

Wisdom
from the
Epics of Hind

By Pankhuri Agarwal

Copyright © 2022 U.S. GAMES SYSTEMS, INC.

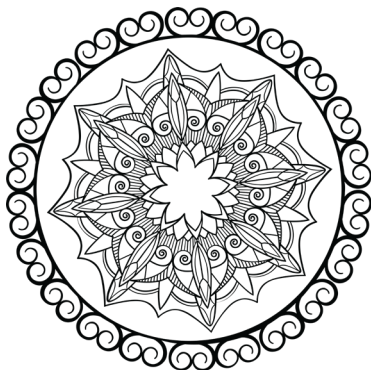
All rights reserved. The illustrations, cover design and contents are protected by copyright. No part of this book may be reproduced in any form without permission in writing from the publisher, except by a reviewer who wishes to quote brief passages in connection with a review written for inclusion in a magazine, newspaper or website.

10 9 8 7 6 5 4 3 2 1

Made in China



Published by
U.S. GAMES SYSTEMS, INC.
179 Ludlow Street
Stamford, CT 06902 USA
www.usgamesinc.com



सर्वमङ्गलमाङ्गल्ये शिवे
सर्वार्थसाधिके ।
शरण्ये त्र्यम्बके गौरि नारायणि
नमोऽस्तु ते ॥

**Sarva-Mangala-Maangalye Shivey
Sarvaartha-Saadhikey |
Sharannye Tryambake Gauri
Naaraayani Namostu tey ||**

**The auspiciousness of all that is
auspicious, who is the means of
accomplishing all desires, and who
is the refuge of all, the consort of the
three-eyed Shiva, the fair one—
Salutations to you O Narayani
(sister of Lord Vishnu).**

Introduction



Hind was a name for India used by Persians and Arabs in ancient times. It meant the land beyond the Hindukush Mountains, or the land that lay beyond the Sindhu River. The people there were therefore referred to as Hindus. The religion that was born and practiced on that land was called Sanatana Dharma—roughly translating to “eternal duty” as it contained a set of practices and rituals followed by all to live to their highest empowering potential. Over time it came to be called Hinduism. Every person born was considered a Hindu. It was not possible to “become” or “unbecome” a Hindu, because how does one become or unbecome a set of divine duties?

The most famous epics from Hinduism are the *Ramayana* and the *Mahabharata*. Hinduism also has a seemingly inexhaustible array of scriptures, epics and teachings such as the *Vedas*, the *Puranas*, the *Upanishads*, the *Sutras* and more. The theme of this oracle is derived from various *Epics of Hind*, although stories from the *Mahabharata* and the *Ramayana* do dominate the deck. These epics, stories and scriptures used to be a part of an oral tradition, passed on through the ages. They were

recorded in writings on palm leaves much later in history. These stories have various versions, even as the central theme and characters are maintained perfectly and consistently. They take on the flavor of the regions through which they have traveled. I have picked the versions that are most respected and celebrated for their authenticity in India.

These stories and epics also shape the development of anyone who grows up in India, irrespective of their cultural backgrounds and/or religious beliefs. The stories form and affect our cultural norms and language as we refer to them and their lessons in our daily conversations. We name our children after these great characters, hoping they would be just as divine, noble or heroic. We still hold the villains in contempt, using their examples to prevent our loved ones from committing errors, and we pray to the gods our epics exalt.

I grew up in India, and a lot of my understanding of “new age” wisdom comes from the plethora of mythological stories that I absorbed growing up. All 50 cards of this oracle are based on important stories of great Indian epics and mythological stories that stem from Hinduism (Sanatana Dharma).

In my practice as a hypnotherapist, healer and diviner, I often use and recommend the use of oracle cards. My main focus with the form of therapy I practice is not only to provide immediate relief, but also to make my clients

think and question themselves and to become self-reliant. I believe these three are the surest routes to catharsis and thus healing. The text accompanying each card consists of:

