

The ReAuthored Life

2021 CARTOMANCY JOURNAL



August

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August 2021

If June was meeting the light at the end of the tunnel for me, with successive short strings of good days and the pivoting of difficult mornings and afternoons, into something better afterwards, then July was stepping out into the startling daylight for the first time in six months. It would be easy to consider it 'an overnight success', but we all know sudden thrusts into public consciousness come on the back of years of hard work and dedication. July was the culmination of months of subtle shifts, tiny changes, micro transformations and an uncompromising commitment to get well. From the outside, so many of the things I did, in the moment, looked insignificant. It could have been easy to say: why the fuck bother? How is clearing this shitty bench helping me? How does this make me well?

Why the fuck bother? Because small, incremental change is cumulative.

Lee Harris, channelling the Z's early in July said: "Change is compounding energy...the more you practice small, comfortable changes the better you'll get at the big ones when they come along."

Then several days later, astrology and tarot reader, Austin Coppock, spoke to the same theme of making small changes, outlining it in three simple points:

1. make promises to yourself which are finite.
2. put yourself in situations to earn your trust.
3. make changes small but challenging.

For me, one clear bench became a second and then a third. Suddenly my kitchen was a clear and bright space. It was easy to prepare dinner each afternoon. It was easy to keep it clean and organised even at my lowest ebb. The kitchen became the outward anchor of my desire to be well. In the past, the only time I could keep on top of house care was when I was well. Now, each time I walk into the kitchen, or the bathroom, or my bedroom and see how tidy and organised they are, the identity of me as a person who is well is reinforced. And in beautiful, cyclic harmony this redoubles my desire to continue to maintain these spaces. With love and joy. I now look forward to my Saturday morning of pottering around the house caring for it, and in the process, caring for Me (Now and Future).

My promises are small and finite. I made a promise a few months ago that each week I would let go of something. I have been doing this for ten weeks now. Sometimes its physical stuff. Sometimes it is less tangible workings with energy or old stories. A few weeks ago it was someone. These again are tiny, incremental changes. At the end of a year, it will be a momentual amount I've let go of, but

the point is to keep it simple and present focused. My letting go is small. They're usually challenging. And each week when I achieve the letting go, I'm motivated to do another. And another. I'm building confidence in myself to follow through. And perhaps moreso, I'm learning the art and joy of moving slow. Of building. This is the laying of foundations I have been so insistent on learning in 2021.

So when it came time to add work back into the equation after our fabulous and inspiring annual JAR Writers meeting I knew I could. My day was already book-ended by meditation in the morning and my afternoon ritual of dinner prep/brain rest/puppypalooza. I knew exactly how many hours I could devote to anything. Again, I started out small; allotted an hour (in that first week, aligned with the planetary hour of Mercury) to read and take structural notes on a long-neglected project. I got a feel for how long it was going to take to read the whole manuscript, budgeted the number of days it would take to finish and assigned days in my calendar. A finite promise (with some of breathing room). I won't lie and say I breezed through it. Resistance came from mental muscles long-atrophied screaming at the exertion. Like riding a bike though, I don't ever forget how to read critically. I don't ever not know how to interrogate fiction to know where it needs to be strengthened. The wobbles decreased. My speed picked up. As did my confidence. By the final week in July I had finished three projects. Not once did I compromise my self care though. There was one day, when the high coming out of editing was dizzying and I could have continued on and on, until I finally crashed (and oh my, I recognised it as an old pattern that used to drive me to work into the early hours of the next day) but I didn't. At 3pm I shut my laptop and started on dinner prep.



I long-thought that any kind of routine or structure would kill my freedom-loving spirit. Instead it has grounded me to be free to achieve what's most important. To be where my heart sings. I believe it's possible, that at our most primal, we are still wee ones who need a known structure to thrive; especially when we are fragile. Especially when we are healing. Especially when we are rebuilding our trust in ourselves. Especially when we think it is the last fucking thing we need.

For decades I created cycles of crash and burn. In more recent times I've self-sabotaged to ensure a regression into illness to secure essential rest. Now I'm a work-in-progress in consciously scheduling essential rest, every day, so I don't need to subconsciously create it by burning the house down. Sometimes I forget or get confused about what rest I need (because not all rest is equal!). This week I was told I needed three days of 'sleeping rest' to recover from a general anaesthetic. Not three days watching Netflix. Or even reading. It was rest that prioritised sleep (which I executed imperfectly, but I did try!).

