

the re-deck guidebook

elizabeth blakesley



The Re-Deck and the Re-Deck Guidebook

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Concept and text by Elizabeth Blakesley

Introducing the Re-Deck

We all have looked for the **reset** button from time to time. We all have paused to **reflect** or **rethink**. We may have felt the energy shift when a planet goes **retrograde**. We may have sought ways to **reconcile** with others or with ourselves. When we need to **reboot, rethink, reimagine**, the Re-Deck can offer insights and encourage us to dig deeper within, for whatever we may want or need to **re-___**.

Allow the Re-Deck to provide useful insights in a variety of readings, ranging from one card to multiple card spreads. Drawing or choosing a card for daily guidance may prove powerful. Asking questions like “what do I need to pay attention to today?” or “what is trying to catch my attention right now?” can be enlightening.

The Re-Deck will also play well with any version of a two-card spread, many of which set up pairings for us. What do I need to let go of? What do I need to focus on? We also can ask one of those questions and pull the second card to illustrate a potential outcome or impact.

Three-card spreads are often based on triads of past/present/future or mind/body/spirit. Spreads are widely available online but personalizing a daily spread as much as possible will reap deeper benefits.

My favorite daily 3-card spread addresses past, present and future, and it works well with tarot and oracle decks alike. I created it with inspiration from a variety of spreads and my own personal journaling prompts.

What do I need to know about myself today?

What may cross my path today?

What’s my next best action?

Additionally, with its 36 cards, the Re-Deck also lends itself to a Grand Tableau-style reading, borrowing from the tradition of Lenormand and using all of the cards. You may find the Re-Deck works well with other large-scale spreads like the Celtic Cross or as companions or clarifying cards in a tarot spread.

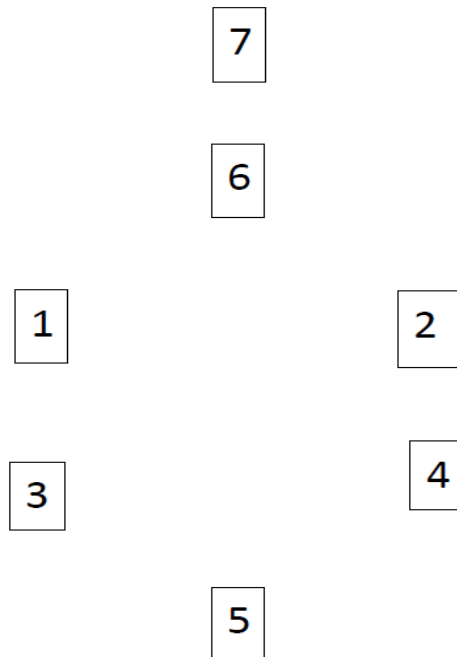
Let your imagination guide you.

In addition to these ideas for using the deck, the following is a spread designed especially for use with the Re-Deck.

The Re-Deck Spread

First, you are invited to think of a situation or issue that you would like to explore. You can shuffle and draw cards while thinking of the following questions. You could look at the deck and see which card resonates with you for any of the positions.

There is no right or wrong way to do this.



1. What do I need to pause?
2. What do I need to push ahead with?
3. What is holding me back?
4. What is the key to achieving my goals?
5. What advice have I been ignoring?
6. What is the universe trying to tell me?
7. Where shall I go from here?

The Cards

The cards can certainly be used intuitively, but if you're curious, the guidebook offers some insights into my feelings and sensations around the words and the images. If the message doesn't ring true, maybe it's meant for another time. Maybe you're meant to carry the message to another.

The words are in alphabetical order for easy reference.

