be near you, to put his or her hand on your shoulder, to give you courage and protect you.*

*—Joan Anderson*

# HABITS

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Whatever we do every day becomes a habit, including the thoughts we tell ourselves. We can reinforce an unhealthy habit like smoking a cigarette each morning, or reinforce a healthy habit like taking a brisk walk. The results of our daily habits directly impact our mindset, health and energy levels. For example, exercise provides lots of energy and hours of monotonous TV can be extremely fatiguing. Going to bed focused on anxious or negative thoughts fuels insomnia. Praying and stretching can help you let go and ease into a calm, gentle sleep.

If there are certain habits you know aren't working for you, and you'd like to change them, the first thing to do is resist judging yourself. We do enough of that, don't we? And it's rarely a positive motivator for change.

Instead, focus on how good healthy habits make you feel. The clear skin you get from eating big green salads instead of loads of sugar. The strength you feel working out instead of being sedentary. The knowledge and inspiration you receive reading a book or chatting with a friend versus spending hours scrolling through social media posts. I remember feeling amazed how time appears to slow down after meditating, especially when I was sure I'd have no time to meditate at all!

Little habits can make a big difference in the quality, and peacefulness, of our lives. One of your daily habits may be directly related to your prayer being answered.

This card is a reminder...

- Set 3 realistic and stress relieving goals to achieve each day.
- Don't forget to say "thank you."
- Develop a relaxing night-time routine to help you prepare for a restful sleep.
- Include a few minutes of meditation with your daily prayer.
- Prioritize healthy eating, exercise and fresh air.
- De-clutter routinely to keep your space feeling good.

*We become what we repeatedly do.*  
— Sean Covey

# HARMONY

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God knows you wish there was more harmony in a certain area of your life. He knows when you feel misunderstood or when you have misunderstood someone else. He knows when you're feeling nervous about a conflict, and when a stressful situation is affecting your inner peace. He knows what needs healing.

God hears your prayer for more peace and harmony.

Sometimes we create harmony through acceptance and choosing to deal with a situation the best we can. And sometimes we need to detach from something that isn't good for us, or create more peace by setting stronger boundaries. Ask God to help you do what's best for you.

Reflect on areas of your life where disharmony is present. What feels like the best choice for your well-being right now? You can change your mind at any time, just consider what you need in this present moment.

This card is a reminder...

- God is helping you handle conflicts gracefully.
- Practice compassion and a willingness to listen and learn.
- Ask God for help for restoring harmony where there is disharmony in your body, mind or spirit.
- Music can be very therapeutic.
- Address any issues at home, such as ditching clutter or fixing what's broken.
- You can be the person who leads by example when others aren't strong enough to be.

*No person, no place, and no thing has any power over us, for 'we' are the only thinkers in our mind. When we create peace and harmony and balance in our minds, we will find it in our lives. –Louise L. Hay*

# HEALING

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The first time I got sick, pharmaceutical medicine saved me. The second time, I changed my diet, lifestyle and beliefs to get better. The third time I had a relapse, I used both pharmaceutical and holistic strategies. But healing didn't come as easily.

I spent my entire income on medicine, herbs, doctor's visits, therapy and alternative healing sessions in a desperate attempt to heal. After seven years, I had exhausted myself and all financial resources. My definition of healing needed to change.

My original belief was I would never be healed, that's what specialists told me. Holistic medicine awakened a belief that "healed" is an absence of symptoms, reaching a point where illness isn't holding me back from living a full life. And the next relapse, which would be almost two decades later, presented yet another perspective: Healing was not about the end result. That belief led to an unrealistic drive toward perfectionism.

Healing, this time, meant letting go of the idea that if I'm not healthy and productive, then I won't gain respect, admiration, love and support. If I'm not healthy, I'm not worthy or good enough. Healing meant letting go of unrealistic expectations of myself, making joy more of a priority, and shifting my work so I could be true to myself instead of working uncomfortably within a belief system that didn't align with my own.

I stopped *pushing* so hard to get better. I accepted I would have good and bad days, and focused on self-care instead of making a complete absence of symptoms my goal. I stopped comparing my relapsed self to the healthier version. I decided *both* were lovable.

