



To access innate wisdom, learn to interpret the signs, patterns and synchronicities of the world around you. Get started right now with the Inner Voice oracle deck. Each card contains one word, helping reconnect you to what you already know.

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INNER VOICE

A handbook for the Inner Voice oracle deck

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abundance

Relationship

Be sure to celebrate all that you have found in each other. Together, your creation is something greater than the sum of two halves.

Career

No matter where you turn, the path you tread is profitable. As you work your magic with everyone you meet, your good fortune only multiplies further.

Health

Your cup spilleth over, so share your bounty with those around you! Remember the line from **When Harry Met Sally**, “I’ll have whatever she’s having!”

Finances

There’s plenty of money in the world, more notes are printed daily. The real question is how you get hold of the cash you want?

Spirituality

“What is” right now is never the real answer. Instead, consider what might be. Stretch your line of inner sight until it truly becomes your outer vision.

Empowerment

If your current perspective is no longer working for you, choose another one. Even better, come up with several and trial each one! The magic starts in how you see.



accomplishment

Relationship

What have you built together that neither could have created alone? Celebrate milestones; they positively influence the road ahead.

Career

Take pride in doing each task well. You never know who's watching your progress; and how you do one thing is a clear indication of how you do everything.

Health

What are you most proud of? To set yourself up for repeated success, be sure this same energy echoes through everything you tackle.

Finances

Honour your achievements to date and allow them to inspire your path ahead. Historical progress is no guarantee of future results, but the lessons you have learned can guide your upcoming choices.

Spirituality

Acknowledge every contribution to your success, including the divine. Even when the pointers seem to indicate failure, you remain connected, guided and blessed.

Empowerment

Once you notice that every physical reality begins deep inside with the mere spark of an idea, your ability to manifest your dreams strengthens immeasurably.



action

Relationship

Whatever has been up your sleeve, it's the perfect moment to show your hand. Stop waiting, start doing!

Career

Ignore those who tell you to hang fire or warn you to consider all the options. Get busy shaping this opportunity into the one you've been waiting for.

Health

There's never been a better time to care for yourself completely. Have fun trying a new course or repeat something with which you've had success in the past.

Finances

Let your results to date advise your next steps. While it's important to keep moving, make certain you're building on success!

Spirituality

It's a big mistake to believe meditation alone will achieve any goal. Use whatever inspiration you receive from the divine to help shift your FEET forwards.

Empowerment

Engaging with a whole range of different opportunities is the way to produce your best results. You've got to be in it to win it, so roll up your sleeves and get busy!



attraction

Relationship

Enjoy! When you and your significant other can't get enough of each other, it's an allure others can only describe as special couple magic.

Career

It's like you have the Midas touch; all that you wish for is being drawn towards you and it is pure gold! Profit in every way possible by pulling close those who most deserve to share.

Health

The answer you have been seeking for some time has just popped into view. Take full advantage of this pointer; you can expect it to provide exactly what is promised.

Finances

Make it easy for others to offer you a perfect match. Be sure to regularly indicate where you're heading, then open both your heart and your mind when someone brings you a proposition.

Spirituality

Shine brightly as often as possible. In this way, you illuminate your own path and cast enough light for others to find their way, too.

Empowerment

Take responsibility for doing whatever you can to the very best of your ability. Anyone seeking a leader will not be able to resist the magnetic draw this exerts upon them!



balance

Relationship

How can you even things out in your couple? When one person constantly carries a heavier load, it strains the dynamic and jeopardises your future together.

Career

Taking on more than you can comfortably manage does not show you in the best light, nor equip you for unrivalled success. Choose what to sacrifice before the pressure overwhelms you.

Health

Are you placing too much emphasis on one aspect of your wellbeing? Reflect on ways to bring yourself into full alignment.

Finances

On a spreadsheet, the figures reflect a single point in time. Bear in mind that the natural dynamic of money is to flow in and out.

Spirituality

Homeostasis is the constant attempt by interdependent elements to maintain equilibrium. Consider the many ways in which your mind, body and soul interact to achieve dynamic stability.

Empowerment

Polarity (or opposites) is a pre-requisite of existence; think light and dark, right and left, ebb and flow. Poise is a suspended moment between two extremes, a natural resting point to catch your breath.



celebration

Relationship

Remember where you were when you started; did you ever think you'd get this far? It's time to loudly applaud what you have created together.

Career

When you haven't quite hit your end goal, it can be easy to forget all the boxes that you have ticked along the way. Today is the day to cheer yourself on, with feeling!

Health

Your accomplishments are to be commended. Focus your next efforts wherever you have already enjoyed the best results, so you can have more fun with it all.

Finances

Applaud yourself for the obvious growth in your figures and take a moment to reflect back. What do they say about acorns and oaks?

