

SISTERHOOD *Of The* SEERS

Inner Reflection Workbook



Dear Seeker,

Welcome to the gateway of seership.

*It is time to embrace clear sight and knowing
with the helping hand of your oracle deck.*

*May these cards offer you comfort and
guidance for the highest good of all.*

Athena



The SISTERHOOD

*We have had many faces and names throughout time,
yet our essence remains the same.*

*We are a force of nature, now known as the Sisterhood
of Seers, and we are here to help guide collective
consciousness into a higher vibration.*

*When you open a doorway to your interior life, you create
a path. What is veiled then becomes unveiled.*

*This has always been the way. As you use these cards,
you will come to master the art of seeing.*

*You are our kin, and we are yours.
A spirit cloth woven over time made
manifest in these cards.*



HOW TO ACTIVATE YOUR DECK

Activating your oracle deck is a sacred process that helps you connect deeply with the energy and wisdom of the cards.

Begin by cleansing your deck by setting a clear intention—this is an energetic clearing that you do by streamlining your focus.

Spend some time shuffling the cards, allowing your energy to infuse with the cards.

You may also wish to meditate on the deck, holding it close to your heart, and asking for guidance and insight for the highest good. By creating a personal ritual for activation, you honor the spiritual tool and prepare yourself to receive its messages with clarity and reverence.



DAILY ORACLE PRACTICE



1 CREATE A SACRED SPACE

Find a quiet and comfortable place where you can sit undisturbed for a few minutes. Light a candle, burn some incense, or play soft music to create a peaceful atmosphere.

2 SET AN INTENTION

Before drawing a card, close your eyes and take a few deep breaths. Set a clear intention for your practice. You might say something like, "I am open to receiving guidance that will help me connect with my own intuitive abilities."

3 SHUFFLE THE DECK

Hold the oracle deck in your hands and shuffle it gently. As you shuffle, focus on your intention and ask for guidance. Feel the energy of the cards and let yourself become attuned to them.

4 DRAW A CARD

When you feel ready, draw a card from the deck. Trust your intuition to guide you to the right card. If you're drawn to pull more than one card, follow that instinct.

5 REFLECT ON THE CARD

Spend a few moments looking at the card you've drawn. Notice the imagery, symbols, and any words or phrases. Pay attention to your initial thoughts and feelings about the card. How does it resonate with your current situation or question?

6 JOURNAL YOUR INSIGHTS

Write down your reflections and any insights you receive. Journaling can help you track patterns and deepen your understanding of the messages you're receiving.

7 MEDITATE ON THE CARD

Close your eyes and visualize the card in your mind's eye. Imagine stepping into the card and exploring its landscape. What do you see, hear, or feel? Allow any messages or images to come through without judgment.

8 CONCLUDE YOUR PRACTICE BY EXPRESSING GRATITUDE FOR THE GUIDANCE YOU RECEIVED.

Gently place the card back into the deck and store it in a safe place.

WORKING *with the* SISTERHOOD *of* SEERS:

- 1 Begin by clearing out any distractions and centering your mind and body so that you feel peaceful and calm before you do this exercise.
- 2 Take out all eleven Seer cards from your deck and place the cards with the images facing up.
- 3 Now gently scan your hand over the cards and notice if any sensation comes over you while you land on a specific Seer. You may feel like your fingers get tingly, cold, or hot – this is completely natural and part of the process. As this is your body's way of intuitively and instinctively alerting you to the energy of the Seer which you need to focus on.
- 4 Read the associated Seer card message from the guidebook.
- 5 Then, when you are ready, journal your answers to the following questions:

- * *Which Seer did I have the strongest reaction too?*
- * *Why is that?*
- * *Which seer do I like the most?*
- * *Which do I like the least?*
- * *Am I denying this quality in myself or does this reflect a pattern that plays out in my relationships or life?*

Often we have strong reactions to qualities we wish to improve or qualities that we have denied all together. Either way, the information is helpful as it guides us towards greater integration and wholeness by accepting all facets of our selves.

I accept all facets of myself.

I use my spiritual sight wisely.

*It is safe for me to explore all
dimensions of life.*



NEED A HIGHER
PERSPECTIVE ON A PROBLEM?
Try this spread.

7 Card Higher Sight Spread

By Athena Laz



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*I can always
create the space for
solutions to appear.*



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