Reflect on what healing means to you today. It may change and evolve over time, and that's okay. **This card is a reminder that healing lies in recognizing what parts of yourself need more love right now.** God is guiding all the details of your recovery.

*Healing may not be so much about getting better, as about letting go of everything that isn't you – all of the expectations, all of the beliefs – and becoming who you are.*

*– Rachel Naomi Remen*

# HEAVEN

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I'm one of those fascinated people who experienced Heaven. Like others, I witnessed the white light. I felt the indescribable elation that this energy, the spirit of God, infuses in everything. Anything that enters this holy spirit of bliss is instantly healed from every pain felt on Earth. Heaven is bliss, sheer bliss. Imagine the strongest love you've ever felt then multiply it by infinity. That's what Heaven feels like. It's beyond the capacity of human love.

There is a famous quote by Jesus, "The kingdom of Heaven is within you." There have been many translations about what this may mean. Based on my experiences, I believe it means that God's holy spirit is within our spirit, just like our physical body carries our ancestral DNA. That means we are capable of creating love, peace and joy in our own lives. The kiss from a dog, a hug from a loved one, those long chats with a supportive friend, laughing until your muscles hurt, celebrating a special occasion, falling in love, accomplishing a goal—these simple joys are glimpses into Heaven.

Reflect on what this card may mean regarding your prayer today. Maybe you are missing a loved one who has passed. Or praying to experience more joy in your life. If you've been praying for signs that you're on the right path, this card may be one of them.

This card is a reminder...

- Your loved ones in Heaven love and support you.
- God sends signs that you're where you're meant to be, and divinely protected.
- Love, laughter and kindness are expressions of Heaven on Earth.
- All suffering is temporary. God has joy planned for you.
- Choose friends who respect you and share common values and interests.
- Do more of what you love.
- Make your home your sanctuary.
- Spend time in beautiful places that awaken awe and wonder within you.

*The true object of all human life is play. Earth is a task garden; heaven is a playground.*

*—Gilbert K. Chesterton*

# HEALTH

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Have you been praying about a health issue or wondering how to maintain your good health? God hears you.

There are certain things that are beneficial for everyone. Regular stretching and exercise. Limiting sugar. Reducing inflammatory omega-6 fats found in canola, corn, safflower, sunflower, soy and peanut oils which are added to many condiments, fried and processed foods. Supporting your brain and heart health with a daily gram of anti-inflammatory omega-3 fats found in fish like wild caught fish, grass fed beef, avocado, flaxseeds, walnuts and seaweed. Addressing any vitamin and mineral deficiencies, as well as genes that effect vitamin absorption and immune function like MTHFR, is also important for good health.

Carving out time for prayer, meditation, sunshine, fresh air and fun support wellness. So does addressing anything that is causing high levels of chronic stress because stress, including worrying a lot, contributes to inflammation and flares illness.

There isn't one diet, one stress management technique or one exercise that will work well for everyone. Each one of us has our own DNA patterns, gut microbiome and emotional constitution influencing what will work the best for us. When you honor all that makes up you, you will discover what diet, exercise and lifestyle supports *your* health.

This card is a reminder...

- I don't allow fear and anxiety to dictate my health decisions. I stay calm, and learn.
- Learning what works best for me is an experiment. I benefit from exploring options.
- I deserve respect and compassion from the health providers I hire for my care.
- I enjoy nurturing my health because I value the freedom good health provides.
- My diet and exercise choices are an act of love and kindness for my body.
- Health challenges are an opportunity to learn more about how to care for my body.
- Self-care isn't selfish, it's an act of gratitude for the gift of life that God gave me.

*A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illnesses. –Hippocrates*

# HONESTY

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Rocker Patty Smyth said, "Honesty is always hip." Why are we so moved by poignant films, thoughtful art and biographical storytelling? Why do advocates stir up passion shining light on inequality and real life problems? Because honesty strikes a chord in us. It frees us from the burdens of feeling alone with our thoughts and experiences. Honesty connects us through compassion and empathy. It unearths secrets that make us sick so we can heal by admitting our pain instead of covering it up with shame.