Spirituality

It's a praiseworthy moment when you can fully embrace your inner knowing without any urge to second-guess yourself.

Empowerment

Commend your progress so far and revel in the strength it gives you to achieve more. Realise that the distance travelled has become greater than the path ahead.



clarity

Relationship

If you are not receiving what you desire most from your intimate partner, wait no longer. You know what you want, so challenge the status quo immediately.

Career

When was the last time you reviewed your goals? Do this often to sustain your focus around where you're headed and connect more deeply with why you're going there.

Health

Any failure prompts a series of questions to help you get back on track. There's a lot to learn from reflection. Emphasise fabulous outcomes, either your own or those achieved by others.

Finances

If you're in the dark, sit down with an expert and talk detail. Be sure you fully grasp the various mechanisms at play.

Spirituality

It's time to purge your surroundings, clean up your diet and declutter your mind. If you want to see the light, keep the path ahead clear.

Empowerment

Get straight to the point. Forget diplomacy for the time being. Right now, you'll get further with frank communication!



community

Relationship

As a couple, how well do you interact with those around you? Make togetherness and social engagement a high priority this week.

Career

Mark progress on your current project by offering informal feedback to the team. Start by giving credit where it's due, then ask for input on areas where people would like to see improvements.

Health

You are never the only person experiencing your symptoms. How can you learn from those who have trodden this path before you?

Finances

Consider options where a wider group can play a role, maybe a pool of investors or a crowdfunding opportunity? This is a great way to proactively channel the support around you.

Spirituality

Branch out from your divine connection. Try an online meditation app, participate in a prayer group, or unite with fellow worshippers in a ritual circle.

Empowerment

Natural leaders recognise the importance of attracting engaged followers. With strength in numbers and comfort in connection, build your clan and develop trust before you need their leverage.



completion

Relationship

Are there some loose ends you need to address with your loved one? If you have you started something but failed to conclude, address this now because unfinished business bites back.

Career

Push for resolution if you have any partially completed projects on the go. Show those who need to see it that you're a finisher.

Health

You've gone as far as you can with this initiative and it's time to draw your conclusions. Whatever you try next can build on the foundations achieved so far.

Finances

It's a fantastic feeling to reach your savings goal! And the fun is only just starting. Next, you get to purchase what you desire, or reinvest and build it bigger.

Spirituality

Relish your sense of fulfilment. Feeling at one with yourself and your creator is a sentiment many spend their whole life seeking.

Empowerment

The ouroboros is an ancient symbol depicting a snake swallowing its own tail. Understand that every ending also represents a new beginning...how exciting!



confidence

Relationship

If trust is an issue with your intimate partner, consider what you can do to break through. Do not expect your loved one to inspire you in this matter, the answers lie within yourself.

Career

There's a fine line between self-assurance and self-promotion. When portraying your talents, be certain you can deliver on the expectations you're creating within others.

Health

Conviction and capability are a heady mix! Step up and share exactly what's working for you. The more you speak, the stronger your voice becomes.

Finances

When your goal is long-term, push aside any short-term niggles. Remain steadfast; even a winding path reaches its destination.

Spirituality

Your connection never falters, even if your conviction occasionally wanes. Boost yourself repeatedly with prayer or meditation.

Empowerment

The stronger you grow on the inside, the more impactful you become in the outside world. Go for it, handle past issues and celebrate current successes!



connection

Relationship

How deeply do you resonate with your loved one? Do you read one another's mind or speak each other's words? Notice when you're so deeply in tune that your gestures align – like looking in a mirror!

Career

Right now, the people around you hold more value than the projects you're executing. Be sure to nurture these relationships.

Health

Repeatedly worsening symptoms are an invitation to explore links. Get a copy of Debbie Shapiro's book **Your Body Speaks Your Mind** to explore this further.

Finances

Savings are never actually about money; nobody wants to just count coins! The key is to visualise yourself spending your money on something meaningful....and see yourself edging closer to this goal.

Spirituality

If you look closely, you can spot the divine everywhere. Experience wholehearted gratitude each time you're touched by this presence.

Empowerment

To become unstoppable, master your own mind. Train mental resilience, perfect psychological habits and without really trying, you will begin tapping into limitless success!



co-operation

Relationship

Right now, working together is critical to your success. You may need to give way on something you hold dear, but in the long run this compromise will prove worthwhile.

Career

Teamwork is the order of the day. Assemble those with the skills required to meet your goal, then encourage each to play their part.

Health

Even though you may query the advice you recently received, show willing. You wouldn't be the first sceptic to discover your answer lies somewhere quite unexpected!

Finances

Pooling resources makes sense when there's a big investment at stake. Just ensure payback follows a similar scale to contribution.

Spirituality

Channel new wisdom from your divine source by working as one. During prayer or meditation, gently align yourself and invite the gift of deeper connection.