- Reach** We can find ourselves in a rut, second guessing ourselves. We can be our own worst enemy. Think about how plants will grow toward the sun. Even houseplants that are thriving in indirect sunlight will reach toward the light, toward what nourishes them. Whatever it is that makes you feel alive, keep reaching for it. Look into the darkness, look around the edges. You never know what you might find.
- Realign** A passive carnivore, the pitcher plant looks rather dangerous and monstrous while it just waits for dinner to fall in. Sometimes we are the pitcher plant, and sometimes we are the fly. If either of these positions feels uncomfortable (or maybe both), realign your thoughts, your circumstances, yourself in order to cultivate within and to broadcast out the energy you need.
- Realize** It is easy to get overloaded and distracted by what is happening in the world, globally, locally. What does it mean? Is this worth it? Take a deep breath and look within yourself for the solution. What is it you need, right now? What is missing? Sharpen your focus. Slow your breath. Hone in on that one thing that wants to become clear. Come to awareness.
- Rebalance** With the constant swirl of information around us, we may find ourselves overindulging. Just like the feeling we get when we don't eat any vegetables for a couple of days in a row, we may be filling our mind with the equivalent of junk food. It is important to not berate yourself, to not fall into cycles of blame or shame. It's a new day, a new moment, right now. Turn off the news. Go out into nature. Look deep to see what is feeling off kilter, and take the steps needed to rebalance your mind, body, spirit.
- Reboot** Sometimes our devices choke up on us, and there is nothing to do besides power down and then power back up. Most of the time, the reboot makes the problem disappear. It isn't always that easy, but it's worth a try. Take a breath. Step away. Take another breath. Take as many as you need.
- Receive** Have you heard that saying about giving until it hurts? Isn't that a bit ridiculous? Yet we often end up giving to the point we exhaust ourselves. There is that

other saying about not being able to pour from an empty cup. If we never allow ourselves to receive, we miss out on benefitting from others. We stunt our own growth. Open your heart.

Recognize Sometimes we can't see the forest for the trees. Take a breath when you need to. Let it all become clear. Let the knowledge enter. Embrace the lightbulb moments and adjust course as needed.

Reconcile When it's difficult to communicate, or we feel confused or embarrassed, we may let things sit too long. We can let angry words fester, ones we said or ones we received. When more energy is being expended on coping with these feelings than is spent on considering the causes for the event, it is time to reconcile. It may be impossible to speak with the other party involved, but you can perform reconciliation for yourself. Forgive yourself. Consider forgiving others. Don't let the poison spread.

Recycle You don't always have to recreate the wheel. Recycling is good for the environment but also can be good for our souls. It's okay to take what you've done and build on it. Not everything has to be bright shiny new all the time. Don't undervalue yourself and what you've accomplished because you're always chasing after something new.

Redefine Are things looking a bit murky? Muddy around the edges? Sometimes we need to take a moment and evaluate where we are. Straighten the lines, bring the crisp edges back to our projects, homes, minds, wherever the lines are blurred.

Reduce The fear of missing out is real. FOMO may sound funny, but it can have a severe impact on us. As we realize how many courses we have bought or webinars we have signed up for, as we remember all the things we meant to do, it is easy to become paralyzed by the abundant choices and freeze, unable to choose, unable to move ahead. Don't be afraid to skip what feels too heavy. Don't be afraid to admit that you may never do that course, at least not right now, and that it is fine. Make wiser choices in the future. Reduce the amount being held onto, being procured due to FOMO.

Reflect The American writer Edith Wharton once said that "there are two ways of spreading light: to be the candle or the mirror that reflects it." It is important to remember that reflection can take many forms and have many purposes. It is an important act of self-care, to take a moment, to reflect on what is happening, on how you feel. It is for you, so make it work in the best way for you. Shine that bright light right on it or hang back and catch the soft glow.

Refocus Are you feeling a bit scattered? Taking on too much? Wishing for more time? Put aside the Pomodoro timers and to-do lists and listen, deeply. What does

your soul want? What really matters, in this moment, or for all moments? Refocus your gaze there.