The saying "the truth shall set you free" reminds us that dishonesty, whether lying to ourselves or to others, imprisons us. We are free when we live in harmony with our values and keep our promises. We practice self-respect when we choose to be truthful instead of telling people what we think they want to hear. We respect ourselves when we're honest about how we feel, who we are, what we stand for, what we need, and aren't too proud to apologize if we let someone down or need help.

Why do we avoid being honest? Because we think the truth is too hard to accept, or we'll be rejected. We're worried about how someone will react to how we really feel or what really think. When we deny our reality in order to please someone else, we chip away at our self-esteem and emotional security. We shut God out by focusing on needing human acceptance. God wants us to be truthful, and true to ourselves. He gives some of us tough assignments when being true to ourselves means being different from others. When this happens, God asks us to be brave because when we love and accept how He made us, we will make choices that shut darkness out and let divine light in.

This card is a reminder...

- Don't allow someone's denial to change what you know to be true for you.
- Be honest about how you feel while also respecting the other person's feelings.
- When you are genuine you inspire others to be themselves, too.
- When you're honest, you create an opportunity to see what's truly best for you.
- You are entitled to how you feel without needing to be right or wrong.

*Being truthful is a necessity because when I'm not being truthful it takes a toll on me.*

*–Dax Shepard*

# HONOR

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Honor is both a noun and a verb. It means respecting a certain standard of conduct you choose to live by and/or keeping an agreement with someone. How is honor related to your current prayer? What area of your life can benefit from honoring yourself or a commitment you made?

Louise Hay said, "My self-esteem is high because I honor who I am." We honor ourselves by practicing personal values that make us feel good and that inspire others. Ellen Degeneres shared what she honors in her life when she said, "Here are the values that I stand for: honesty, equality, kindness, compassion, treating people the way you want to be treated and helping those in need. To me, those are traditional values."

If you created a standard of conduct for how you choose to live, what would it be? How would these standards guide your thoughts and behavior? What higher standards can you honor that will raise your self-esteem and protect your inner peace?

This card is a reminder...

- Choose role models who exemplify the kind of character you respect and admire.
- Honor yourself by saying no when something doesn't feel right.
- Be honest about your ability to keep commitments, only say yes if you can and want to.
- Stay committed to your goal, ask God for strength to carry through.
- Honor those you love by being kind and gracious in your relationships.
- Don't let other people's opinions of you change what you honor about yourself.
- Honor a loved one's memory to celebrate the love you shared.
- Surround yourself with people who honor who you are and what you give.

*Integrity is more valuable than income. Honor is richer than fame.*

*Self-worth is wealthier than net worth.*

*–Robin Sharma*

# INSPIRATION

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Are you praying for inspiration to help you move forward? God hears you.

When you feel stuck on an idea, try to remember what originally inspired you and why it's important to you. Consider creating a mission statement about what you want to accomplish and why. How can your idea help someone?

If you feel uninspired, bring your focus back to love. See if you can feel God's love work through you with everything you do, even if it's as menial as the laundry. Fold those clothes with love and gratitude! Famous painter Vincent Van Gogh understood the connection between love and inspiration. He said, "It is good to love many things, for therein lies the true strength, and whosoever loves much performs much, and can accomplish much, and what is done in love is well done."

Whatever we approach as a chore will be a chore. Whatever we do with a perky attitude and a pinch of love will be enjoyable. We're inspired to do what feels good!

Writer Jack London believed extra assertiveness is needed when you feel stuck: "You can't wait for inspiration. You have to go after it with a club." That may mean you push yourself to exercise even if you don't feel like it. You dive into the subject you want to learn more about. You summon help to achieve that goal. You retreat into nature to be inspired by the life around you. You don't let perfectionism halt progress. You meditate for ideas.

Inspiration also comes from the desire to make a difference. When you decide what kind of difference you want to make, you will be naturally inspired to take action.

This card is a reminder...

- Take a step back to reflect on what originally inspired you.
- If stress is interfering with inspiration, focus on stress relief and inspiration will return.
- Pursue whatever inspires you.

*The things you do for yourself are gone when you are gone, but the things you do for others remain as your legacy. — Kalu Ndukwe Kalu*

# JOY

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When we schedule our self-care last, make impossibly long to-do lists, say yes to things we don't really want to do, or run ourselves ragged, we're zapping joy straight out of our spirit.