Empowerment

While flexibility is the key to collaboration, clear boundaries are also necessary for you to function at your best. Always know where you draw the line, so others can follow your lead!



courage

Relationship

If there's something you have been meaning to tell your partner or an issue you need to discuss together, make time right now for this conversation.

Career

Going out on a limb is always risky. Still, most hugely successful businesses start with a calculated risk. Where do you want to be?

Health

Keep your chin up and stick to your guns. You're the master of your own destiny and whatever choices you're making are right for you. That's more than enough.

Finances

There's a stark difference between a rash decision (smacking of last-ditch desperation) and a brave move (which brings you one step closer to improvement). Get ready to cast your bet!

Spirituality

Described biblically as “the substance of things hoped for, the evidence of things not seen”, faith is what makes great men even stronger. Gather yourself!

Empowerment

Believe in your dreams, no matter what. Nobody knows your heart or mind better than you, so stand tall and make your voice heard.



creativity

Relationship

What would happen to your connection with your loved one if your life together got a makeover? No need to throw any money at it – just use your imagination.

Career

You're facing one of those situations where out of the box thinking is needed to save the day. So, what can you offer?

Health

Choose your favourite treat and gift it to yourself in a brand new way – sometimes a fresh perspective changes everything!

Finances

The darkest hour is just before dawn. Even when things seem bleak, there are options hiding close by (just waiting to be noticed). Put your thinking cap on!

Spirituality

If you find it hard to sense a connection with something greater than yourself, start by developing a mental picture of the way you would like it to be.

Empowerment

Remember, you can only bring into being what you can first envision in your mind. Visualise your goals daily and use these images to inspire your feelings, words and actions.



decision

Relationship

Have you been shying off speaking your mind? Unless you want this to get worse (and there's nothing indicating it will get any better), it's time to seize the moment. Say whatever you must.

Career

Anyone can shout about their plans, but it requires strength of character to meet your commitments with action. Keep your word and utilise the tools at your disposal.

Health

You can start from any point at any time...just get going. That first move is critical, because change only starts when you do.

Finances

Expect questions to arise, presenting you with choices. Prioritise whatever you believe is most important; the rest will sort itself out.

Spirituality

Choosing what you want is the first step to mastering your destiny. Once you can visualise your desired outcome, the process is underway to make it reality.

Empowerment

Make up your mind and get really clear on your reasons why. Forget about appeasing others, you must satisfy your own desires if you are to fulfil your potential.



determination

Relationship

Whether already loved up or still looking for “the one”, keep your eye on the prize. Maintain a steady pace as you move resolutely towards your desired outcome.

Career

Know your own mind and hold firm when the end is in sight. Give up too soon and you will lose more than you bargained for.

Health

Hunt tirelessly for your point of perfect balance. Clear out pointless distractions and pay attention to those choices which make you feel your best!

Finances

Patience is a virtue; a quick return on your investment is rare. Don't allow others to sway your mind. Dig in your heels and wait it out.

Spirituality

Foster grit and resilience. Strengthen your resolve in the face of delay, or when difficulties arise to prevent you achieving your goal. If you hold it together, time will prove you right.

Empowerment

Continue to forge your path, even if others consider your headstrong attitude a waste of energy. The maxim “no surrender” has won many a battle!



diplomacy

Relationship

Above all, let kindness be your guide. Words can heal, but they can also wound. The fine line drawn between the two is usually defined by the listener rather than the speaker.

Career

Give credit where it's due. No-one enjoys working with someone who constantly steals the glory. Be ready to share the limelight.

Health

Speak gently to yourself. Silence your inner critic and offer yourself subtle encouragement to forge ahead. Just for today, be your own cheerleader!

Finances

Be humble. Money is no reason for heads to turn. When it really comes down to it, we all begin and end with nothing.

Spirituality

Share with care. Divine connection is experienced in many ways. Respond openly when asked and otherwise, avoid thrusting your beliefs on others.

Empowerment

There's more than one way to skin a cat. Embracing flexibility makes you unstoppable because it magnetically draws more people to your way of thinking!



direction

Relationship

Do you both want the same thing from your partnership? This is the perfect moment to ensure you're truly aligned.

Career

Get really clear on the path you're planning. There's always more than one road you can travel and it's worth reflecting whether you've taken the best one for you.

Health

Ultimately, what are you trying to achieve? Once your end goal is in sight, it's much easier to plot out the positive steps that will take you there.

Finances

Select one path and stay on it. Exploring the odd fork in the road can be rewarding, but it constantly divides your attention....and therefore your results.

Spirituality

Every connection to the divine is a two-way street in which you're required to select your path. Know what sustains you and practise it regularly to stay on track.

