



Card Reading

Stepping into the image, role-playing what you see and feel, connecting the dots, stream of consciousness, freedom to speak your truth. Reading is done in triads that allow the practice of speaking truth, holding and receiving, and unconditional listening.

Reader

Show up, speak truth from an open heart. Be vulnerable and trust the process. Stream of consciousness. **Breathe and speak slowly.**

Scribe

To write down, word by word, everything the reader says. No interpretations or summaries. Be faithful to the moment. After the reader is done, the scribe reads back the reading to the reader. **Breathe and speak slowly.**

Witness

Hold the space with compassion. Unconditional listening with no questions, suggestions or advice. It is important not to touch the reader if she/he is crying or offer words of comfort. **Breathe and stay present.**

Reading Prompts

I AM ONE WHO (revealing the energy)

MY GIFT TO YOU IS... (receiving the gift that comes with awareness the energy)

WHAT I WANT YOU TO REMEMBER IS... (wisdom, affirmation or warning)