

# THE SUBTLE ACTIVISM CARD DECK MANUAL



DAVID SPANGLER  
Illustrated By Jeremy Berg

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Lorian Press LLC

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## CONTENTS

AUTHOR'S INTRODUCTION	1
INTRODUCTION	3
WHAT IS SUBTLE ACTIVISM?	3
WHAT IS PRESENCE?	5
THE PRESENCE EXERCISE	6
INTENTION: SPECIFIC AND UNIVERSAL	9
THE CARD DECK	11
THE CARDS	13
PROCEDURE: USING THE CARDS	17
CREATING THE PERSONAL FIELD	17
CREATING THE OBJECTIVE FIELD	18
CREATING THE BRIDGING AND FIELDS	19
AN EXAMPLE	23
THE EXTERNALIZATION EXERCISE	31
THE SUBTLE ACTIVISM CARD DECK	35
AS AN ORACLE	35
ASKING A QUESTION:	36
STARTING THE DAY	38

## FOR FURTHER RESEARCH AND INFORMATION

Subtle activism as represented by these cards and the process they illustrate is grounded in the principles and insights of Incarnational Spirituality. It emerges from a way of viewing ourselves and our world that puts us in touch with our deepest spiritual power and with the possibilities of wholeness within the Earth.

If you would like more information about Incarnational Spirituality, the subtle worlds, and subtle activism, we suggest the following books by David Spangler:

*Journey into Fire*

*Subtle Worlds: An Explorer's Field Notes*

*Facing the Future*

*Working with Subtle Energies*

*Techno-Elementals*

*Holding Wholeness (In A Challenging World)*

*World Work*

If you are interested in other card decks that David has designed, they are:

*Manifestation: Creating the Life You Love* card deck, a tool for assisting manifestation projects

*The Soul's Oracle*, a card deck for exploring the inner processes and potentials of your incarnation

*Card Deck of the Sidhe*, a tool for facilitating contact with the Sidhe, the spiritual "cousins" of humanity

In addition to being a tool for creative and spiritual work, each of these card decks also provides an oracular function.

All of these books and card decks may be obtained from Lorian Press LLC at [www.lorian.org](http://www.lorian.org).





## AUTHOR'S INTRODUCTION

This is the fourth card deck I've designed. It's not a large number compared to other authors I know who create fascinating new decks seemingly every year or so, but it still surprises me. I never set out to be a card deck designer.

The decks I have created—*The Manifestation Deck*, *The Soul's Oracle*, *The Card Deck of the Sidhe*, and now this one—all have three things in common. The first is that they are all educational, designed to illustrate a process rather than to provide a means for gaining oracular information; they can be used for the latter purpose, and people do, but it's not the primary reason they came into being. The second is that they all use a similar structure. Each is really two decks, one to create a field of consciousness and energy and the second to play off that field to achieve the objective of the deck. The third commonality is that all were gifts from the subtle realms. They all emerged from a design shown to me while in contact with a non-physical (i.e. "subtle") colleague. In every case, the basic structure of the deck and how to use it was presented to me in literally a matter of seconds, usually as a sudden "download" of information and vision.

For this reason, I can hardly claim to have created them, except that I have had to work out the details of that "download." And they wouldn't exist at all if it were not for the wonderful artistic contributions of Jeremy Berg and his daughter, Deva. I have no artistic skill whatsoever, although if there's ever a need for a card deck illustrated by stick figures and smiling clouds, well, then I'm your man!

Each of the four decks has emerged out of a desire on the part of non-physical allies and colleagues to provide a tool that would help someone do something: learn to manifest, touch into the underlying soul-created structure of their incarnation, come into contact with the Sidhe, and, in the case of this Subtle Activism Card Deck, to facilitate contributing one's subtle energies and qualities in blessing and service to the world at a time of need.

In other words, although they have oracular capabilities, all of the decks are designed to enable us to do something, rather than simply to provide us with information about ourselves or our future. They all have in common the vision that each of us is a generative source of spiritual power, capable of entering into partnership and collaboration with the

spirit of the world to bring greater wholeness into our lives and into the life of the planet. This is particularly true for this Subtle Activism card deck.

I am proud of these card decks and what they have offered to people to help them be agents of wholeness in the world. I commend this new deck to your exploration and use, trusting that like the decks before it, it will do the same. May all your acts of subtle activism be blessed, effective, and a revelation of the generative spirit that you are.