Empowerment

Hone in from every angle! Know what you want and focus all your energy along the same route for a strong and speedy finish.



discipline

Relationship

If your loved one constantly breaks their word, each disappointment chips another piece off your heart. Break the cycle. Get very clear on what you will and won't accept, then stick with it – faithfully.

Career

Success results when a clearly defined plan is implemented with steady practice and an unstoppable attitude. It's time to hold yourself more firmly to account.

Health

Dieting four days out of every seven will not produce the change you desire. Consistency is the answer. Improvements come about through the repeated application of positive new choices.

Finances

Any investment strategy will only yield the anticipated results if you keep to the plan. Ignore distractions and stay the course.

Spirituality

Systematic practice lies behind a strong connection with the divine. Use reminders or prompts until your regular habit becomes routine.

Empowerment

Self-control is the fast track to liberation! Demonstrating your commitment to do whatever it takes for as long as required is often the way to speed up your desired conclusion.



drive

Relationship

How does responsibility work between you and your intimate partner? If you find yourself repeatedly pushed into the passenger seat, now is the perfect time to press this issue.

Career

Every outstanding business contains at least one person deemed a force to be reckoned with. Become unstoppable in your push for the success you deserve.

Health

Forge ahead with what's working for you. Only prioritise someone else's advice over your personal experience if s/he has demonstrably achieved the goal you're seeking!

Finances

Every plan needs a concentrated push to bring it to fruition, so focus your energy on the efforts required to create the reality you seek.

Spirituality

Forget rational thought, ignore emotion and allow your gut to lead the way. When the universe guides your steps, instinct keeps you right on track.

Empowerment

Make passion and determination your tools of choice, then watch your path clear as if by magic! Where there's a will, there's a way.



faith

Relationship

If deep down you believe that together you can weather any trial ahead, nothing can hold you back. The strength of your connection makes you a force to be reckoned with.

Career

Stay true to your dreams, no matter what the world of business throws at you. Remember that s/he who dares, wins!

Health

Take comfort in the results you've achieved so far. Whichever path you've chosen to follow, understand that trust is key to your ultimate success!

Finances

It can be challenging to believe you're making progress in the face of evidence to the contrary. Nevertheless, hold strong and keep working at it.

Spirituality

Whenever you're questioning your connection, just ask for "a sign". This allows your divinity the space to reaffirm the bond you share.

Empowerment

Persuasion is a waste of time. Instead, just do, be and have everything you desire. Those who want the same can then choose to follow your example.



feedback

Relationship

How often does your loved one accept input from a stranger, only to hear your words: “That’s just what I’ve been saying for ages!” When listening to each other, allow the message to sink in.

Career

Plenty of people offer free advice on how to do something better. Welcome their comments and then sift through carefully before making up your own mind.

Health

Your body provides the best indicator of success. Pay attention to how you feel, your inner voice is the key pointer to moving forwards.

Finances

It’s a great time to schedule a strategic review. Be sure to implement the advice and tweak your forward plan accordingly.

Spirituality

Many people miss the divine pointers sent to guide us. It takes practice! Ask for obvious signs, focus your attention on looking and believe what you’re given.

Empowerment

How often do we ask friends’ opinions, but forget to seek our own wise counsel? Trust your gut for expert guidance from the one who knows you best!



Relationship

It's the wrong time to rock the boat. You're likely experiencing more rough than smooth right now but remain steadfast. Calmer waters lie ahead.

Career

Ride the wave and enjoy the connections you're making. You're moving in a positive direction, even if your goal is still out of sight.

Health

Expectations set you up for disappointment. If your results are not what you had hoped, take it as a sign to let go. Release anticipation and allow the universe to surprise you!

Finances

Avoid hoarding. When cash comes in, pass it along. Maintaining this motion creates a virtuous cycle and gently draws in additional funds to move through the space.

Spirituality

To function at your best, surrender and allow your impulses to run their course. Everything in its time, with a time for everything. This too will pass!

Empowerment

Ease up on control. At this point, you will benefit more profoundly by simply allowing whatever will be.



focus

Relationship

Where could you further improve your bond with your intimate partner? Pay close attention to whatever you're neglecting before it has chance to bite you on the bum!

Career

If you really want to get ahead, get single-minded. You'll reap the benefits immediately.

Health

Address your mindset. Give top priority to a belief system which supports the balance you're seeking.

Finances

Set a plan; stick to it. Half-hearted attempts, sudden deviations and fatal distractions are always to blame when your results go off track.

Spirituality

Got a tendency to wander? Catch yourself quickly! Energy flows where your attention goes, so be sure to fix yours firmly on whatever you wish to expand.

Empowerment

A laser beam burns easily through metal, but a spotlight does not achieve the same intensity. For maximum impact, concentrate all your effort in the same direction.



fulfilment

Relationship

Commitment is something that considerably enhances the bond between two people. Revel in the devotion you feel right now from your loved one.