- The story
- Questions to ask yourself
- Actions to take
- Message

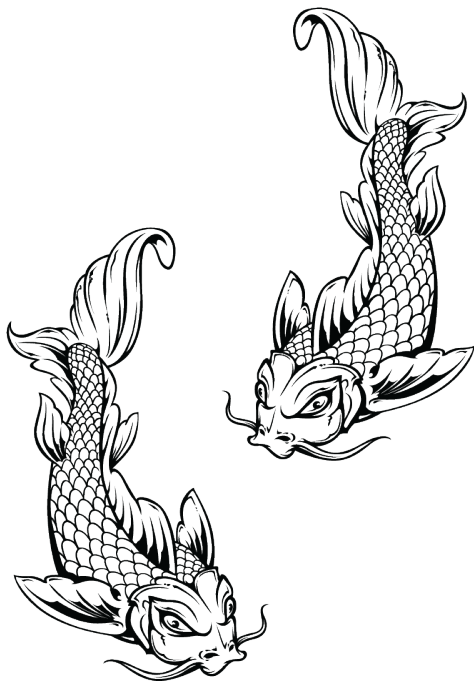
I have found in my practice, this approach to be a very effective way for people to progress in self-help and self-care. The stories have been simplified to suit readers with varied interests, and the suggestions for self-healing are not only tried and tested, but also easy to do.

There are 25 female cards and 25 male cards. The card back design is the same, so you can shuffle them together and use them as one complete energy of a balanced yin and yang, or use them individually to heal either your yin or your yang side.

Professional diviners can use this deck for messages, for therapy, or even in place of a traditional tarot deck. You may use the book, or divine using only the pictures and your intuition.

As a self-help tool—you don't need to know divination or follow any specific rule to use this deck. You can follow the simple instructions on how to begin and use the various spreads to help yourself. Refer to this book to help you understand the cards.

As with anything that you use and cherish, please store the cards well and treat them with respect. Do not use the cards when/if you are experiencing strong emotions like euphoria, anxiety or anger.



How to Begin



As soon as you receive the cards, take them out of the packaging and hold them with both your hands. Thank them for the help they are about to give you. Infuse the cards with the intent that you choose to use them for the highest good of all, including yourself.

Before every reading, close your eyes, visualize universal energy recharging your entire body, take deep deliberate breaths, calm and center yourself and then begin.

Whenever you are ready, gently shuffle the cards and spread them out face down. For your very first reading, pull out three cards as a blessing from the deck. See pages 163-169 for detailed instructions on Epics of Hind spreads.

After every reading, thank the cards and the universe, your masters and yourself. Finish with a cool glass of water as intense divination can increase heat in the body.

Keep breathing mindfully throughout the reading.

female Cards





Annapurna's Nourishment

One day Goddess Parvati had an argument with her consort Lord Shiva. Shiva said that everything was Maya (illusion) on Earth, but she stressed that food was beyond illusion—it was very real. When Shiva began mocking her, she disappeared to teach him a lesson. Her absence caused all crops on Earth to die and food vanished from the world. When Shiva saw his followers suffer with hunger, he realized Parvati was right about food being real beyond illusion.

When he began searching for her, he found that there existed a single kitchen in the ancient city of Kashi where food was still available. He immediately understood that it

was where none other than his beloved Parvati was hiding as Annapurna, provider of wholesome nourishment. Shiva, disguised as a beggar, went to her and begged for food. Annapurna saw through his disguise—she forgave him and returned home with him while restoring food back on Earth.

To this day, she is prayed to before a meal. Her pictures adorn kitchens and wastage of food is seen as an insult to her.

Questions to Ask Yourself

Are you eating according to the
needs of your body?

Do you find yourself wasting food?

What can your contribution be to
reduce hunger in the world?

Do you feel gratitude for the food
or drink available to you?

Actions to Take

1. Start saying a prayer of gratitude before every meal.
2. Consciously reduce personal food wastage.
3. Feed a hungry person or animal today.

4. Start working on improving your relationship with food. It is how you think about food, and how you use or abuse food that can seriously impact you and your metabolism.
5. Try to cook at least one meal a day; it can do magical things to you.

Message

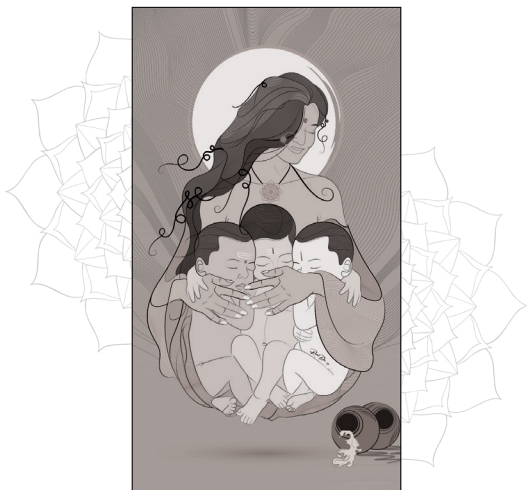
Your situation will heal with
a change in diet.



