



COLETTE BARON-REID'S

Daily Oracle Card Journal Guide

Thank you so much for purchasing *The Oracle Card Journal: A Daily Practice for Igniting Your Insight, Intuition, and Magic* and beginning your sacred journey toward greater trust in the Universe and connection to your inner-wisdom and your intuition.

The daily practice of journaling with Oracle cards will encourage you to expand your understanding of your Self and remove your masks. It invites you into the awareness of co-creator rather than passive observer. You move from “What’s going to happen in my future?” to “What can I do now to shape my future for the highest good?”

As you go through the 40 day process outlined in *The Oracle Card Journal*, you can use this companion guide to deepen your experience and keep you on track along the way. In this guide, I’ve included a brief step-by-step guide on how to prepare for your daily Oracle Card readings, a free guided grounding meditation to listen to before your Oracle Card reading, 40 affirmations for daily journaling, an Oracle Card Journaling progress calendar, and some additional Oracle Card resources.

I would love to hear about your Oracle Card Journaling process over the next 40 days. Please be sure to tag me in any photos or posts on social media with [#colettebaronreid](#), and if you love your journal, please take a few moments to leave a review on the retailer’s website where you purchased it.

Love, Colette



How to Prepare For Your Oracle Card Readings

1. Choose a place and time when you can be undisturbed. Sit in a comfortable position with both feet on the floor (you may even want to take off your shoes and go barefoot to get really grounded!).
2. Take a few deep breaths, counting in for four and out for five. The goal is to reset and ground your energy. (If you're upset, anxious, worried, or otherwise emotionally overwhelmed, your energy will show up in your reading!)
3. If you're able, take time to meditate for 5-10 minutes. I've provided a grounding meditation for you in this guide.
4. Close your eyes, place your hand on your heart, and ask, "What is being revealed to me today for my highest good?"
5. Open your eyes, and use your deck to choose your card. If you don't have a deck of your own, you can [click here to use one of my free digital Oracle Card decks](#).
6. Now, look at the images on the card you've selected. Read the description from the guidebook.
7. Continue to sit quietly, letting your mind wander where it will. What sensations come over you? What do you feel? You may hear a voice, see something in your mind's eye, or have a distinct impression of simply knowing.
8. Journal about your thoughts and impressions. Always allow time for the card and its meaning to spread through you, like a living story. It bridges two realms, and moves through you until you have the knowing.
9. Whatever you received, thank Spirit for loving and supporting you in this process.
10. It's also important for you to know that my decks are prescriptive, not predictive. This keeps you from giving your power away to a future that doesn't exist for you yet. Instead, you are focusing on your now and using the cards to make the best choices. It's really so much more empowering to approach the cards this way!

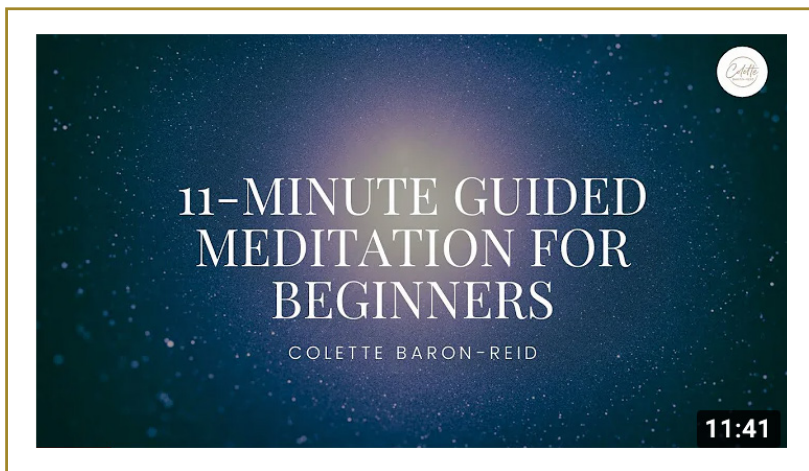
A Grounding Meditation to Use Before Oracle Card Readings

A regular meditation practice can support us in many areas of our lives. When you practice meditation, it gives you the ability to drown out all of the noise in the outer world and connect with your inner self.

If all you do is sit down for 5 minutes a day and focus on your breathing and imagining you're connecting to your Higher Power, you're already meditating and getting the benefits of meditation! It doesn't have to be complicated.

However, I understand how difficult it can be to sit in silence and meditation. That is why I recommend guided meditations which can help us bypass the subconscious mind. Not only does it quiet our thoughts, but it also helps us move into our unconscious, dreaming mind and out of the patterns and stories of our subconscious, which is the trained and conditioned mind.

Here is an 11-minute guided meditation that will help you get grounded and neutral before your Oracle Card readings.



