

Universal Folk Oracle



By Anita Inverarity



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Introduction

About the Cards

The maidens in the *Universal Folk Oracle* reflect parts of our inner presence and expression of growth. Each one is on a journey to rediscover the innate ability we have to direct and master our own universe through intuitive inquiry, self-care and meditative or ritual practice, with a focus on deeper healing. You will find the characters bathed in rich color and pattern. The artist has created this “universal folk” style to help us bond together as a unified world community. The portrayals are meant to be non-specific so everyone can relate to them. The characters are often introverted, covered and alone or communing with animal familiars, representing the most important journey of going within, to that quiet place of recognition and transformation. The intention of this deck is to immerse the viewer in a sense of internal empowerment and trust that can have far-reaching effects on their encounters as they open back up to the world.



1. Confidence

Keywords: Assured, Motivation, Oneness, Positivity

Crystal: Citrine Quartz

Confidence and concentration on simple daily tasks will allow openings for the universe to conspire favorably today.

The girl works her crops, secure in the knowledge that she is being provided for. The beautiful home represents her earthly security and she is flanked by two sure-footed goat friends for protection. The citrine stone in her headpiece encourages high energy and joy.

It is the perfect opportunity to immerse yourself in simple tasks. You will gain great joy today from completing a manual task, or working with nature and the natural unfurling of life and the seasons. Give the task your full, undivided attention and be confident and sure-footed in your actions.

Be reassured that any solutions or news you are waiting for is being taken care of today in its own time. There is no need to worry as you complete your tasks with a joyful disposition.



2. Adventure

Keywords: Laughter, Spontaneous, Nature, Renewal
Crystal: Malachite

Take a day to let adventures unfold. Choose to be spontaneous and flexible and allow the spark of life to brighten each day going forward.

The girl steps forward with a fox at her side, representing guiding wisdom. A firebird flies overhead, bringing renewal and fresh perspectives. The fox carries a small malachite charm to encourage risk-taking and breaking from old routines with an open heart.

It is a wonderful time to renew your joy for life and allow yourself an adventure. Make no plans and be flexible in letting your day unfold. Go wandering and drink in all the glorious details surrounding you. Take others along for the ride if they appear and most importantly, store the energy of the day to tap into often and regularly. Make spontaneous adventures part of your life going forward.



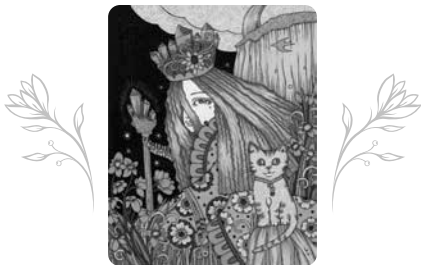
3. Balance

Keywords: Harmony, Equilibrium, Centered, Calm
Crystal: Snowflake Obsidian

Address balance today by operating in the now. Take time for just being, as well as doing, and find that time gives over to an inner harmony when you recalibrate the scales.

The girl enjoys the escape of the mountains to recalibrate. She wears colors for high energy and creativity, while carrying a small grounding stone in her neck pouch, like snowflake obsidian. The scales represent the constant tilt to and fro to be mastered. Her quiet feline companions guide her to a place of stillness to become centered again.

Today requires a moment to address the balance between being and doing. You might be feeling a little overwhelmed with things that need your attention. Allow the attention to become internal for a short while. Relax and do something that brings pleasure or simply breathe and meditate if you feel inclined to. The tasks will still be there, but by tipping the scales in your favor you will find they become easy to manage and complete now.



4. Crystalline

Keywords: Energy, Wonder, Alive, Beauty

Crystal: Amethyst

The energy and synergy of nature and all things that manifest will point to a greater communication with self. Be gently aware of the subtle energies in all things and be in wonder of creation.

The girl accepts the wonderful gifts of nature: the company of our silent sentient beings, the power of amethyst and citrine to balance higher and lower vibrations, and the spectrum of the rainbow touching down to light the Earth.

These are all great reminders of the perception and vision for our glorious senses to work with. It is time to celebrate the aliveness and energies vibrating through our cosmos. Bring awareness into each observation today.