Career

It's not every day you experience a warm glow at work! The good news is the gratification you feel at present is the foundation upon which you can reliably build moving forwards.

Health

How exciting to see the results emerging from your recent efforts! Be proud of what you've achieved, you thoroughly deserve this.

Finances

It's possible to focus so much on attaining a goal that you forget to celebrate fully when you reach it. Build in your success factor so you can recognise when you're done.

Spirituality

Moving beyond physical realities allows you to bypass ordinary limitations. Consider what transcendence means for you.

Empowerment

Dale Carnegie said that success is getting what you want, while happiness is wanting what you get. Joy lies in the deepest appreciation of all that you have.



generosity

Relationship

Giving and receiving is critical in all human contact. Do you tend to favour one end of this equation? It's time to even things up!

Career

How hard do you work for what you earn? If your current compensation no longer suits you, reflect on how you can add more value to gain greater recognition.

Health

Set up a rewarding payback cycle by indulging yourself first. Supreme self-care teaches others to treat you with kindness. Go ahead and set a great example!

Finances

What goes around comes around, so find a way to help someone else refine their investments. The time you spend will return a dividend.

Spirituality

Whatever you give out starts a chain reaction which eventually comes back to you. Always send kindness, you never know when you'll need some yourself.

Empowerment

Hold ready in your heart what you hope to receive from others. When your strength emanates from within, any negative input from those around you is of much less consequence.



initiation

Relationship

Start over this week. Avoid any natural tendency to stick with the tried and trusted. Know that something better awaits you!

Career

It's rarely comfortable to break new ground. Still, it's time to immerse yourself in fresh waters and develop critical new skills.

Health

Take the road less travelled; try an alternative treatment. Results will take time to manifest, but the only way they can show up at all is if you get started.

Finances

There's a first time for everything. What have you not yet done which could add immeasurably to your money goal? Make a start right now!

Spirituality

Taking your esoteric practice to the next level enables you to strengthen your connection and access greater potential. Connect with a suitable guide or teacher.

Empowerment

Never underestimate your ability to start over. An energy reset is valuable on so many levels, plus each refresh further pushes the limits of your current learning.



inspiration

Relationship

What does your most intimate connection need right now to become the best it has ever been? Imagine ways to fan the flame, then open yourself to receiving this gift.

Career

Your current project will radically improve if you trust fully in your latest idea. It makes no sense to sell yourself short.

Health

Embrace that new alternative you've been considering. Allow it to revive your senses and bring a welcome boost to mind, body and spirit.

Finances

Things are finally on the up! An exciting new insight on the money front makes everything look a great deal brighter.

Spirituality

Have you ever wondered where ideas come from? Make the most of every notion gifted to you, seize your most dazzling thoughts and breathe life into them.

Empowerment

When you feel lacklustre, rekindle creativity through an unrelated artistic project. Gently stirring the ashes of your imagination ignite will a fresh glow.



intent

Relationship

Everything is a game of two halves; can you honestly say you are doing your bit? Consider what else you must contribute to achieve the outcome you both desire.

Career

Be clear in your own mind what you want to achieve at work, then chunk it down and make a start by setting some explicit goals.

Health

How much responsibility are you taking for your wellness? Find inspiration in **Perfect Health** by Deepak Chopra and define your path to optimal wellbeing.

Finances

Nothing beats a firm plan for your funds! Decide where your money is going, specify when you want it to get there and brainstorm a tactical approach to hit your target.

Spirituality

To manifest your idea into reality, that first spark of inspiration must be formed into a powerful and consistent purpose.

Empowerment

Never underestimate your ability to set yourself up for success. Resolutely fixing your end point in mind immediately begins to clear the path ahead.



knowledge

Relationship

In the biblical sense, “to know” refers to the intimate contact within a loving and committed couple. Focus on the sensual pleasures you share together.

Career

Become fascinated by detail. Right now, it’s less big picture and more about perfecting each step. Jump into learning mode!

Health

Which aspect of your health could you still improve further? Hunt out the real facts behind others’ success and formulate your own informed action plan.

Finances

Do your research, check your facts and carry out due diligence. The more you know, the better prepared you are to change tack when faced with a hitch.

Spirituality

Recognising the wisdom upon which your faith is based allows you to believe before you can see.

Empowerment

Be thirsty for information. Learning elevates – and it liberates. Take every opportunity to expand your mind and your spirit will follow suit.



magnificence

Relationship

Others may consider you the ideal couple, but it's more important how you consider each other. When things are this good, it's vital you notch up the consideration. Truly cherish your other half!

Career

Right now, it seems like every door is open, every light is green and the stars have truly aligned. Embrace it all, you've earned it.