Play Video

Affirmations for Daily Journaling

Each day, you'll be using your Oracle Card Journal as a guide to developing greater trust in Spirit and connecting with your intuition. You'll pull a card and ask the Universe for guidance on what is being revealed for your Highest Good. You'll then use the space in your journal to reflect on the messages you receive from the cards.

In order to bring even more depth and direction to your journaling process, try adding a daily affirmation into your practice. Each day before you pick a card, pick one of the affirmations below to say and reflect on as you complete your daily practice.

The affirmations have been organized based on themes to help you choose the ones that feel most relevant for you each day. You might use a different affirmation each day, or you may choose to repeat one you resonate with for several days in a row.

Affirmations for Trusting the Universe

- My connection to Source is strong and constant and everything I need comes to me in the perfect time and way.
- The Universe always knows what's best for me.
- The essence of my desire will manifest for me in Divine appropriate time.
- What is truly for me won't go past me.
- I allow the wisdom of my guides, ancestors and loved ones to reach me and connect with me deeply now.
- I trust in the process of life and know that everything is happening perfectly as it should.
- Spirit's light surrounds me, Spirit's love enfolds me, Spirit's power protects me and I am safe as I surrender and let go.

Affirmations for Manifestation

- I am receiving continuous signs and synchronicities that guide me on my path every day.
- I am a powerful co-creator working in perfect partnership with the Divine.
- Just for today, I commit to humbly remaining open and staying in the beginner's mind.
- When I explore my world with curiosity and openness, magic unfolds all around me.
- I release rigid expectations and replace them with wonder and curiosity.
- When I take one small step in the direction of my goals, the Divine takes 10 steps on my behalf. My job is just to take a step, no matter how small.

Affirmations for Love and Connection

- I fill and surround myself with love and compassion, and I radiate this energy outward in all directions.
- I am a powerful emissary of the Divine and I channel grace through me as I serve others.
- I am connected to everyone and everything and I honor this connection with love and gratitude.

Affirmations for Healthy Boundaries

- I create and uphold healthy boundaries in every aspect of my life.
- I honor my "sacred NO" and give myself permission to say no to things that don't serve my energy.
- When I take excellent care of myself I know that I am serving the world in a meaningful way.

Affirmations for Gratitude

- I give thanks for all of my experiences in this life and know that I am being gifted with great blessings as I learn and grow from them.
- With each breath today, I breathe in gratitude and exhale Thank You to the Universe.
- I am profoundly blessed beyond measure and grateful for this magical life.

Affirmations for Joy

- I welcome joyful experiences in my life and know that I am worthy of experiencing joy no matter what is happening around me.
- I let go of perfectionism or productivity and allow myself to create just for the joy of it.
- Wherever I am, joy will find me.
- I allow joyful energies to flow effortlessly in my life.
- It is safe for me to have fun as I trust that Spirit will help me carry everything on my journey.

Affirmations for Self-Love and Claiming Your Magic

- When I am myself, I am free to shine on behalf of the Divine.
- I allow my magic to expand and deepen.
- Today I win by just being present and showing up.
- I love and approve of myself and I see how much I have accomplished in my life thus far.
- I acknowledge the power that is within me.
- I am transformed and renewed by the magic and mystery that is now and eternal.
- I know that peace is at the core of my being.
- I look within, to hidden depths, to discover the source of my greatest strength.

Affirmations for Releasing and Letting Go

- I let go of everything that is no longer serving me and trust that better will take its place.
- I honor all others, trusting that they are exactly where they must be.
- I release what is ready to pass away, and embrace improvements waiting to become part of my world.
- I gratefully release what is no longer part of me, and in doing so, I am born anew.