- Refresh** A breath of fresh air. A splash of cool water. Allow yourself to be nourished and refreshed by the world around us, by the little gifts you find in the everyday. Create those moments for yourself as needed. Reload the screen. Take a breath.
- Reignite** At the risk of sounding like a commercial for vitamins, we all have those sluggish times when it feels like all the juice has dried up and we feel uninspired. Don't overthink it. Just look for the small sparks that can reignite your energy, your passions. That fire is within you.
- Reinforce** Circle the wagons and call in backup. Sometimes you need to call in reinforcements, or advocate on your own behalf. What needs protection? What needs some extra care? Is there a wobbly boundary that needs shored up? Can you do it alone? Asking for help can be difficult for some of us, but you'll know when it's time to be brave.
- Reject** Can you have too much of a good thing? To be discerning is not being mean or snobby. Sometimes things outlive their usefulness. Objects, feelings. It is okay to say that something no longer serves you when it no longer serves its purpose. And it is okay to say that out loud. Snap off that dead leaf. Perhaps true enlightenment comes when you realize that you might be cast in this role in someone else's drama, and that it's not your fault. Be brave enough to reject what no longer serves and accept any rejection as the gift it likely is.
- Relax** Medicinally speaking, red clover can assist with relaxation. Staring at the beautiful flowers is also a path to relaxing. Progress is wonderful and we all have so many goals to achieve, but to stay in balance, we also need to relax and enjoy some downtime.
- Release** Seasons change, the universe spins. Sometimes things no longer serve us, and that is okay, although we are sometimes slow to see that this is as natural as the leaves falling from the trees in autumn. Be brave enough to chase your dreams wherever they may take you.
- Remember** "Don't forget to ..." can rule our days and our planners, but we can also think of this as re-mem-bering ourselves, pulling ourselves back together spiritually, energetically. No matter what we have been through. No matter how long or tedious that list of to-dos is. It is also good to know that when it is cut in certain ways, the aloe vera plant will regrow its leaves. It remembers itself, and so can we.
- Renew** Change happens and many things do not last forever. Like many plants, the snapdragons need to be replanted each year. They do not retreat into the soil

and appear anew in the spring. That doesn't make them less beautiful or less beloved. Some things can't be taken for granted. They will not always be there, but hopefully we can renew them when we need them.

- Repair** There is a Jewish tradition called *tikkun olam*, which means “repairing the world.” This refers to a call to action for justice, peace, equality and tolerance. Regardless of which deities you believe in, this is a worthy undertaking for us all. Maybe what you need to repair right now is small and quiet within you. Maybe it is your time to make a difference for the world.
- Repeat** There is a saying about doing things right the first time, but there is also a saying that practice makes perfect. If there is something that needs to be repeated, tried out again, practiced a few more times, know that it is natural and perfectly acceptable. None of us does everything right the first time. When we don't allow ourselves to repeat, to take a do-over, we run the risk of doing something only once and never trying again.
- Require** Knowing what is required allows us to take the right steps, make the right choices. To be in harmony with those elements but also sometimes gracefully and lovingly setting boundaries, so that what you require is also tended to and acknowledged. Know what is make-or-break. Know what's optional. Don't compromise on what is required. Live with integrity.
- Resist** Maggie Kuhn is credited with the advice to “speak the truth, even if your voice shakes.” Speak up, especially if your voice shakes. Maya Angelou called for us to “do better” whenever we learned more and knew better. Speak up for what is right. Do what is right. Inspire others to do the same.
- Resolve** Hold fast. Stand firm. Be true to yourself. As Helen Keller said, “resolve to keep happy, and your joy and you shall form an invincible host against difficulties.” Be true to yourself, and to your joy.
- Respond** How do we answer when we are unsure? Sometimes silence is an appropriate response, as well. Trust your intuition and trust your voice.
- Retell** Be willing to let go of what no longer serves you. Perhaps you are grateful for it, or perhaps it is ready to be relegated to the dustbin. Either way, allow yourself to see the beauty in the dying flowers and circle back around to begin again. Begin anew. Begin a new era. Retell your story.
- Rethink** Sometimes we need to look at things from a different angle, to step back, or step forward, or look to the side. Don't miss out on great opportunities because you're stuck in an old way of thinking.