Your metabolism needs improving,
start by choosing peace over
pain in any situation.



You are being blessed by abundance.
Use it wisely.



Anusuya's Virtue

Anusuya was the wife of sage Attri. She was an extremely pious, miraculous and virtuous woman—so much so that the tales of her virtue traveled far and wide, making the wives of Brahma, Vishnu and Shiva very jealous. They asked the gods to visit her house to tempt her into falling from her chastity. The gods visited her as guests in the absence of her husband and demanded that she serve them food in the nude. Anusuya agreed, but, she turned the three into little children by sprinkling magical water on them. When the gods' wives came searching for them,

they were ashamed to see how Anusuya had managed to serve the guests, fulfilled their demands and had yet remained virtuous.

Questions to Ask Yourself

Do you value your own principles?

What values matter the most to you?

Are you proud of the person you are?

Do you do things to be socially accepted,
but they secretly make you unhappy?

Actions to Take

1. Don't compromise on your values to "fit in."
2. If it feels wrong, don't do it.
3. If peer pressure makes you compromise on your self-esteem and your values, then you are on the wrong path and you should change it immediately.
4. Being popular shouldn't cost you your peace of mind or your values. Stay true to yourself—eventually it will bring the right people into your space.
5. Don't preach your values to others. When you live well, people learn and follow by example.

Message

Innocence lost can be regained.
It is time to walk the virtuous path.



You are destined for great things,
as long as you remain honest with yourself.



Aparna's Penance

After the death of his wife Sati, Shiva became so angry with the world that the gods had no other option but to return Sati to him in the form of Parvati. However, Shiva was so consumed by grief that he was unable to identify her in the form of Parvati—in spite of her tireless efforts to woo him. Thus, Parvati decided to do penance to win his admiration—to show him that she could master her senses and achieve detachment as well as he could. She went into the forest and meditated for years without clothes or food or water. She earned the admiration of the ascetics who named her Aparna, meaning “the one who wouldn’t

even eat a leaf.” Ants and lizards crawled over her, but she remained unruffled. She conquered hunger, thirst, fear and even the effects of the seasons on her body. She ultimately earned Shiva’s awe and respect, and it was then that he realized she was Sati’s reincarnation.

Questions to Ask Yourself

Do you have self-control? What can
you do to improve it?

Are you willing to work hard
for what you want?

Do you believe you can win?

Are you pushing in the right direction?

Are you working too hard to prove
a point to someone else? What will you
derive from doing so? Is it worth it?

Actions to Take

1. Spend more time in nature.
2. Meditate without clothes in a safe place to soak up the energy of the sun and moon.
3. Go on a plant-based diet for a while.

4. Consider working on emotional healing to arrive at the weight you feel healthiest.
5. Every day, when you wake up, tell yourself that you choose to be a winner today.

Message

Self-control is your key to
self-actualization.



It is time to realize your power through
exploring your own mind.



The environment is ideal for you to
achieve what you want.



Bagalamukhi's Silence

Once, there lived a demon called Madan. He had gained the power to bring to life all that he spoke. He misused his power and wreaked havoc on innocent people. Goddess Bagalamukhi appeared when people prayed for a solution. She paralyzed Madan by grabbing him by his tongue. She then killed him, thus bringing peace to the people. Her name originates from the root word *valga*, which means to bridle one's tongue. It is said she was born from a yellow river and has turmeric skin with golden hair.

Questions to Ask Yourself

What are the words that you use most frequently in your life?

What are the words you use about yourself?

Do you choose kind and/or powerful words for yourself?

What kind of language do you use when you think?
Do you realize it might be shaping your reality?

Actions to Take

1. Watch what you say. Words are powerful, you become what you think and say.
2. Spend some time in complete silence every day. It helps restore energy and peace.
3. Control your temper and expression on social media. They may not know who you are, but you know who you are.
4. Do this tongue exercise every day to improve concentration and clarity in speech. It also helps regulate appetite. Sit with your spine comfortable, but straight. Roll your tongue inwards until the tip of your tongue touches the back of your throat. It is

difficult at first, but proceed slowly, taking it only as far back as it is comfortable for you. Stay in this state for as long as you comfortably can.

5. Use a pinch of turmeric in warm water to gargle your throat in the morning to keep your throat healthy. (Avoid excess use of turmeric as it can have adverse effects!)

Message

Your powers are increasing as you
speak with conviction.



Your words have the power to heal or destroy.
Speak with love.



