



Check Your Energy

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HI AGAIN!

Before you pick up your oracle cards, do you ever stop to think about how you're feeling? Checking in and knowing how you feel and where your energy is before you begin is really important. If you are feeling "off" there's a good chance your cards will be "off". This is actually quite common and I teach all about it in Oracle School.

The cards are going to reflect your **dominant energy**, so that's why I stress the importance of being grounded and clear *before* you begin.

Start by asking, "How do I feel?"

Are you angry, anxious, worried, scared, or "attached" to an outcome? Think about what the energy is that accompanies those feelings. That's what the cards will reflect.

You want to come as neutral as you can to get a more accurate reading!

Different ways to get neutral include:

- Prayer
- Meditation
- Vision journeys
- Breathing exercises
- Or anything else you like to use to get into that clear space

Now try it for yourself:

- Sit for a moment and notice how you are feeling
- However that is, don't judge it.
- Ask, "Where am I?"
- Pull a card
- How does the card reflect your energy? What is it telling you about it?
- Now, if you were in a neutral place and feeling good, think about something stressful and allow yourself to feel that, and if you were not feeling great, get yourself neutral.
- Ask the question again and see your result.
- Journal about what you noticed.