Health

You're glowing, inside and out. When someone asks your secret, be ready to share the love. It's the invitation others may need to follow your path.

Finances

When you experience a sudden leap, glory in the awesomeness before returning to your plan. Stay on track; just walk in the light!

Spirituality

Your connection to source nestles deep within you. Replenishing yourself daily ensures you always shine brightly, no matter what's happening around you.

Empowerment

Recognise that every personal circumstance is a gift, even when times seem tough. Each situation enables you to reach deep inside and direct your brilliance wherever it's most needed.



opportunity

Relationship

You've been overlooking something important in your couple. Take a good look at where you are, then get really clear on your options.

Career

Grab this new opening with both hands! Remember, fortune favours the brave.

Health

Something which has worked well for you might also be applicable to others. Can you find a way to help more people benefit from your experience?

Finances

Where can you see room for growth? Invest time now to complete your due diligence. Upfront checks will ensure that what you see is what you get!

Spirituality

Open yourself to more. Specify exactly what you want and define your chosen measure(s). To manifest physical abundance, you must be spiritually precise.

Empowerment

The only way to capitalise fully on a lucky break is to take concrete action. Mentally plan your approach and emotionally clarify your strategy. Then jump into physical deeds and make it real!



passion

Relationship

What is it about your intimate partner that totally lights your fire? In all areas of life, show gratitude for this trait by continually fuelling that flame!

Career

Get super excited about where you're headed and why you're going there! Enthusiasm is infectious; your zeal will draw in others for the ride.

Health

Let your heart rule your head. Get emotional, feel the vibe and stand up for what you really, truly desire!

Finances

A love of money is one thing, but investing requires a long-term commitment. So, spice up the wait by developing a fever-pitch desire for your end goal!

Spirituality

When divine connection burns at the heart of your everyday, each move you make stems from a deep sense of inner guidance.

Empowerment

You become unstoppable when what truly drives you is allowed to gather momentum. Build more excitement into your dreams, and totally go for it!



patience

Relationship

Everyone develops at their own pace. It can take time for two people to reach the same level of understanding, so allow this pause to happen without undue pressure.

Career

Everything comes to s/he who waits. Use the interval to regroup your ideas and refresh your approach. Get ready for the next phase!

Health

Count to ten, breathe deeply and let it go. Haste will not bring you any new answers. Here's your chance to embrace calm, serenity and tranquility.

Finances

Rome wasn't built in a day. Battle the urge to instantly increase your revenue or immediately reduce your debt. Just hold steady.

Spirituality

Maintain a constant focus on the outcome you desire. Place your attention on your goal and not on the time it takes for the necessary to fall into place. Later, you will see it was time well spent!

Empowerment

Avoid acting in haste and reject attempts by others to rush you. Stand firm in the belief that however long it takes, this space plays in your favour.



perseverance

Relationship

It often seems easier to walk away when things are not going the way you'd like, but it's worthwhile sticking with it. You will lose a great deal if you leave right now.

Career

Keep pushing forward even though things are taking longer than you'd hoped. Build further on the investment you've already made.

Health

The jury is still out, but that's only because more data is required. Ignore the temptation offered by magic solutions and just carry on. This path will eventually pay you dividends.

Finances

Keep at it! The results you've had to date are not the final story. Stay focused and continue working towards your long-term goal.

Spirituality

Glimpsing the light at the end of the tunnel can make you impatient to reach it. Forget immediate gratification; the name of this game is slow and steady.

Empowerment

Consistent and relentless action is the secret to success. Do not allow any apparent failure to put you off. Adopt a fresh perspective and try, try, try again!



perspective

Relationship

Take a fresh look where you're at and weigh up your gains. Make certain you don't accidentally overlook something precious.

Career

Always work with the end in mind. Right now, it's important to pay close attention to the details of the moment, lest something critical pass you by.

Health

Everyone has a slightly different view and it's worth considering them all before taking your stance.

Finances

Keep emotion away from your bank account. Where money is concerned, it's always best to look to the long-term and maintain distance in your decision-making.

Spirituality

Put aside your critical perception of any situation and step away from how it makes you feel. Focus instead on what you can learn from each opportunity. Seek the gifts it brings.

Empowerment

The mediaeval Levent proverb reminds us "this too shall pass". Whatever your circumstances seem good or bad, great strength lies in maintaining detachment.



power

Relationship

Who takes the lead in your relationship? Consider how a small shift might really freshen things up.

Career

This is the perfect day to connect with those in authority. Share ideas to improve your work environment and develop the team around you.

Health

When you're on top of the world, everything is within easy reach. Your personal influence has more sway than you think. Use it to draw the rewards to you!

Finances

Employ leverage to multiply your gains and maximise your returns. Where possible, practice compounding and have other people's time, money or resources working for you.