When we enjoy our work, we serve others more efficiently. When we value our down time, we recharge our health and well-being. When we nurture our inner joy, it blesses our relationships with more patience, love and laughter. Joy radiates outwardly and guides us to our tribe—those people who share similar uplifting and meaningful interests.

Joy is important. There are times life will feel unfair, and even push us to the brink of what we think we can handle. If we don't allow ourselves to experience joy year-round, if we wait until joy comes to us and don't learn how to create it for ourselves, we lower our resilience when those difficulties arrive. How will we have strength to overcome challenges if joy is saved for a special occasion?

We are alive. *Today* is the special occasion!

Spending time with loved ones can be joyful. It's also important to know how to cultivate joy that isn't dependent on another person. We can't expect others to always be our source of joy. Find something you can do on your own that makes you happy like a fun hobby, exercise class, gardening, volunteering, watching an uplifting movie or reading a good book. Today, reflect on the little ways you can cultivate joy every day.

This card is a reminder...

- Schedule time to have fun.
- Do what you love and success will come.
- Joy is an antidote for stress, fatigue, low motivation and burn out.
- Spend more time doing things that make you happy.

*Joy is the infallible sign of the presence of God.— Pierre Teilhard de Chardin*

# LOVE

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I was sitting on a plane, flying from one coast to another, when I found myself having a conversation about love with the stranger sitting next to me. Tufts of white hair sprouted under his baseball cap, and his watery blue eyes reflected years of wisdom.

"I've been married over 50 years," he was saying.

"Wow, what's your secret?" I asked.

"Love is a choice," He shrugged. "So many people think it's something more, but that's really all it is. You choose to love someone through the good times and the bad."

Lust is excitement, fantasy and infatuation. Love is a choice to commit to being there for another person, to jump through the hurdles together, to celebrate the milestones, to cherish that unique kind of devotion between best friends.

Unconditional love is understanding that love is a gift God gave us to give others. This kind of love is replenishing and feels good to give because there are no strings attached. And no fear. Just pure love. Be discerning, not flippant, about your love. Honor this divine gift and how you choose to share it and you will avoid the need for resentment.

Today is a reflection about how love is influencing your life right now. If you're single and waiting for love, God hears you. If you're celebrating an anniversary, God is with you. If you or your relationship needs the healing power of love, God is sending it to you. If you are working on loving yourself more, God is giving you all the reasons.

This card is a reminder...

- God's love makes me whole, and fills any empty spaces.
- The love I give and receive is a gift from God. I was born worthy of it.
- A mature, healthy and loving relationship is worth the wait, time and effort.

*Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that.— Martin Luther King Jr*

# MELANCHOLY

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Life is filled with good times, and hard times, and blah times in between. Melancholy represents the blah times, often paired with a hard time, but not always. Even exciting positive changes can cause melancholy like leaving one job for another, relocating, getting married, or a child leaving home for the first time, because we have to end one chapter to start the next. Everything in life has a beginning, middle and end, and that fact in itself is melancholic!

But melancholy isn't without purpose. Many artists like Paul McCarthy, Sting, Stephan Jenkins, Natalie Imbruglia and Jamaica Kincaid credit this feeling for fueling their work. Sandra Bullock said, "I think every human being has a level of melancholy in life and in general." It's an ancient source of creative inspiration for writers, poets, musicians and filmmakers. Why? Because it evokes a feeling everyone can relate to, and reminds us that we're not alone in feeling that way.

Melancholy is a response to things that hurt our heart, whether it's the pain and injustice in this world, or adjusting to life after loss. It reminds us to rest. It gives us permission to grieve. It recognizes the love we feel, and how we wish things could be better, easier, fairer, kinder. This kind of sadness is a shared part of the human experience, it connects each one of us through empathy.

This card is a reminder...

- Give yourself time to heal, healing can't be rushed.
- We don't get over loss, we learn how to adjust to life being different.
- Reach out for support when you need it.
- There may be an opportunity to create positive something from this melancholy.
- Be extra kind, nurturing and gentle with yourself right now.