Affirmations for Creativity

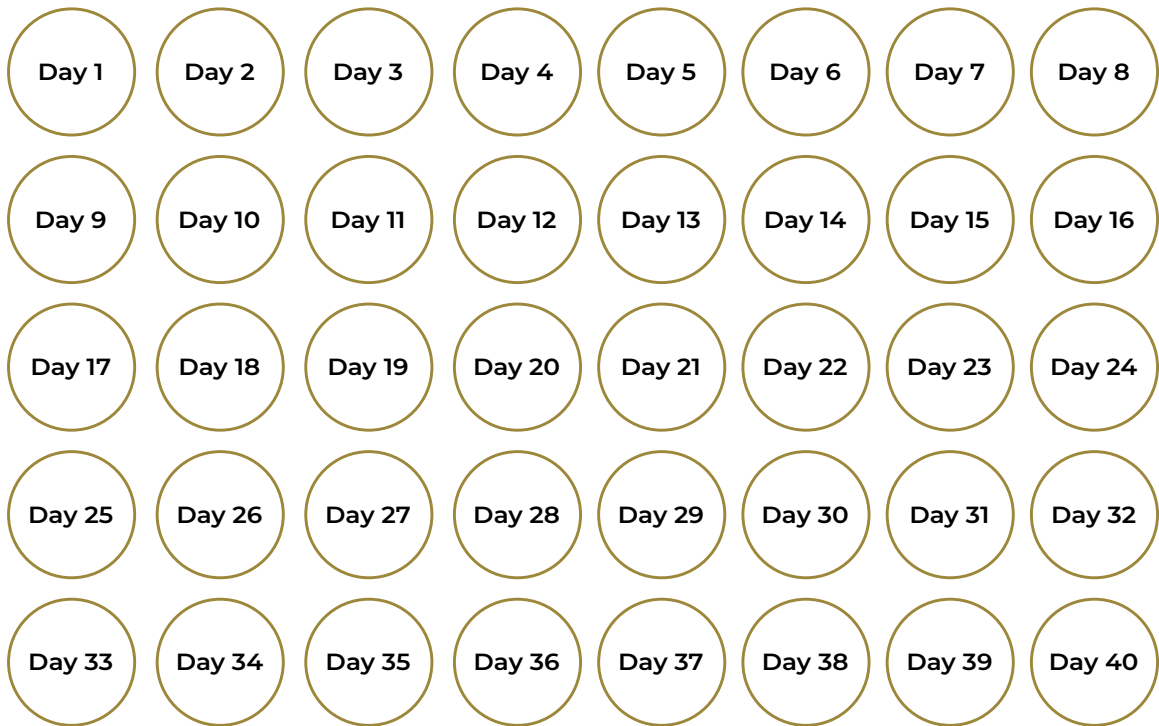
- I create effortlessly and without expectation.
- As I allow creativity to move through me, all of my cells are revitalized and nourished.
- My spark of creativity is a sacred flame that will never burn out.

Oracle Card Journaling Calendar

When it comes to any new practice or habit, consistency is the key to amazing results. As you use your Oracle Card Journal, you will begin to see new synchronicities happening and magic unfolding in your daily life.

If you're really consistent and you pull a card and journal each and every day, you'll be amazed at the personal transformation you can experience in just 40 days.

In order to help keep you on track during this process, use the color-in calendar below to mark each time you complete your daily practice.



Oracle Card Resources

Because of your interest in journaling with Oracle Cards, I've put together a list of resources that you may find valuable! It's a mixture of paid and free resources, but I encourage you to check them out and see if you find any to be useful.

Oracle Card Decks & Readings

- **Free Oracle Card Readings** - Try out three of my most popular Oracle Card decks for free when you visit my website. [Click here for your reading.](#)
- **Shop Colette Baron-Reid Oracle Card Decks** - [Click here to browse my online store](#) and add an Oracle deck or two to your collection. Check back often as we feature new products regularly and offer special discounts on decks you can't get anywhere else! [Use promo code JOURNAL to save \\$5 in the Colette Baron-Reid shop.](#)
- **Free Universal Oracle Card Readings** - Want to know what to expect this month and how to best navigate the energy? [Click here to subscribe to my free collective Oracle Card readings.](#) It's like your own spiritual weather report!

Oracle Card Courses

- **Oracle Cards Unlocked** - Learn the basics and access clear guidance with Oracle Cards in this three-part video series. In this short series, I teach you how to ask the right questions, how to understand reverse cards, and the key ingredient that will make Oracle Cards a reliable tool for you. [Click here to learn more.](#)
- **Oracle Cards 101** - This is the ultimate course to learn to confidently read Oracle Cards in just 5 minutes a day (over 30 days). It's perfect for the beginner, the "non-intuitive," or anyone who wants to sharpen their intuition and tap into Divine guidance — without investing tons of time! [Click here to get started.](#)

Oracle Card Community & Events

- **Oracle Circle Membership** - Join my “Woo Crew” and find a safe and sacred space to deepen your spiritual journey. You’ll learn how to tap into your inner knowing and strengthen your intuitive muscles by exploring how astrology, Oracle cards, numerology and Moon phases play a role in your life’s path. [Click here to learn how to join the Oracle Circle and have a chance to get an Oracle reading from me!](#)
- **OraclePalooza Virtual** - A virtual event for the mystical, the magical, and the woo! This annual event is the MUST attend event of the year for any Oracle Card lover. [Click here to learn more about how to join us for the next event.](#)

Spiritual Journey Resources

- **Free INSIDE THE WOONIVERSE Podcast** - Listen to my weekly podcast series featuring authentic and playful conversations with some of the world’s most interesting sages, scientists and celebrities, where we uncover personal stories of spiritual awakening and transformation. [Click here to listen.](#)
- **The Oracle School Experience** - If you’re ready to move into a more inspired, unique, and authentic life -- one that’s directed by an inner compass you can finally trust, Oracle School is for you. This 7-month program transformation journey shows you step-by-step, how to use Oracle cards to tap into your inner guidance to discover your authentic self. [Click here to learn more about when Oracle School is accepting new students.](#)