

Affirmations of the Fairy Cats

by Brenda June Saydak

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Table of Contents

Introduction.....	5
How to Use this Deck.....	7
The Cards.....	12
Inspiration 	13
Beauty.....	13
Flight.....	15
Fortitude	18
Growth.....	20
Metamorphosis.....	23
Mystery.....	25
Nurture.....	28
Patterns	31
Spring.....	34
Stars.....	36
Contemplation 	40
Balance	40
Courage.....	42
Death.....	46
Depth.....	49
Environment.....	52
Mindfulness	55
Silence.....	58
Solitude.....	62
Sprout	65
Winter.....	67

Comfort ♥.....	71
Adaptability	71
Affection.....	73
Autumn	76
Faith.....	79
Family.....	83
Relaxation.....	85
Scent.....	89
Sleep	92
Sun	95
Tenacity.....	98
Celebration ★.....	101
Abundance.....	101
Blossom.....	104
Color.....	107
Diversity.....	110
Freedom.....	113
Music.....	116
Passion.....	119
Summer.....	122
Whimsy.....	125
Wild.....	128
Bonus Card–Contentment	132
About the Artist and Author.....	136

Introduction

*Life is beautiful, magical, and
full of wonderment
I love my beautiful, magical,
wonderful life.*

Deep in the forest lies a hidden magical world just waiting for us to seek it out. It calls us away from all the mundane diversions of life with a tiny yet persistent voice in the back of our minds. Limitless joys await us if only we pay attention, and are willing to set out on a personal voyage of discovery. This is an intimate world best explored on one's own, but it's welcoming to all who heed its call. Here you will find an oasis of life-affirming tranquility, and a teacher of gentle life lessons. It asks us to see the world through a child's eyes once more, as an enticing place full of whimsy and limitless potential.

The forest is a great healer of mind, body and spirit, asking nothing of us but an open and receptive mind. This place provides an antidote to the harsh sounds, barren sights, and negative attitudes that modern life can bring. A walk in nature delights the eye,

soothes the senses, and offers peace of mind and an opportunity to leave the trappings of civilization behind. It fills our soul with genuine and honest goodness, and allows us a quiet time to get to know ourselves better.

To help lighten the lessons contained in the cards, this forest is populated with the adorable fairy cats I've come to know over the past few years. With patience you'll come to see them too, if you learn to look with your heart as well as your eyes. Like house cats, these pretty kitty fairies, flying cat creatures and dainty feline unicorns live their lives with grace, self-confidence, and playfulness. In time, you'll begin to see them flitting about through the corner of your eye, and you'll begin to sense them peeking out at you between the leaves and flowers.

How To Use This Deck

This affirmations deck will help you foster a daily practice of positivity. The cards feature images of plants, flowers, and natural phenomena that remind us of the beauty of nature. The adorable kitties that live within this sanctuary ask us to suspend disbelief and open our hearts and minds to the possibility that magic still exists in our world. Some of the cards ask us to think deep about difficult messages, and these sweet creatures will gently guide you along the way. They'll help you see the world in a new light, sparking joy, creativity, self-confidence, and self-acceptance.

The deck consists of a bonus card and 40 cards divided into four sections, each with a distinct purpose. Inspiration cards offer us different ways to ignite creativity, with examples from nature to help encourage us to make positive changes in our lives. They remind us of the potential that is available to us, to create a life that expresses our authentic selves, and offers us the strength to get through difficult situations.

Contemplation cards help us deal with the more difficult aspects of life, like fear. They share suggestions on how to work through problems when you're feeling overwhelmed. These cards offer insights to help develop coping skills and ways to see difficult times as periods of growth and potential. Comfort cards reassure us when times are dark, and offer reminders of the many ways that others in our lives can support us when we need it. They ask us to take time for self-care, and to remember to make our own needs a priority. Celebration cards remind us of how abundant our lives are, and ask us to be always thankful. They offer creative ways to show appreciation and cultivate an attitude of gratitude in order to attract more positivity into our lives. There is one additional bonus card—Contentment—at the end of the deck.