In doing the journal pages at the end of each month's booklet, I have been able to chart my healing journey, month-to-month. It may not have been much early on, but it was a noticeable difference each month. And that was important. It inspired me to believe the next month would be a little bit better again. In August, I am adding writing to the mix: a small amount, five days a week. I've never been a daily writer, but I think now is the time to change my thoughts and habits to see what's possible. What is possible for you in August, with a little tweak of routine and some renewed self belief?

Jodi

August

30 Mercury (Libra) 3:05pm	31	New Moon Sunday 8th 11:50pm (16° Leo) Full Moon Sunday 22nd 10:03pm at (29° Aquarius) Sun into Virgo Monday 23rd 7:29am			Mars in Virgo all month Venus into Libra Monday 16th Mercury Virgo: Thursday 12th / Libray: Monday 30th	1 Sunday
2 Monday	3 Tuesday	4 Wednesday	5 Thursday	6 Friday	7 Saturday	8 New Moon  11:50pm 16° ♌
9	10	11	12 Mercury (Virgo) 7:53am	13	14	15
16 Venus (Libra) 2:21pm	17	18	19	20	21	22 Full Moon  10:03pm 29° ♎
23 Sun (Virgo)  7:29am	24	25	26	27	28	29

August

Medicine

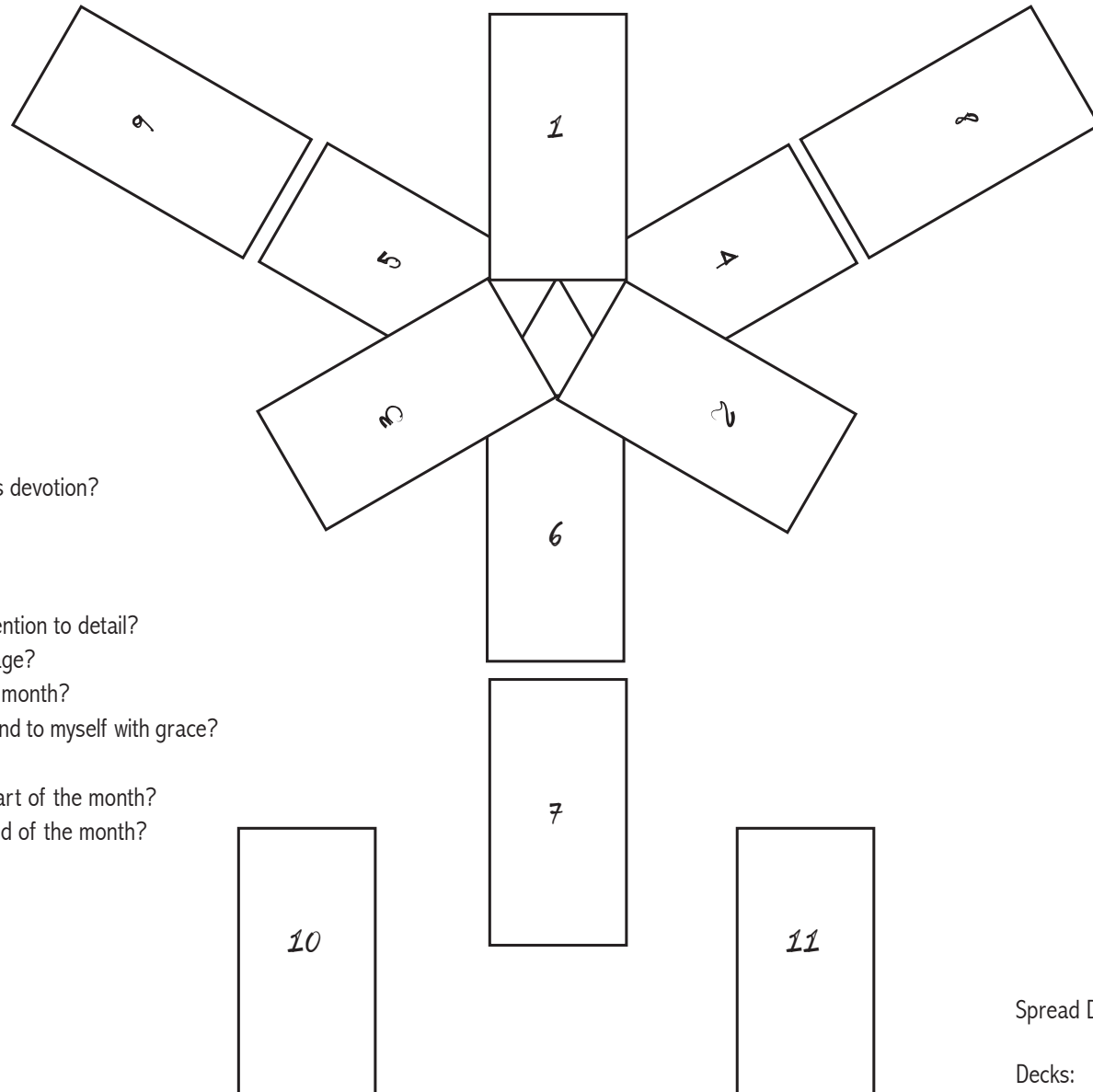
Theme or Focus

Blessings

August's Narrative Shift

Venus in Virgo

Thursday 22nd July - Sunday 15th August



- Card 1** What do I want to devote myself to this month?
- Card 2** What feelings are my allies in this?
- Card 3** Where can I create a daily ritual/habit to anchor this devotion?

- Card 4** Where do I need more space?
- Card 5** How do I embrace more earthly pleasure?
- Card 6** What area of my life would benefit from greater attention to detail?