—David Spangler

*[NOTE: This card deck is based on the principles and concepts of Incarnational Spirituality as well as an acceptance of the reality of the non-physical or “subtle” dimensions of the Earth. Though not essential, having some knowledge and familiarity with these ideas will enhance your use and enjoyment of this card deck. If these are not familiar to you and you wish to know more, please see the section, “For Further Research and Information” at the beginning of this manual.]*

## INTRODUCTION

We think of activism as a way to take action in the world to change a situation. When engaging with the subtle realms and doing subtle activism, however, it is more of a partnership. Whatever the specific need may be, the larger objective is to enhance life, connectedness, and wholeness. We do not act *upon* a situation, place, or person but *with* them, seeking wholeness together. Unlike the physical realm, where separation is the dominant experience, the subtle realms are mostly a “Commons,” a community of interconnected life and consciousness. To work with subtle energies is not to wield “magical” powers to make things happen in the physical; rather it is engaging together in joint efforts to heal, bless, empower, protect, rescue, transmute, and so forth, whatever the need may be. It is an expression of “power with” rather than “power over.”

If I undertake my subtle activism as a community service in which my goal is not to prove what I can do by myself but what I can do in partnership with the spirits of place, of the land, and of life, then I will find my actions to be more effective and empowering for all concerned. As a subtle activist, I represent the love and wholeness of the Sacred, as embodied in my Presence. If that is where I stand, I will truly be a blessing in the world.

## WHAT IS SUBTLE ACTIVISM?

Subtle activism is a way of engaging the non-physical or subtle energy environments of the world in helpful ways. It can be used as a response to challenging or difficult situations in which people or nature are suffering, or as a way of empowering and boosting the emergence of positive actions and developments that bless the world. It is grounded in the fact that each of us has part of our being that can operate outside of the limits of location, distance, and space, allowing us to contribute in positive ways to situations that otherwise we could not reach or affect physically.

We live in a world filled with energies of all kinds. Some are the electromagnetic forces that light our lights and heat our stoves and bring us voices over the radio and images on our televisions. But there are other energies that surround us as well, of which most of us are probably unaware but which can affect us just as powerfully. These are *subtle* forces

generated by life, consciousness and spirit.

Where do these energies come from?

They can come from natural sources, from the land, from the sea, from the sun and stars. They come from spiritual sources and ultimately from the Sacred. They come from living beings, from microbes and bacteria, from plants like trees and grass, from animals, and from people—from the whole biomass of the earth.

These are meta-physical energies, and they form an ecology of being that is every bit as real and consequential as the physical ecosystems of the earth. They flow between people and between us and our environment.

In the physical world, we are separated by distance. What happens to someone on the far side of the earth may seem to have little consequence or affect upon me. We believe our thoughts and feelings are private, locked within our skulls and our skins. But in the subtle energy world, we are all connected in profound and interdependent ways. It's as if we were all standing on a great trampoline. When one person bounces, it makes the whole trampoline move and we all bounce to some degree. Subtle energies are not limited by distance.

Subtle activism is a procedure for taking advantage of this invisible connectedness. It is a way of working with your own subtle energies and spiritual resources to create a clear, clean, positive, vibrant and healthy energy environment that can be a helpful contribution both to people and places in trouble anywhere in the world and to people and places where opportunities exist for something good to arise for the benefit of the world.

It is not meant to be, nor can it be, a substitute for physical action where and when such action is possible; rather, it is a complement to what we can do physically, a way of deepening and empowering our physical activism. It recognizes that the world is more than just the matter we can see and touch; it is also a world of thought, feelings, subtle energies, and spirit, a subtle environment that can benefit from our attention and helpfulness as much as can the physical.

Subtle activism is much more than just a process of rescuing, fixing, or cleansing. It's about creating, vitalizing and expressing wholeness. It is a way of combining the unique characteristics of the subtle energy environment with our own generative nature capable of producing qualities of blessing and Light to give service to the world.

There is one major rule in doing subtle activism:

### **DON'T IMPOSE.**

We each have our own personal energies, our own opinions and ideas about how the world should be and how people should live for their highest good. We resent it when someone else tries to impose their way of being, thinking, and doing upon us, particularly if it's very different from our own. When we are in trouble, we may need help, but we resist being thought of as something to be "fixed." We want and need help in a form that honors and respects our own sovereignty, that empowers us to develop our own capacities, that helps us to grow, and enables us as much as possible to find our own solutions to the problems. We want assistance but we want empowerment as well.

This is true in any situation. The subtle energy activist doesn't seek to impose his or her "way" or energies upon a situation but to create openness for the innate spirit, health, and wisdom within the objective to emerge and express in a manner unique to them and appropriate to the situation.

Subtle activism is a powerful form of partnership and collaboration that can make a difference.