*I began to understand that suffering and disappointments and melancholy are there not to vex us or cheapen us or deprive us of our dignity but to mature and transfigure us.*

— Hermann Hesse

# NURTURE

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Have you noticed that many cultures seem to believe that nurturing is limited to someone or something in a vulnerable state or in need? Like children, the elderly, the sick, or a relationship on the brink of ending. There is an underlying belief instilled in many of us that nurturing is either for the weak or the wealthy; the homeless or the heiress. Nurturing is a woman's job, too "feminine" a power for men to express. How silly does all of *that* sound?

The truth is we *all* need nurturing. The definition of nurture is encouraging the growth or development of someone or something. Opportunities to nurture are all around us, from paying extra attention to the work we do, to watering our houseplants, caring for our children, and keeping in touch with friends and family. Whenever we pray for something to prosper, whether it's our health, finances or relationship, we first need to nurture it. We never "outgrow" the need to nurture and be nurtured.

God created everything on this planet with an innate need for nurturing, from tiny seedlings, to wild animals, and our cherished human relationships. The way we all survive on this planet is by receiving the nurturing we need to grow and develop, to be strong and healthy. To nurture is to be a channel for God's love.

Just like a seed, when we receive the nurturing we need, we will grow strong! So whenever you are fatigued or overwhelmed, may that be a sign to pause and nurture yourself. Get what you need to be well so you can continue to be an angel to others.

This card is a reminder...

- Treat yourself to a much-deserved spa day, allow yourself to be pampered!
- God sees how nurturing you have been to others, and thanks you.
- Your relationships benefit from doing little things that show how much you care.
- Is there anything in your home or work environment that needs more attention?
- Nurturing is good for the heart and healing for the giver and receiver.

*If you nurture your mind, body, and spirit, your time will expand. You will gain a new perspective that will allow you to accomplish much more. –Brian Koslow*

# PATIENCE

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You can always spot the person who practices their faith, they are the most patient. They are calm and appear to have an inner strength, an inner *knowing*, that nothing can sway. As they wait, they put their trust in God. They believe they will receive what they need.

When we aren't taught the value of patience and the inner strength it provides, we will live a life riddled with insecurity, doubt and anxiety.

There is a verse in the Bible, Matthew 7:7 that says, "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you." The extra advice that we don't often hear from this same passage is don't give away what you value to people who don't appreciate it. And when you pray for what you need, imagine you've already received it. Pray as if God already knows what you need, and He also knows exactly when you need it the most. So it is done. Now, you just need to wait for divine timing.

Keep in mind, what we need and what we want may differ throughout our lives. We may not always get what we want if it's not meant for us. But if you look back, you will find what you've needed most, you have received. Even when times were so rough you started to doubt, somehow, things came together and it worked out. For some of us, it becomes comical how long we have to wait to receive what we want, sometimes many years! We just have to remember we have a choice while we wait. Either sit in fear believing it won't happen. Or stand in faith believing it *will* happen, and it will be wonderful. It's just a matter of time.

This card is a reminder...

- God will let you know when timing is right.
- When you're trying to force something, it will feel awkward and unnatural.
- Use this time to focus on taking good care of yourself and learning more.
- There may be unforeseen things that God is aligning first.
- What God is sending you will be worth the wait.

*Patience is not passive, on the contrary, it is concentrated strength. –Bruce Lee*

# SOUL MATE

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Soul mates are kindred spirits; people who aren't blood relatives but feel like family. And in some cases, they become the family we never had. A soul mate can be a romantic partner, a best friend or a pet. You can recognize a soul mate by the natural connection you have, and how they encourage you to be your best self. Soul mates challenge you, but also love and accept you exactly as you are. You feel safe with your soul mates.

If you are longing to be with your soul mate, keep trusting if God put the desire for partnership in your heart that He will fulfill it. Keep visualizing what your healthy relationship looks like. Keep learning how to be the best version of you, and how to make yourself happy. I've coached people who are content being alone. And I've coached people who can't wait to meet their soul mate. If you are eager to meet yours, trust it is just a matter of time. And remember, God doesn't deliver dates to doorsteps. You need to invest some effort by letting friends and family know you're open to matches, hiring matchmaking help if needed, making yourself present where your paths may cross. No need to force it, just follow your heart and trust your gut.

