

Sample pages from

The Inner Wealth™ Deck

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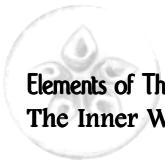
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INTRODUCTION

The Inner Wealth™-body of work was born from years of ecumenical, creative and expressive arts practices. It is informed by my journeys into the study and practice of cross-cultural Shamanism, Yoga, and Eastern philosophies. It's creation is also inspired by my integration of somatics, alternative healing modalities, dance, movement and arts therapy. My personal and professional focus is centered in the sustenance of vital health, joy and embodied spirituality. I am passionate about human development, emotional intelligence and the evolution of consciousness.

The Inner Wealth™-Deck is a fusion of rich life experiences, work and studies. This body of wisdom is universal, educational, and user friendly. It's ability to facilitate individuals and groups into breakthrough and optimal states has been proven with hundreds of workshop and retreat participants, students and clients. It is my intention that you and those you serve are inspired by what you discover about your selves and one another, through integrating the Inner Wealth™ process. May it bring you into greater awareness, appreciation, joy and well-being.



Elements of The Inner Wealth™ Deck

The Inner Wealth™ Deck drawings are Mandalas

Mandala is a Sanskrit word meaning sacred circle. Found in virtually every culture, mandalas have been utilized in art, healing rituals, and sacred ceremonies. Psychotherapist Carl Jung, who is credited with bringing the mandala to the West, believed that it was an avenue to the inner life and soul. Transpersonal psychologists and art therapists utilize mandalas with their clients to naturally resolve conflict and bring wholeness to dissociation within the psyche. The 22 mandala cards in this deck were spontaneously created in a meditative state with the intention of tapping universal wisdom and healing. Allow their color and form to speak to you, knowing that they were created with love, truth and beauty as guides.

Working with Mandalas offers the following:

- Integration of fragmented parts of the self;
- Holistic reorganization of thoughts and feelings;
- Access to non verbal expression and insight; and,
- Visual progression of self-discovery.

The ‘Practices’ section of this booklet includes specific activities based on each mandala. The activities are used to facilitate processes that support the assimilation of the Inner Wealth™ experience.

The Inner Wealth™ cards are Oracles

An **Oracle** is defined as a person or avenue that serves as a source of wise counsel or prophetic insight. With an oracle card, the participant's perceptions and magic of the moment reveal what the inner knowing most needs to communicate for the greatest benefit.

The oracle messages are designed to tap innate wisdom. This inner knowing can guide us impeccably when we earnestly tune in, ask and listen. The oracles are a reminder that the mystery and magic of life is accessible to each of us, in fact, it IS us. Oracle cards can reveal valuable insights and expand awareness. Receiving their wisdom can be very simple, direct and brief, and the oracle readings in this deck are very concise. They come to us in the service of health and wholeness, and offer practical and immediate life relevant information that can be globally and personally applied to individuals or groups.

The Inner Wealth™ Process integrates elements of Appreciative Inquiry

Appreciative Inquiry (AI), originated by David Cooper Writter, is a methodology for organizational change. It has a ***solution-based*** (strengths-based) philosophy that utilizes an inquiry process to discover the “positive core” of an individual or group. By focusing on peak experiences, values, best practices, imagination, and creation, AI identifies where we thrive as living systems so that we can anchor and live from that place.

Positive strengths of an individual or group are brought to the forefront, renewing enthusiasm and inspiration. AI invites breakthrough and innate joy, increasing emotional wellness and self esteem as well as shifting perspectives into more positive outlooks. This supports beneficial change, and the discovery of circumstances that encourage functional, fulfilled states of being.

The appreciative questions in the Inner Wealth™ deck take us into the richness of our depths. They probe our memories for resources and peak experiences, thereby reminding us of the vast wealth of natural talents, abilities and wisdom within.

The questions are powerfully effective when working with individuals or diverse groups. Their many applications include, one on one counseling, personal journaling, corporate and community bonding and visioning, youth and community wellness and development.

The Inner Wealth™ process utilizes Meditation

Meditation serves as an anchor to a present, tranquil, and alert state of being. A meditation practice is one of the most nourishing gifts we can give to ourselves. There are various practices within the Inner Wealth™-deck that utilize meditation. Whether receptive, introspective or expressive (art, movement, journaling, sound), they all offer the following benefits:

- Increased self awareness, relaxation and centering in the present;
- Quieting and focusing of the mind and deepening of respiration;
- Opening body and mind to receptive states of insight and healing;
- Allowing contact with inner knowing and divine source;
- Merging with the Great Mystery or Life Force;
- Optimizing mental, emotional, physical and energetic states; and,
- Aligning the nervous system with peace and well being.