Each card's message begins with a short, easy-to-remember affirmation. You can read them out loud, or simply repeat them in your head. Positive affirmations are simple yet powerful tools to help train our brains and our attitudes toward a more positive way of looking at life. They're

especially helpful if you're prone to thinking negatively about yourself, and can't seem to stop destructive patterns. Saying or thinking an affirmation when a negative thought pops up helps us disrupt negative thought processes, and keeps us focused on the positive. They help cultivate self-awareness so we are better able to see our thoughts objectively. Over time, your mind will automatically function in a more constructive way, and you will begin to enjoy better self-esteem and more contentment.

Following each affirmation is a brief story that helps explain the imagery on the card, and how it pertains to our own lives. Ask yourself what you're attracted to in each picture, and spend a few moments seeking out the details. After you look at the cat, try to make up a story about it in your mind. Imagine what each kitty might have been doing before they were captured in paint, and what they will do afterwards. Carry this image with you throughout the day, looking back at the card if necessary. This will help you foster creativity, and see the world in a more whimsical way.

Each card offers simple suggestions or

insights on how you can apply the message to your own life. Read them through, pick one that stands out for you, and try to incorporate it into your day. Following this is a targeted exercise that will help you experience the message of the card in a more concrete way.

For an overall daily practice, choose a single card at random. For a random draw, shuffle the deck and hold it in your hands for a few moments while clearing your mind. Then choose a card, letting intuition guide you. Pick a card from the top or the bottom, or cut the deck and pick from the middle, whichever feels right for you. Read the affirmation, and either commit it to memory, or place the card somewhere you will see it several times a day. During the day repeat the affirmation, either through memory or by pulling out the card and reading it again. Repeat as many times as possible. At the end of the day, return the card to the deck and spend a moment to send a brief thought of gratitude to the universe.

For targeted use, sift through the deck until you find a card that speaks to you, or choose one that pertains directly to an issue

you are dealing with. Read the insights and let them guide you to a better understanding of that issue. Use the exercise to help cement the card's message in your mind. Repeat the affirmation frequently throughout the day, and look at the image to focus your attention on the message. Carry the card with you or keep it on display as long as you need to, and when you're ready return it to the deck with an attitude of thankfulness and affection.

Just for fun, or for a pick-me-up any time, look through the cards one at a time just to enjoy the artwork. Pick a card that catches your attention to display in a spot where you'll see it frequently. Looking at it will remind you to smile and not take life so seriously.

Remember, life is beautiful, magical, and full of wonderment.

Always appreciate your beautiful, magical, wonderful life.

The Cards

INSPIRATION



Beauty

I am the beautiful that is right for me.

We all know that one person who radiates personality and charm. You want to be around them, and they light up a room when they walk in. They may not look like the fashionable ideal we see in the media, but their personality shines through, and makes people feel happy in their presence. They're comfortable with themselves, and appreciate their own individual sparkle. We're all beautiful, every single one of us, and it's our individuality that makes us so.

Stepping into the beauty of nature is like a balm to the soul. It exists in infinite diversity, in every color, shape, and size you could ever dream about. From the tiniest clover to the rarest rose, from the silky fur of a fox to the delicate tracery of a bat's wing, nature unveils itself in unending ways. Every living wild thing is perfectly content, and completely whole just as it is.

Diversity is the beauty ideal in nature, not conformity. Nature presents itself in ways that everyone can admire!

It's time to rethink and redefine beauty. True beauty is individual, and everyone is an individual. Celebrate what makes you different from everyone else. Your confidence will shine, drawing admirers like a moth to a flame!

Embracing Your Personal Beauty

- Be kind to yourself. No one is judging you as harshly as you are judging yourself.
- Stop striving for perfection. Perfection is the realm of the immortals, not humans. We're by definition not perfect—embrace that.
- Find your own signature style and dress to make yourself happy.
- When you find that negative voice in your head saying you don't measure up, reply with the affirmation: "I am the beautiful that is right for me."

Inspiration from Nature

Next time you're outside look for something small that you find aesthetically pleasing

that you can pick up and bring home with you. A pinecone or unusually patterned rock, a feather, acorn, seed pod, or anything else that catches your eye. Put it in an out of the way nook, but somewhere you'll notice it often. As you glance at it throughout the day, remind yourself that true beauty is natural. True beauty is diverse. True beauty is free. Your beauty is individual, precious, and unique, a physical manifestation of the diversity of life. Celebrate that!