If you're in a relationship, God is speaking to your prayer about it. Maybe you're asking for a deeper commitment, or more patience. Or clarity about how to help your partner through something, or achieve something. You may be celebrating a special anniversary, or a new chapter in your lives together. If you are widowed, this is God's message to you that your partner's spirit is encouraging you to live your life to the fullest, keep loving and laughing, and don't forget to ask for help when you need it.

This card is a reminder...

- There is no deficit of love between soul mates.
- Soul mates benefit when they work and grow together as a loving team.
- Soul mates create an emotionally safe environment to be loved and supported.

*A soulmate is someone to whom we feel profoundly connected, as though the communicating and communing that take place between us were not the product of intentional efforts, but rather a divine grace. - Thomas Moore*

# STRETCH

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God wants you to know that you will benefit from stretching your body on a daily basis. Those aches and pains aren't destined from age, they're from lack of stretching that leads to tight connective tissue and stiffness. With lack of stretching, connective tissue becomes dry and stiff, entombing muscles in a tight corset. Tight muscles can press on nerves, causing more pain.

Physical stretches not only help alleviate, and prevent, all sorts of pain by lubricating and flexing connective tissue. Stretching also helps the body's natural detox system. It moves waste through lymph nodes and organs, and stimulates strong digestion to get rid of it. Stretching is one of the most vital exercises you can do. Practicing just 15 minutes a day can make a big difference in how you feel, both physically and mentally. Notice how relaxed you feel after a good, long stretch and taking deep breaths.

God may also have another message for you today, and that's about stretching the mind. Maybe you are being called to reach higher toward your full potential, and that may require stepping outside your comfort zone. Maybe God wants you to keep an open mind because you'll be blessed with helpful knowledge. Or maybe your imagination is creating scenarios that don't really exist and God is asking you to get the facts first.

This card is a reminder...

- Sometimes success comes from stretching beyond your comfort zone.
- Keep an open mind, there's always something new to learn.
- Avoid making assumptions until you have the facts.
- Try to release tension in a relationship or situation for your own well-being.
- Physical therapy provides wonderful support for rehabilitation.
- Inflamed, weak or tight connective tissue may be related to a health issue.
- Create your own gentle yoga practice that stretches different parts of your body.

*"Stretching your body and mind is essential to avoid rigidity." — Haresh Sippy*

# SUCCESS

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God hears your prayers about wanting success in a particular area of your life. Reflect on the messages below and see what resonates with you today.

**God, help me reflect on the success I've already had as I embark on this new venture.** Are you having moments of doubt as you as begin a new work venture, relationship or wellness goal? God is asking you to remember the times when you succeeded at something in the past. Remember how good that felt. Bring that trust and confidence into this new experience, and visualize yourself succeeding.

**Help me re-define what success means to me when I lose sight of what's most important.** The Harvard School of Business surveyed around 4,000 senior executives and asked them to define what success meant to them. Interestingly, even though our culture projects a "money makes you happy" mindset, surveys revealed acquiring wealth was prioritized as the lowest definition of success. Making a difference was more important. Rewarding relationships was considered the greatest achievement. So if you're downing yourself today because you're undervaluing your character traits and what you give to your family or community, keep in mind, your greatest achievement is the love you give, not how much money you make.

**Help me create a successful relationship.** A healthy, solid relationship requires an ongoing effort to nurture the love you share and commit to the promises you make to one another. Honesty, vulnerability, loyalty and mutual respect create strong relationships.

This card is a reminder...

- Sharing similar core values and joint goals can help your relationship be successful.
- Reflect on what success means to you. What do you value most in your life?
- Break your goal into smaller achievable steps so you don't get overwhelmed.
- God is working with you to help your new business venture be a success.

*Success usually comes to those who are too busy to be looking for it.*

*- Henry David Thoreau*

# TRAVEL

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The Dalai Lama once said, "Once a year, go someplace you've never been before."

Traveling someplace new is good for the soul. Whether your travels take you a few miles away from home or a few thousand miles away to a different country, a change of scenery can be refreshing and give you a new perspective when you return home.

Throughout time, spiritual teachers, philosophers, scientists and creative artists have used travel to awaken their senses and gain new wisdom. God created so many interesting places to visit, places that remind us what's possible and influence our lives for the better. Travel helps us recognize our human family when we meet people who may appear different from us but actually have a lot in common with us.