- Card 7** When does perfection become an act of self sabotage?
- Card 8** Where can words and writing be my best friend this month?
- Card 9** Where do dance the line between loyalty to others and to myself with grace?

- Card 10** What defines the re-authoring of my story at the start of the month?
- Card 11** What defines the re-authoring of my story at the end of the month?

Spread Date:

Decks:

Card 1 What do I want to devote myself to this month?

Card 2 What feelings are my allies in this?

Card 3 Where can I create a daily ritual/habit to anchor this devotion?

Card 4 Where do I need more space?

Card 5 How do I embrace more earthly pleasure?

Card 6 What area of my life would benefit from greater attention to detail?

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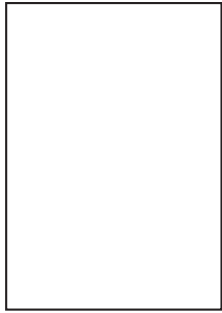
Card 10 What defines the re-authoring of my story at the start of the month?

Card 11 What defines the re-authoring of my story at the end of the month?

Additional Notes:

AUGUST

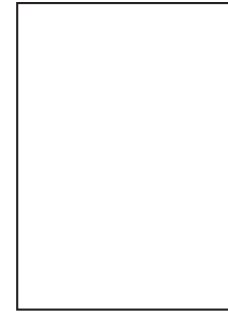
dark moon spread



What door got me here?



What door is closing?



What door is opening?

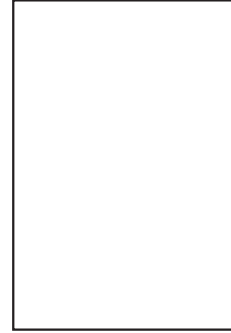
leo new moon

Sunday 8th August at 11:50pm AEST

SEEDS of CREATIVITY



SEEDS of PLAYFULNESS



SEEDS of JOY



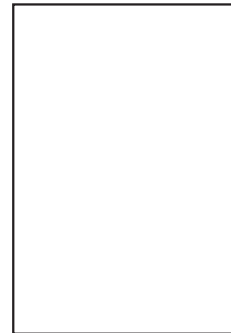
SEEDS of PERSONAL SOVEREIGNTY



SEEDS of APPRECIATION

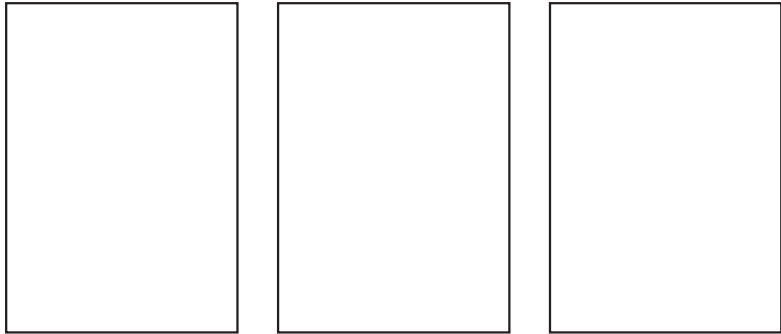


SEEDS of CONFIDENCE



aquarius full moon redux

Sunday 23rd August at 10:03pm AEST



Card 1 What quirky part of yourself have you been hiding?