Your golden period is about to begin.
Your choice of words, thoughts and actions
decide how well you live when
the golden phase ends.



Dhumavati's fortune

Dhumavati, the smoky one, is a widow goddess who is old, sad, hag-like, unkempt and poorly dressed. She brings forth misfortune and unhappiness. She represents lack and all that is unholy. She is prayed to by the defeated, the lonely and the unfortunate to get a second chance at life. When one transcends her appearance, they find her true power. She can turn a bad destiny into a good one. She is known to help the lonely find love, the defeated gain victory and she bestows the unfortunate with good fortune. Her vehicle is the crow, but she also comes on a horseless chariot carrying a winnowing basket.

Questions to Ask Yourself

Are you willing to give yourself
another chance?

Do you judge yourself and others on
external appearances?

Are you giving yourself priority or are you
taking yourself for granted?

Is sloppiness becoming a part of your
everyday life?

Do you feel unlucky?

Actions to Take

1. Put some food out for crows, they are an important factor in ancestral healing.
2. Pray to and connect with your ancestors. Ask them to heal you. Heal them by committing acts of kindness.
3. Spend some time volunteering for the elderly.
4. Make yourself your priority. Dress with intention, take care of yourself and your surroundings.
5. Try not to judge people on their physical appearances.

Message

Life is giving you a second chance.
Embrace it.



Accept your mistakes and
losses with grace.



Let go of the past.
Make room for luck to enter your life.



If you have hit rock bottom,
you can only rise from there.



Diti's Desperation

Diti, an Earth goddess, was one of the 13 wives of sage Kashyapa. Her sister Aditi was also one of Kashyapa's wives and had 33 children with him. Aditi's children were all very powerful and included the likes of the Sun God, Lord Indra and more. Diti became desperate to have her own children and she wanted them to be more powerful than Indra, the God of heaven, thunder, storms and rain. Kashyapa accepted her request to impregnate her, but asked her to wait until the inauspicious hour had passed away. He warned her that by not doing so she might beget demonic children. But Diti was so overcome

by lust, that she forced and seduced Kashyapa right in that moment. She bore two children through that act who were slain in the future for their demonic behaviour. Even as Diti remained cruel to her sister and her children, she always regretted her lustful act that caused her to produce demonic children.

Questions to Ask Yourself

Do you often compare yourself to others?

Do you often act on impulse and then regret it?

Are you easily tempted into making mistakes?

Is your lust getting out of hand?

Actions to Take

1. Know that your story has its own happy ending, which will be different from others'.
2. Reduce sexual activity.
3. Spend at least 15 minutes a day practicing stillness. Do nothing. Just breathe and be. It will reduce anxiety and impulsive behavior.
4. Don't judge people who have more than you. You don't know what they have had to do to achieve what they have. Instead, be inspired by them.

5. Practice Earth meditation. Sit on the floor and thank Mother Earth for her material gifts that you enjoy. You can also walk barefoot on sand or grass.

Message

You or someone close to you will
become pregnant soon.



Sex is a powerful, divine and spiritual act.
Do what it takes to maintain its power and sanctity.



There is enough for you.
Learn to use it well. Choose to
be grateful for what you have and your
abundance will increase.



Be patient. What you want will come to you;
but in its own good time.



Draupadi's Rescue

One day, the eldest brother of the Pandavas, Yudhishtira was goaded into playing a game of dice with the Kauravas. It was a setup, planned by their cunning uncle, Shakuni. As Yudhishtira bet away and lost almost all his possessions and dignity, he became more and more consumed with the idea of winning. In his effort to win back all he had lost, he gambled away himself and his brothers as well. Therefore, their wife, Draupadi also became the slave of Duryodhana, the Kaurava King.

To spite the Pandavas, Duryodhana decided to divest Draupadi of all her clothing in the middle of the grand

court. Draupadi looked to her husbands and elders for help, but they had their hands bound since Duryodhana had won her and was legally allowed to do as he pleased. Angered and disappointed by all the men present there, Draupadi prayed to Lord Krishna to come and save her of this humiliation. At her behest, Krishna blessed her and as Duryodhana began pulling away at her sari, the sari just kept getting longer and longer. The more he pulled, the longer the sari grew. At last, Duryodhana got so tired, he just had to give up.

Questions to Ask Yourself

Are you acting impulsively of late?

Are you allowing others to mistreat you?

Are you being mindful of how you
are treating others?

Are you willing to take steps to
overcome past humiliation?