If your soul is longing to travel someplace you've been dreaming about, God will help answer that prayer. If for some reason you aren't able to travel very far from home, God may be encouraging you to explore new opportunities in your local area. If you have been focused so hard on the end result that you've lost daily motivation, God is asking you to appreciate each step you make an effort to take because eventually you *will* end up where you want to be.

Today, reflect on how travel relates to your prayer, and how you can work together with God to make your travel dreams come true.

This card is a reminder...

- The most wisdom is gained on the way to the destination.
- Travel goals are worth pursuing if they make you happy.
- Your work may require you to travel or inspire a move.
- Your free spirit inspires fun new adventures.
- Visualize a happy place where your mind can travel when you need peace and calm.

*Jobs fill your pocket, but adventures fill your soul. - Jamie Lyn Beatty*

# TRUST

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Sometimes anxiety serves us well, like when an intuitive uneasiness protects us from people, places or decisions that aren't good for us. But when the source of anxiety isn't divine intervention, we just become tortured by our own imagined fears. How can we trust ourselves when we feel too scared to be centered and focused, and too fearful to sense God's loving presence with us every moment?

Discerning divinely sent uneasiness from our own made up fears can be challenging sometimes, especially if you've had trust broken in the past. Whenever trust is broken, we gain a life lesson that can help protect us in the future. When we become scared a life lesson will keep repeating, and our trust will repeatedly be broken, distrust can become an obstacle to love and goodness instead of a safeguard from pain.

This message may be coming up for you today because trust, or a lack of it, has something to do with your present situation. Is your distrust unwarranted and causing strain on your relationships or holding you back from personal growth? Or is it protecting you from a potentially unhelpful decision? Have you been working on building trust in a relationship, with yourself or life in general?

Above all, God asks you to trust in Him. Whenever we start to doubt God has our back, it will feel even harder to trust because fear disconnects us from love, and God is love.

This card is a reminder...

- Trust God's plan, it's designed for you to experience joy and prosperity.
- Everything happens for a reason, and sometimes in hindsight it becomes clear.
- Trust your initial gut feelings about a person, situation or decision.
- Learn more before making a decision so you feel confident about your choice.

*God knows what you're ready for. He knows what your arms are able to carry. He knows what your heart can contain. He knows what's coming, and He knows how and when to prepare you for it. He knows the right time, the right place, the right person, the right answer. He knows, so you don't have to.*

— Mandy Hale

# WEALTH

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Society places so much value on wealth, it can be easy to judge oneself for not “keeping up with the Joneses.” The truth is wealth means different things to different people. Wealth is defined as “a plentiful supply of a particular resource.” People who have been sick believe health is wealth. People who have waited a long time to experience love or family value relationships as wealth. And people who devote their lives to building their career view their financial achievements as wealth.

Sometimes people struggling with attaining wealth focus on needing or wanting money more than pursuing something they truly feel passionate about. If you’re stuck in survival mode right now, think about something you love to do and how it can help people. What are you naturally interested in and good at? Pursue your goals from this starting point, and you will have a better chance of long-term success than if you only focus on the money you need.

Coaching clients from all walks of life demonstrated that while everyone has a desire for financial freedom, and we learn and benefit so much in the process of creating it, money itself doesn’t fulfill the definition of wealth. Supportive relationships, making a difference in someone’s life, good health and strong faith enrich our lives with emotional experiences money can’t buy. Unlike material things, this type of spiritual wealth is priceless.

This card is a reminder...

- If you haven’t found a fulfilling job, create one.
- God is giving you strength and courage to earn more income.
- Don’t define your wealth by finances alone, you are rich in other ways.
- Your personal value is not based on how much money you acquire.
- Nurture what you value the most—health, relationships, inner peace.
- A financial advisor can help you make the most of what you have.
- Study helpful personal finance books written by financial experts.
- You will receive what you need, have faith.

*Measure your wealth by what you'd have left if you lost all your money.*

*—H. Jackson Brown, Jr.*

# AUTHOR

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Lauralyn Kearney is a certified life coach providing self-care tools to help you feel your best. To learn more, please visit [www.LauralynKearney.com](http://www.LauralynKearney.com).

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