Flight

I am capable of anything I put my mind to.

I trust in my ability to succeed.

Starting out on a new endeavor can be exciting, with the anticipation of new adventures and experiences to enjoy. When trying something new, it's normal to worry a little about the path ahead, and wonder how things will turn out. For some people the unknown is a place full of possibilities, and they leap ahead trusting in their ability to cope and thrive. For others a fear of the unknown can hold them back

on their path through life, or even stop them from starting out. We can't discover our full potential unless we're willing to take a little risk and trust the universe to be working for our best possible outcome.

Humans have always regarded birds in flight with awe. A seemingly delicate arrangement of feather and flesh, they soar with confidence. They're not afraid of falling, and they don't look down. They're fully, passionately, and fearlessly committed to the moment.

Don't let worry hold you back from experiencing a joyful and meaningful life. Instead of asking, "What if I fail?" ask yourself, "What if I succeed?" Sometimes you just need to take a leap of faith, and trust in your ability to deal with whatever life throws your way. If things don't turn out the way you expect, you can always choose another path. There is no such thing as failure, just an opportunity to seek another solution. On the other hand, if you don't try, you'll never know the possibilities you're capable of.

Coping With Fear

- Know that you're not a failure if you're fearful. Everyone is fearful sometimes! The secret of successful people is not that they don't fear, but that they can move past it. Accept fear as inevitable and not as a character flaw.
- Successfully dealing with fear is not a talent you must be born with, it's a skill you can learn. Everyone has the potential to deal with their fears. That means you too. You CAN overcome!
- Plan ahead, and lay the groundwork for success, taking things one step at a time.
- Give yourself permission to fail. If you fail, so what? The worst has happened, and you survived!

Soaring Above Our Fears

We all have the capacity to show great courage. Even a small bird can be seen attacking a hawk or a crow until the larger bird gets the message and flies away. Next time you find yourself feeling fearful, imagine yourself as a bird, small yet fierce, agile and determined.



Fortitude

I AM strength, I AM ability, I AM perseverance.

I can do anything I have to do no matter how hard.

Life can be difficult, but coping skills can be learned, and we must never feel

that we need to tough it out alone. At times like these look to the tiniest denizens of the forest. A hummingbird is hardly bigger than a drop of rain, yet can weather the most devastating of storms. A beaver can divert a stream, changing its entire environment. These little ones don't quail against hardship or hard work; they simply know what they have to do and they do it.

This dainty unicorn cat stands strong against the approaching storm. It has seen them come and go before, and knows the good weather will always come again. The lightning, once so terrifying to one so small, now exhilarates and challenges. The forces of nature are awe-inspiring indeed, but this little unicorn cat knows it has the strength to persevere!

Dealing With What Life Throws at You

- Challenge yourself to take action. Remember that procrastination will not solve a problem, it only puts off the inevitable.
- Look at challenges as learning experiences, and use them as an opportunity to strengthen and grow.
- Never be afraid to ask for help! We do our best to help our loved ones out when they need it, so remember they're there for you too.

Inspiration from Nature

Imagine an approaching thundershower. As the storm nears the light dims, and the wind picks up speed. In the distance you hear a rumble of thunder, and a feeling of energy charges the air. The rain starts, at first just a few drops, and the temperature begins to fall as the rain comes down harder. You step inside, to watch the fury of the storm from the safety of your home. As the wind gets stronger and the lightning intensifies, you feel a sense of awe at the power of nature. Now imagine the storm abating, the wind dropping, and the sun slowly showing its

face again. Suddenly the air is fresh and the grass is crisp and green. The birds are singing again and the squirrels are scampering. Even the most delicate looking of creatures had no problem surviving what nature threw at them. Next time you feel like a butterfly in a rainstorm, remember that you have the strength to not only survive, but thrive.



Growth

I will focus my energy on manifesting positivity in my life.

The smallest acorn can grow into the mightiest oak tree. While it might seem a magical process, it's really the inevitable result of nothing more than the right conditions. When nature is in harmony all things work together to support optimum growth, from the tiniest budding leaf to the majestic forest canopy. Nature in full bloom is an example of what can be accomplished when all living creatures manifest the best of their potential. All living things are an integral part of the growth and success of their environment.