Actions to Take

1. Recite the affirmation “I respect myself and others” 40 times every day for at least 40 days.

2. Before making a decision, take a deep breath and sit in silence. Let the answers come to you, instead of rushing them.
3. Don't let rivalry make you cruel and blind to the plight of another.
4. Step away from being a victim by standing up for yourself and what you believe.
5. Before bedtime, ask the universe for help.

Message

You are a strong person.
Irrespective of what events come up,
you have the strength to carry yourself
gracefully though it.



Don't depend on others for help,
but rather trust your prayers to the Almighty and the
Universe. You will receive Divine intervention.



Draupadi's Wish

Arjuna, the third Pandava brother, had won Princess Draupadi's hand in marriage. When he, along with his new wife and his four brothers returned home, their mother mindlessly instructed the five of them to divide equally amongst themselves whatever they had brought home. It is said that their mother's word was law, which even she herself could not go back on, and thus all the five brothers were married to Draupadi.

However it is also believed that Draupadi in her previous birth had prayed for a man with 14 specific qualities. Even when she was told it was impossible for a man to have all

14 qualities, she was adamant on having such a husband for herself. It is said that the qualities of all the five brothers totalled 14, giving her all that she had asked for.

Questions to Ask Yourself

Are you pushing yourself too hard?

Is multitasking reducing the quality of
your work and life?

Are you wishing for things instead of what
would really make you happy?

Are you falling in love too soon or
with too many people?

Does your relationship satisfy you on every level?
What can you do to change that for yourself?

Actions to Take

1. Practice focusing on single tasks rather than doing multiple things at once.
2. Be clear about what you would like to feel like at the end of an event—focus on the big picture. It will help you wish for the right things.
3. Focus on controlling your five senses.
4. Balance the five elements in your body.

5. If single, date more people but don't commit right away, take your time. If in a relationship, be more accepting of your partner and you will see more loving facets of their nature.

Message

You are blessed with infinite potential.

You can be anything you want.



Focus and channel your energies toward achieving what is most important to you—you have what it takes to get there.



Make a wish!

About the Artist

Mumbai-based artist Rahul Das has been honing his skills in concept art for the past several years. Originally an art director, Rahul has been blending his artistic skills with his creative experience in print publications since 2007, bringing about a perfect balance of his two passions.

Rahul's evolution into art installations and videography allowed him to introduce new elements to his creative endeavors and extend the range of his artistic expression even further. His use of lines and geometric abstraction in his artwork allows Rahul to challenge the boundaries of visual illustration—transcending the illusion of time and space to tell stories that explore the depths of human emotion and persistent imagination.

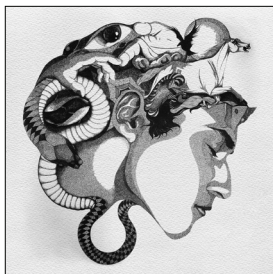
Rahul's artwork has been published in various literary and cultural magazines, comic books and book covers as well as art exhibitions including the *Godrej India Culture Lab*, Mumbai and *Misfits*, a solo art exhibition at Karnataka Chitrakala Parishath, Bangalore. His art installations have been featured at the Bombay Stock Exchange and the Kalaghoda Art Festival.

Rahul is currently associated with *The Indian Quarterly Magazine (IQ)* as an art director and is working on his next solo art exhibition in Mumbai.

About the Author

Pankhuri Agarwal has over 15 years experience in divination. She is a self-taught tarot, oracle and angel card reader. She has been formally trained as a hypnotherapist, acupuncturist, energy and crystal healer, and nutritionist. She also holds an MBA degree in Hospital Management, and a Masters degree in Psychology.

Pankhuri has trained many diviners and healers over the last 10 years. She also regularly lectures at various institutions on topics ranging from health, nutrition, parenting, pain and anger management, spirituality, meditation and more. She was born and brought up in India. Currently, she is based in London, United Kingdom. Her first commercial project as an author was her self-published book *Karmaa Kitchen*, on how to make everyday food Ayurvedic.



For more artwork by Rahul,
go to his Instagram:
[@rahuldasart](https://www.instagram.com/rahuldasart)



Check out Pankhuri on
Instagram:
[@pankhuri_r.healer](https://www.instagram.com/pankhuri_r.healer)

For our complete line of tarot decks, books,
meditation cards, oracle sets, and other inspirational
products please visit our website:
www.usgamesinc.com

Follow us on



Published by
U.S. GAMES SYSTEMS, INC.
179 Ludlow Street
Stamford, CT 06902 USA
www.usgamesinc.com