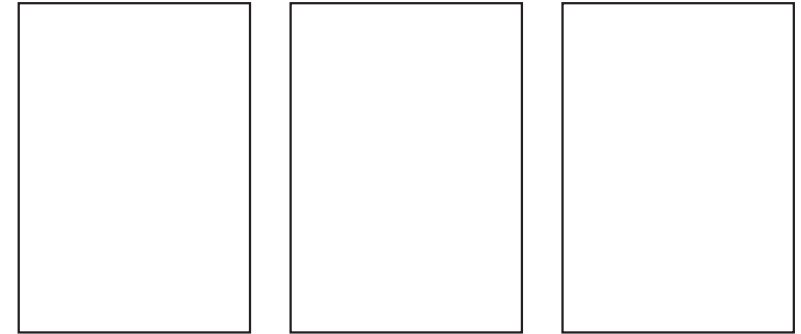
Card 2 What's the pay off for keeping this part of yourself hidden?

Card 3 What form of self expression facilitates this part to be seen (or seen anew?)

Card 1 What radical idea rises in you with this full moon?

Card 2 What change/s does it illuminate?

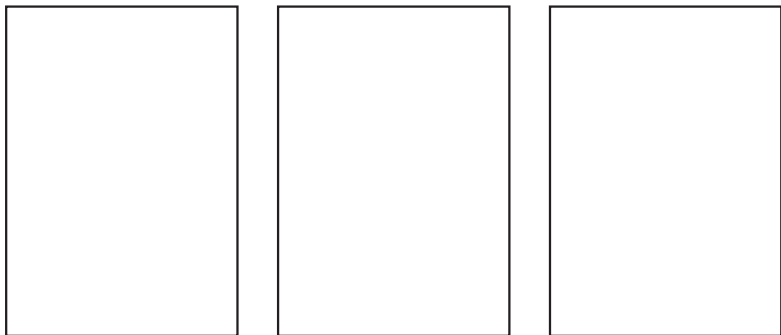
Card 3 How does this idea inspire you to re-envisage your life?



Card 1 How can you embrace belonging without "fitting in"?

Card 2 What's the pay off for denying your authenticity be accepted by others?

Card 3 What have you learned in the past year about inclusion and individuality?

