

How to Use Your Big Calm Cards

1. Sit quietly. Hold your cards in your hands and allow your internal energy to transfer to them.
2. Shuffle the deck. Take particular notice of cards that "jump out" as you're shuffling. Trust your natural intuition and choose one.
3. Take a few minutes to fully take in the message and image. Allow your interpretation of the card to arise. Relax as some cards stir up a deep and moving thought or answer. Other cards may overwhelm you with a warm sense of happiness, comfort and well-being.
4. You may choose another card or simply sit with the card you chose. You may wish to leave it out so you can refer to it and consider its meaning as you go about your day.

For more ways to use them,
visit me at lisaesile.com



Hello!

Thank you for allowing me to share an important part of my life with you through these Big Calm Cards.

They've become great friends to me. I trust they will enhance your own personal journey as much as they have mine!

Love,
Lisa XX

CONFUSION

Sit amicably with CONFUSION
and CLARITY will find you.

Sometimes all that stands
between the two... is TIME.

HEALING MIND

The MIND wants to know—
but it CANNOT know.

Let your mind (thank you, mind)
REST

where the SKY is Like it is
and LIFE SURROUNDS you, Like it is.

IT DOESN'T
DOESN'T
MATTER

You can convince yourself
that it DOES - but it doesn't.
IT DOESN'T MATTER.



PERFECT

all is as it should be,
as you are here
it is perfect.

Make yourself at home,
we will journey
together.

PLAYFUL

Be energised by SPONTANEITY
and be LAZY - oh so Lazy

Let the moving, twisting JOURNEY
be the Goal.

POSSESSIONS

You are NOT your THINGS, your abilities,
your Looks or your health.

Let go of ALL that is not you -
or at least be prepared to.

THIS IS FREEDOM.

PRAISE AND CRITICISM

RELEASE YOURSELF
from the THROAT of OPINION

PRAISE and CRITICISM
they are the SAME thing.

LISTEN to your SOUL
it KNOWS of your PERFECTION.

Listen to your soul -
it KNOWS.

SILENCE

dear LOVE, Listen carefully -
for I have HIDDEN a piece of your HEART
in the STILLNESS.

It's the bit that KNOWS,
and the way to a Life of RICHES
I can't even describe.

Your heart is WAITING
and it WELCOMES you.
BE GENEROUS in SILENCE.

SLOW
AND
EASY

Be gentle with your day
MOVE in a SLOW and EASY way.

As people come and go
Let it be

As time becomes FREE
Let it be.

SLOW and EASY
Let it BE.

SPACIOUS

MIND

You are CALM
in your mind.

There is plenty of SPACE
for thoughts to think of now
and those to consider LATER.

Be SPACIOUS
with your thoughts.

THE
ELEGANT
SIMPLICITY
OF YOU

You will never be more
than you are right now.

TRUST

RELEASE the world
and you will both spin
more freely.

Control is an illusion;
Set yourself FREE
and trust

that you will handle
whatever comes your way.
I Love you.