5. Kinship

Keywords: Teamwork, Connection, Sharing, Supporting
Crystal: Carnelian

Like-minded people may appear today. Enjoy those who bring joy and remind you that we are all part of the “oneness.” Bring awareness to that recognition in others.

The girl has gathered a diverse group of friends to enjoy the day with. Each plays a part in her experience and they all represent different aspects of her self. She will gift them a carnelian stone at the end of the day, to bury together as a token of gratitude and friendship.

Cherish shared moments and remember that the greatest lessons come from differing views. In true enjoyment of others there is recognition that we are part of the oneness, the endless

and the nameless. Enjoy those who kindle the flames of recognition and kinship today. Feel the connection with your fellow beings and go forth with kindness.



6. Sovereign

Keywords: Ascension, Transformation,
Visualization, Sacred
Crystal: Lapis Lazuli

Unite with your truest sovereign identity today. The divine spark that rests within all souls is ready to be uncovered and nourished.

A young woman walks the banks of the Nile delta and rests in the swaying papyrus. She drinks an elixir of lapis lazuli to stimulate a connection with the ancients, drawing on their compassion and inner truth. Looking into the

eyes of her sacred cat companion mirrors the gaze of Hathor and Isis to ask for assistance and divine knowing.

You will be required to go deep today and honor every part of your ongoing transformation. Allow assistance to come forth. Spend time with the old ones and wise ways. Call upon the Ascended Masters and know you walk hand in hand. You may find powerful healing comes from such visualization and ritual just now.



7. Renewal

Keywords: Renewal, Rhythm, Healing, Rest

Crystal: Moonstone

Be kind to yourself today as you align with the natural rhythm of the seasons. Take the time to slow down and adjust to changes.

The woman sits with the new shoots of spring around her, keeping a lamb warm in her coats. She is gathering her strength for new life stirring, coming out of the winter chill. She uses a pink moonstone to plan and dowse. She leaves charms in the tree to honor the triple goddess watching over the seasons.

The living earth cycle requires a time for slowing and healing and a time for action and life springing forth. Today, there may be subtle changes afoot. Spend time in nature, feel everything shift just as it should. Listen to your body and allow rest and kindness where required.



8. Protection

Keywords: Armament, Strengthen, Boundaries, Aura

Crystal: Haematite

Examine boundaries and self-preservation.

Strengthen your source through stillness and by expanding your auric fields.

The girl and her familiar approach the forest clearing to observe a protection ritual. She wears a hood adorned with acorns and oak leaves for strength. There are copper charms above her head and haematite stones in her pocket.

It is a wonderful practice to work on protective rituals from time to time, free from superstition or attachment to any belief system. Protection is represented here by the mighty oak and acorns along with the barrier of thistles and the energizing aura of copper. Look into the old arts of herbalism and nature lore to find talismans and elemental energies that resonate and strengthen you.



9. Healing

Keywords: Cleanse, Hydrate, Dissolve, Purify

Crystal: Ocean Jasper

This is an ideal day to be around water as a source of healing. Seek out time with or around water to work on emotional well-being.

Iris thrive by water and are powerful symbols of healing and transformation. The girl is surrounded by rushes and iris blooms, as she performs a water ritual under a silvery full moon. A restful haven is provided with altars of ocean jasper and larimar, to help with dreams and connect with emotions.

Water is a wonderful healer, one of the most powerful we know of. Use it to cleanse and purify today as well as spending time with natural sources. Running water will help let go

About the Author/Artist

Anita Inverarity is a full-time and widely exhibited artist from Scotland. After a long period of illness Anita arrived at a period she refers to as her “third awakening” when she returned to a certain equilibrium in life, which permeates her creative process. The accumulation of several years of work and reflection has resulted in *Universal Folk Oracle*, which encourages the inquirer to use mindful and meditative responses to assist with daily living and deeper healing.

Anita lives with her life partner Phil and two naughty cats in a rural farmhouse, which is also a home studio and gallery, near the Banffshire coast. When Anita is not working on her own art she is following her other passion of curating international art shows and enjoying spending time with her family. A warm thank you is extended to creative writer Elaine Reid, who offered some wonderful advice on igniting intuitive writing practices and finding an authentic voice. Anita was a contributor to *Pride Tarot: A Collaborative Deck* published by U.S. Games Systems and is also working on a tarot deck of her own to be published by U.S. Games Systems.

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