Spirituality

Encourage the divine to channel through you. You are at your most potent when you choose to act as a conduit for others.

Empowerment

Align yourself completely, so inspiration flows through your words and deeds. Avoid the tendency to overthink – in short, get out of your own way!



progress

Relationship

Recent developments in your relationship are a strong indication of the way things will go. Positive or negative, embrace this fully – the outcome is now obvious.

Career

From small acorns grow great oaks and you can now see a clear path emerging. You've made your mark, it's time to further strengthen this impression among those who count.

Health

Although there's still a distance to go, you can really see satisfying improvement. Ignore anyone counselling a different direction. You've found what works for you!

Finances

Though you're not yet where you want to be, notice how far you've come. Learning is never wasted; build further on its foundation.

Spirituality

It's easy to trace the footprints left behind, but more of a challenge to sustain faith when moving forwards! Rest assured, you're on the right path – success beckons.

Empowerment

All that's gone before has led to this point. Thanks to everything you've experienced so far, you get to create what comes next!



reflection

Relationship

What's most important to you in a love partner? When considering your ideal, remember to cherish those aspects you already have.

Career

Why travel blind when there are pertinent landmarks you can reference? Examine carefully how far you have come and allow your conclusions to inform the path ahead.

Health

Spend the next 24 hours living mindfully. Some people wait for tragedy (or a near miss!) before contemplating the meaning of life. Decide right now to engage with the world around you.

Finances

The state of your purse mirrors the state of your life. Money is a form of energy so if your wallet is depleted, pinpoint the cause and implement change.

Spirituality

Which aspects of yourself lack expression? When you consistently repress something, do not be surprised by its struggles for acknowledgement.

Empowerment

Match your outside world to your inside world. The first step to self-actualisation is integrity between your thoughts, words and actions.



regeneration

Relationship

Releasing something (or someone) important to you invites possibility. It's only by leaving an open space that you create an opportunity for something to fill it.

Career

Review your end goal – you may need to make it even bigger! Recent experiences have grown you hugely. It's like you're starting again, but from a more favourable position.

Health

It seems the secret to eternal youth is now yours. You're radiating both beauty and wisdom, and others find it a rather compelling mix!

Finances

Expect a radical change to your situation. It's time to completely rework your cashflow and implement some exciting new money strategies.

Spirituality

A brand new wave of connectivity is powering its way towards you. The depth of your bond is now so rich that it feels almost tangible.

Empowerment

It's like being reborn. You're gradually realising you're capable of a great deal more than you previously believed possible. Ride the wave and seize every opportunity!



release

Relationship

You're finally ready. Perhaps you were holding on to past hurts. Maybe your couple has run its course. Let go, make way for better.

Career

When change is thrust upon you, it can be difficult to accept it gracefully. Choose to surrender and watch for the new opportunity popping up to fill the space!

Health

It's a great time for cleansing. Think emotional release processes, mindset mentoring and chakra balancing. Also remember to flush away all that is complete – drink plenty of fresh water.

Finances

Work to a budget and save to a plan. Whatever's left over, spend it joyfully. Money is a means of exchange; it's designed to circulate. Send it on, and it will return!

Spirituality

When the Zen master fills his visitor's teacup to the brim, the visitor protests that it's overflowing. Clearly, you must empty a cup before adding any more.

Empowerment

There's immense potential in the void. Letting go allows you to reach new heights – and truly overcome the fear of falling!



serenity

Relationship

Enjoy the many blessings brought into your life by your intimate partner. Just for now, let go of second thoughts and celebrate what already is.

Career

How often do you congratulate yourself on the progress you have made? If you have been too busy striving to make your mark, pause the cycle and breathe.

Health

Peace of mind is one of the greatest attributes for wellbeing. No matter what is going on for you, today's job is to simply rest quietly with the many gifts you possess.

Finances

As your plans bear fruit, a watchful eye will keep everything on track while you recognise the distance you have travelled.

Spirituality

Be thankful for your connection to source. This doesn't come easily to everyone so wherever possible, share it graciously.

Empowerment

Inner peace is something many seek their entire lifetime. Looking inside, they find only darkness. When you cast your light on others, your unique gift inspires some to break through.



stability

Relationship

There's a warmth between you which offers security. Regard this solid foundation as a base for happiness from which you can both reach higher.

Career

Open your eyes to see what you already have. Constantly pushing for the dream can blind you to those gifts around you right now.

Health

Some days you're up, and others you're down. Energy is always on the move. Consider which constant elements in your energy bodies can help you track (and even predict) your progress?

Finances

When you're clear on your overall direction, you can take advantage of rising market trends to boost your steady and constant growth.

Spirituality

Consistent and regular practice is infinitely more rewarding than the occasional blitz in a sweat lodge, followed by weeks without divine connection.