- Retreat** Take a step back to reconsider what is going on. It's not surrender. It's healthy to pause and regroup. Maybe it's nothing major, just routine stress, a minor discomfort. Self-care is more than bubble baths, but sometimes self-care is exactly the bubble bath and a quiet moment away from the everyday demands we face.
- Retrograde** The word retrograde has a bad reputation among people who follow astrology closely, people who follow astrology loosely, and even those who don't believe in it all. Particularly in regard to that Mercury character. Retrograde simply means that something is turning back. In biology, it can take on the connotation of decline or deterioration. But it just means to move backward. It happens to all the planetary bodies as they move through the skies. It happens to all of us sometimes. Take a pause. Sometimes we even need to retrace our steps, take a step back, and there is nothing wrong with that. It may feel off-kilter, particularly as others around you push, push, push ahead. But it's okay to slow down and step back. It is not a defeat if the action helps you.
- Reveal** The morning glory closes in the evenings and reopens itself in the morning, revealing a splash of unexpected color with a bright glowing center. It doesn't hide its light, it just rests. Be open to these mysteries that surround us. The best path will be revealed when you least expect it.
- Revise** We receive so many mixed messages. Practice makes perfect, but we are also often exhorted to do it right the first time. Both of these seem to suggest that there is some perfect, static state to achieve. Yet we know that nothing stays, that change is a constant. Change can be difficult, but it can also be liberating and exhilarating. Don't forget that you can change things and that it's okay to do so. Even preferable sometimes. Don't be afraid to erase, to delete, to cut and not paste back in. Keep revising your story. You are a beautiful work in progress, and you are in control of your narrative.
- Revive** The days grow darker and longer and we pull inwards. When the harvest is complete, it is time to rest. All around us in nature we see that cycle. It is not healthy or necessary to have everything blasting constantly. We can be quiet and rest, knowing that spring will come, and we will be revived.
- Rewild** We're conditioned to behave according to norms, from a young age, and for many of us, these are intended to tame us, to calm down our wildness, to encourage conformity in society. This card reminds you that a neat and tidy garden is fine for many occasions, but that if you see real beauty in the chaos of the wildflowers, you are not alone. If stepping outside the lines makes you come alive, embrace it. If you haven't stepped outside the lines for a while, give it a try.

Rewind

For some of us, the phrase “Be Kind, Rewind” was not limited to the VHS tapes we brought home from the video store. It became mantra with a bit of a wink, encouragement to clean up after ourselves, to not leave messes everywhere. Rewinding doesn’t mean there has to be a specific end and beginning. It doesn’t mean we’re going in circles. Sometimes it’s good to back up, to reconsider, and even play part of the movie again.

Afterword & Acknowledgements

I have had so many ideas for decks, but I never finished one before this because I would always become dissatisfied with my original art. Once I released the angst connected with that, I was able to reconnect with the deck concept. As I selected freely available images from Pixabay, the deck gained momentum, and I was able to focus on finding just the right flowers to match the words. If there is a creative vision trapped in you, look for the alternative angles, be persistent, and find a way to get your creativity out into the world.

A multitude of thanks is owed to my friend and mentor Kiala Givehand (LifeAlchemy Academy) for running the Deck Creators Mastermind and for always being so supportive. Thanks also to Kristen Radden (Over the Moon Academy) for her guidance and support in the Mastermind and beyond. The DCM Cycle 7 cohort members were so supportive and helpful, as were so many in the Pull Pen Paint community, especially Erin and all my Deep Dive sisters. I would be remiss in not sending out gratitude and love to my wide circle of sisters-in-art, including Lorena, Nella, Amy, Cheryl Ann, Cynthia, Catherine, Elle, Susan, Eve, Susan, Traci and last but never the least, Lila. I am lucky to know you all.

Beth Blakesley
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