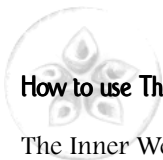
Expressive meditations restore health, magic, and awe to life. They inspire the flow of creativity and the fulfillment of our human potential. The Inner Wealth™-Deck utilizes the expressive meditations of journaling, mandala creation, collage art, movement, sounding, and nature based awareness activities. These practices ground self-awareness in the body and inspire optimal health. Further, they support the integrative harmony of all parts of the brain and all aspects of being.

The Inner Wealth™ process is recorded in a Journal

Journaling is a valuable resource that increases the richness of the Inner Wealth™ experience. The AI questions and several activities in the deck, utilize the journaling process. It is recommended that all journaling practices be written in a “sprint” format (given a time limit, e.g. 5 minutes) or are written as a stream of consciousness flow, without pausing to “think.” This supports in getting beyond the voice of the inner critic. The intention is to access the authentic voice. The journaling topics are intended to touch the truth of expression, beyond perceived self-images and identities.

Additional benefits of Journaling include:

- Clarification of goals, values and visions;
- Bridging of the inner and outer worlds;
- Recording what is meaningful, fun, historic, creative;
- Exploring dimensions of the spiritual and emotional life;
- Recapitulating peak moments;
- Reflection and process of life experiences; and,
- Stress management.



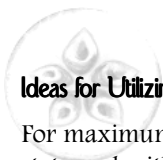
How to use The Inner Wealth™ Deck

The Inner Wealth™ Deck is ideal for a wide variety of individuals interested in personal growth as well as for teachers, facilitators and group leaders.

Social workers, counselors, therapists, experiential education professionals, artists, and lovers of personal development, can utilize this card deck in a multitude of ways. There is really no limit to who can benefit from integrating this body of work.

The Inner Wealth™ Deck was developed from an Inner Wealth™ Curriculum that has been successfully applied in private sessions, classes, workshops, training and retreat settings, for children, teens, at risk youth, women, community organizations, educators and corporate groups.

The Inner Wealth™ Deck synthesizes the curriculum into a totally portable and easily adaptable form, which is applicable in a variety of settings and with diverse populations. Allow the deck to be a launching pad, a starting point to catalyze your creativity and inspiration with infinite possibilities for personal and community development and celebration.



Ideas for Utilizing the Inner Wealth™ Deck

For maximum results, use your Inner Wealth™ Deck within a meditative state and with clear intent. Focus on your breath, clear your mind and do your best to create a space of centering before beginning any exploration or group facilitation. The more present and focused the approach, the more profound and helpful the results.

I. Working Individually

The Inner Wealth™ Deck can be used as a 22-day or 22-week intensive process. In this application, individuals can begin with the first card and process in a linear manner (cards 1-22). Another intensive approach uses out-of-sequence selection from the whole deck. You can still pull one card daily or weekly, and be sure to keep it separate from the others as you continue your process, so that each card selected is “new.”

Use one journal or sketchpad for recording all writing and art as meditation practices. This will provide a cohesive and powerful reflection tool to record your journey. Each oracle can be applied to the day or week’s experiences, or chosen to answer a specific question. The appreciative inquiry question/s can be answered in the journal, as well as meditated upon throughout the day/week. Further, the practice adds an added dimension that grounds and fleshes out the oracle and question process.

If working solo, consider sharing aspects of your process with a trusted friend, family member, teacher, mentor or therapist.

It is valuable to chart and share our personal growth and self-discovery. The power of being witnessed inspires creative action, and roots inner change in the outer world. As you evolve, new information will be revealed each time you use the deck.

II. Working Individually

The Inner Wealth™ Deck can be accessed for a specific question or area of life in the same way that one might utilize a tarot deck or other oracle. This can be useful for receiving more clarity, insight, or creative feedback, and making decisions that are aligned with the inner self.

Topics and areas of focus are unlimited. Example questions may include the following: What is the most supportive insight to benefit my professional or creative life? , Romantic relationship? , Specific new venture?, etc. What is the blind spot (in any specific area) that if brought to vision would create breakthrough now? What insight does my inner self most want to reveal to me regarding any specific issue? Remember to innovate and allow your creative process and inspiration to guide you. A pure intention and earnest inquiry will result in receiving insight that is most direct and helpful.

The following pages are a Card Sample (front and back) from:

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Flourish

Just as every flower has its essence, you too have an authenticity that is most beautiful when you are simply being yourself, in right relationship to your environment. Given water and sunshine, a flower cannot help but bloom. You are no different! Plant yourself in a nurturing environment and flourish.

Question: Under what circumstances and conditions do you most easily express your authentic self? How do these circumstances and contexts empower you to flourish?