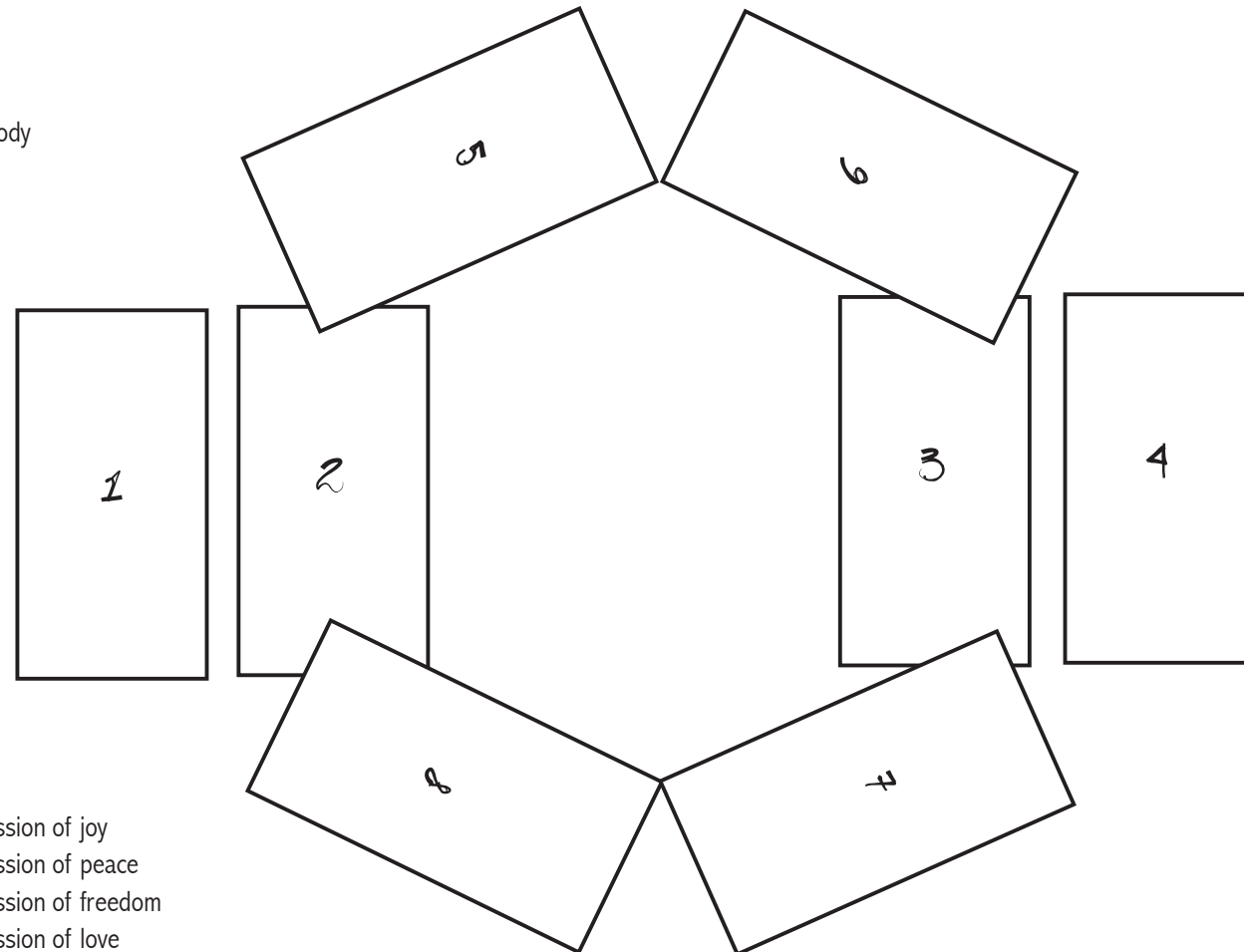


The Lion's Gate Portal

Spread Date:

Decks:

- Card 1** What anchors the physical body
- Card 2** How to nourish and sustain the physical body
- Card 3** What anchors the light/spiritual body
- Card 4** How to nourish and sustain the light/spiritual body



As a receiver AND transmitter*^

- Card 5** A message that deepens your experience and expression of joy
- Card 6** A message that deepens your experience and expression of peace
- Card 7** A message that deepens your experience and expression of freedom
- Card 8** A message that deepens your experience and expression of love

*consider minor arcana as a message regarding how to receive/experience and major arcana/court cards as a message for how to send/express (or follow your intuition as to how to navigate)

^ use the cards as visual/energetic prompts for meditation/journeying/automatic writing to download messages outside of the usual process of doing a spread.

Card 1 What anchors the physical body. How have you neglected this in the last 12 months?

Card 2 How to nourish and sustain the physical body. What is the first small step to take to do this?

Card 3 What anchors the light body. How have you neglected this in the last 12 months?

Card 4 How to nourish and sustain the light body. What is the first small step to take to do this?

Card 5 A message that deepens your experience and expression of joy.

Card 6 A message that deepens your experience and expression of peace.

Card 7 A message that deepens your experience and expression of freedom.