Empowerment

Even slight but unremitting efforts still add up. Think about the tortoise and the hare, then consider what you can do that will eventually win the race!



strategy

Relationship

It's one thing knowing what you want. But in a couple, it takes two to tango if you want to achieve something together. If it's your turn to lead, place your best foot forward!

Career

Hope is not a strategy. It's time to figure out specifics. Who can help you get where you want to go? What do you have to say to kick things off? Don't leave things to chance.

Health

If one simple answer fitted everyone, some bright spark would have bottled it already! Decide what suits you best and keep tweaking the components to identify YOUR magical mix.

Finances

Focus right now on the plan. Begin with what it's all for, define your tactics, then work out your timeline. How exactly will you do this?

Spirituality

Recognise that your connection with source lies behind everything. Have you figured out the best way you can leverage it?

Empowerment

Purposefully join the dots. Notice which patterns result in your best (and worst) outcomes. Then use this knowledge to develop more of what you want!



strength

Relationship

Human power is expressed in myriad ways. A strong male may dominate, whereas a strong female might endure. Consider how well your choices come across to others, especially your partner.

Career

Demonstrate your resolve by battening down the hatches and waiting out the storm.

Health

Do whatever's necessary to build yourself up. The challenges ahead will call on your reserves, so make sure now to put some in place!

Finances

You have successfully countered the weaknesses in your portfolio. Fortune lies ahead and you can expect to capitalise on your investments as they grow.

Spirituality

Instead of questioning whether it's possible to achieve your goals, trust that your divine connection will provide you the stamina required to weather the trials ahead.

Empowerment

Friends, family and accountability partners offer much-needed peripheral support. However, your true force lies within. To reach its depths, turn inwards.



support

Relationship

Gain the backing you need from your loved one by clearly showing you've got their back. It's a two-way deal and you must step up first!

Career

Be sure to call on those around you. Whatever you're facing, someone has already done this before you and they're willing to share the knowledge they gained.

Health

Supplements are key right now. Take your full complement of vitamins / minerals each day to cover off the basics and be ready for anything!

Finances

Seek out two things: reliable advice upon which to base your decisions, and someone you can turn to if it all goes pear-shaped.

Spirituality

Share the joy of the divine with those around you. Community sustains you when your connection is not as strong as you would like it to be.

Empowerment

Find your strength among others. Group situations allow you to learn as much as you teach. Remember that personal development is never a solo mission!



transformation

Relationship

Expect a radical shift. Hold tight, it could sweep you off your feet and make everything feel like a brand new beginning.

Career

A fresh start is on the cards, opening new doors and introducing you to different people. Out with the old, as you spruce things up and embrace this positive change.

Health

Don't you just love it when people stop and stare? You can see the confusion in their face as they try to figure out the difference in you. Keep them guessing!

Finances

The amount of cash in your world is a direct reflection of your personal energy. Rejoice fully at this sudden jump in your value.

Spirituality

Every moon cycle offers the chance to boost your connection and reach a new level of understanding. Make the most of this recurring opportunity to start over.

Empowerment

When you change your mind, you create a fresh option and make possible a new normal. Everything begins with perception, so open yourself to the untried; think again!



value

Relationship

Consider what you add to each other's life. The strength of your bond means that together you get to create something more significant than either of you can attain alone.

Career

Where can you contribute even more? It's worth bolstering your position to make sure you're next in line for rewards.

Health

It's unfortunate that wellbeing is most noticeable when it's lacking! Nurture your vitality and practice supreme self-care anytime you feel the need. Far from selfish, this is an investment in your health!

Finances

Net worth is a complex equation. The sum in your bank account is just one perspective; it's vital you consider several angles to get the full picture.

Spirituality

Self-esteem and how you evaluate your potential directly affect the results you achieve every day. It's time to back yourself to win!

Empowerment

Raise the opinion you hold about yourself. No matter what's gone before, each day you start afresh. Put your gifts into play and make a real difference.

The Author



Samantha Jung-Fielding is the founder of Happinessence. She is a proficient and engaging communicator, mentor and strategist whose insights are grounded in twenty years' experience as a successful entrepreneur, thought leader and specialist in frequency medicine.

At the start of her career, Sam spent 15 years in international sales and marketing, helping corporates break into new markets. Seeking more personal balance once she became a mother, Sam opened a natural healing centre in Walton-on-Thames. Newphoria quickly grew into the largest hub in Surrey for alternative and complementary medicine.

In 2012, Sam and her husband migrated their family to New Zealand and settled on a small alpaca farm between Auckland and the Waikato. Nestled at the heart of the farm, Happinessence offers an ideal location to those seeking the peaceful energy of the countryside and Sam's work in bioenergetics brings her full circle to her energy medicine beginnings in 2005 at Newphoria.