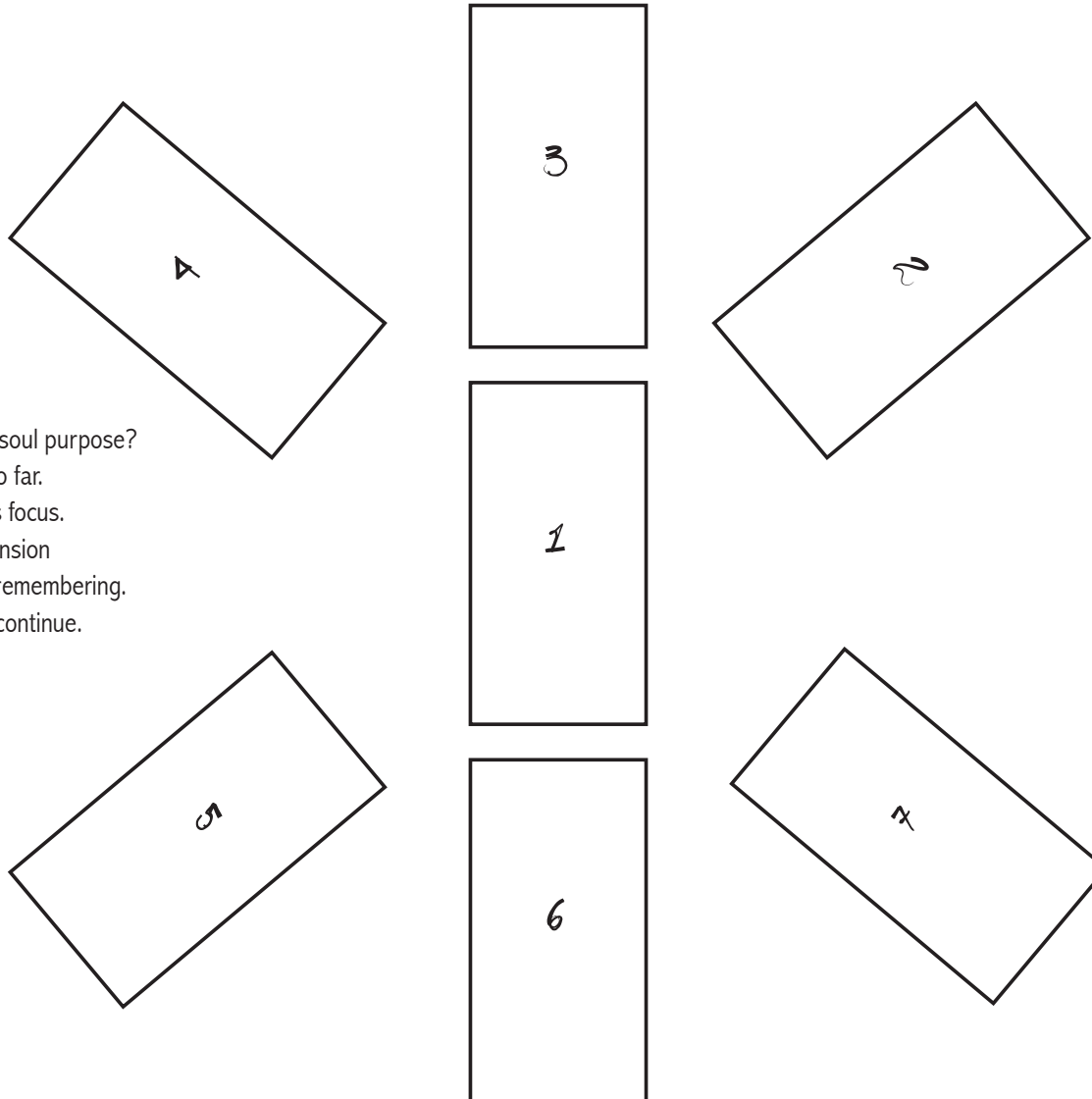
Card 8 A message that deepens your experience and expression of love.

Soul Purpose Check-In

RECOMMENDED FOR
THE LION'S GATE PORTAL

Spread Date:

Decks:



- Card 1** Where am I on my journey to live my soul purpose?
- Card 2** What to celebrate from the journey so far.
- Card 3** What has become diffused and needs focus.
- Card 4** What has contracted and needs expansion
- Card 5** What has been forgotten and needs remembering.
- Card 6** What to release allow the journey to continue.
- Card 7** Where am I called to go next ?

Card 1 Where am I on my journey to live my soul purpose?

Card 2 What to celebrate from the journey so far.

Card 3 What has become diffused and needs refocusing.

Card 4 What has contracted and needs expansion

Card 5 What has been forgotten and needs remembering.

Card 6 What to release allow the journey to continue.

Card 7 Where am I called to go next ?

Additional Notes:

August

Monday 2nd - Sunday 8th

What will help me this week?

gratitudes & good things

random acts of wisdom

weekly ritual

August

Monday 9th - Sunday 15th

What will help me this week?

gratitudes & good things

random acts of wisdom

weekly ritual

August

Monday 16th - Sunday 22nd

What will help me this week?

gratitudes & good things

random acts of wisdom

weekly ritual

August

Monday 23rd - Sunday 29th

What will help me this week?

gratitudes & good things

random acts of wisdom

weekly ritual

August

Monday 30th - Sunday 6th September

What will help me this week?

gratitudes & good things

random acts of wisdom

weekly ritual

cartomancy thoughts

projects & ideas

END OF MONTH

emotional health & wellness

mental health & wellness

END OF MONTH

wealth, abundance & prosperity

creativity & self-expression

END OF MONTH

spiritual health & wellness

magick & ritual

END OF MONTH