### **WHAT IS PRESENCE?**

In this card deck, as well as in the teachings of Incarnational Spirituality on which this particular approach is based, our Presence represents who we are as a whole person. It is the core source of subtle energies, qualities, and blessings that we can offer in service to others and to the world, in this instance through subtle activism. In Incarnational Spirituality, Presence is the felt sense—an awareness held within our body as well as our thoughts and feelings—of ourselves as a generative source of life-affirming, nurturing, and creative spiritual energies. It is who we are as a radiant inner "star" of blessing. Every act of subtle activism is an act of engaging our Presence with the subtle energetic environment and conditions of our objective wherever or whatever it is in the world.

In the practice of Incarnational Spirituality, the felt sense of our Presence may be gained through doing the following Presence Exercise.

## THE PRESENCE EXERCISE

The purpose of this reflective exercise is to create a felt sense of that part of you that draws all your various inner parts or “selves” into a wholeness. Presence is the expression of that state of wholeness, incorporating both personal and spiritual, worldly and human elements. It is an expression of your Sovereignty that can, through love, create and maintain integrity, coherence, and wholeness in your life.

Imagine yourself in a sacred or magical circle, a protected and honored space that is dedicated to this exercise (you can also do this exercise physically by standing and rotating around a circle as the directions below indicate).

### **SPIRITUAL SELF:**

Choose any direction and face it in your imagination. In this direction is a vision of your Soul, your Transpersonal Self, the part of you that is connected to the inner worlds and to transcendent states of communion and unity, spirit and creativity. Take a moment to reflect on being part of a vast ecology of life and consciousness not limited to physical reality. This is the part of you that lives in this expanded, spacious state. What do you feel in its presence? What is your felt sense of your transpersonal, spiritual nature?

Take a moment to honor your Soul and Spiritual Self. Appreciate it, give it thanks for its contribution to the wholeness of who you are as an incarnated individual. It is a channel through which Sacredness—your sacredness—can flow and act. Embrace it with your love.

### **NATURE (OR WORLD) SELF:**

Turn ninety degrees and face a new direction. In this direction is a vision of your Nature Self, your World Self, your Earthiness, the part of you that is connected to the physical world and to nature as a whole. Take a moment to reflect on being part of this world, part of the biosphere, part of the realm of physical matter, part of the Earth. This part of you connects you to ecology, to nature, to plants and animals everywhere. It connects you to the land, to seas and mountains, plains and valleys, swamps and deserts. It connects you to Gaia, the soul of the world. What do you feel in its presence?

Take a moment to honor your Nature self. Appreciate it, give it thanks for its contribution to the wholeness of who you are. It is a channel through which Sacredness—your sacredness—can flow and act. Embrace it with your love.

### **BODY AND EMBODIED SELF:**

Turn ninety degrees and face a new direction. In this direction is a vision of your Personal Self, YOU in embodiment as a physical individual. Take a moment to reflect on your uniqueness as a person. Reflect on what defines you, what makes you different from others. This is your ordinary, everyday self. What do you feel in its presence? What is your felt sense of your personal self? Be honest in your appraisal, but do not engage in self-criticism.

Take a moment to honor your body and the personal, everyday self it embodies. Appreciate it, give it thanks for its contribution to the wholeness of who you are. It is a channel through which Sacredness—your sacredness—can flow and act. Embrace it with your love.

### **HUMANITY SELF:**

Turn ninety degrees and face a new direction. In this direction is a vision of your Humanness, the part of you that connects you to the human species and to human culture, creativity, and civilization. Take a moment to reflect on being human. Your humanity gives you various attributes and potentials not shared by other creatures on this earth. Your humanness makes you part of a planetary community of other human beings, part of the spiritual idea or archetype of Humanity. What do you feel in its presence? What is your felt sense of your humanness? Be honest in your appraisal, but do not engage in self-criticism. Humanity may have its faults and it may behave badly in the world, but that is not the focus here.

Take a moment to honor your human self. Appreciate it, give it thanks for its contribution to the wholeness of who you are. Being human is a channel through which Sacredness—your sacredness—can flow and act. Embrace it with your love.

### **PRESENCE:**

Now look inward towards the center of the circle. Here is the You that is at the center of these four “Selves,” these four elements of your



Incarnational System: your personal self, your human self, your world self, your spiritual self. You are the point of synthesis where they all meet, come together, blend, partner, cooperate, merge, and co-create wholeness.

Feel the energies of these four selves, these four directions, flowing into you, blending, merging, and creating an open, evocative, creative space within you. Feel what emerges from this space. This is your Presence. It is the holistic Presence of your unique incarnation and sovereignty, enfolding you, supporting you, being you.

Who are you as this incarnational Presence? What is the felt sense of who you are?

In this Presence is the love that honors and holds these four aspects of you together, enabling them to collaborate and work in partnership. This love is the fire of sacredness within you. Honor yourself for your Presence.

Stay in the circle feeling the reality and energy of your Presence for as long as feels comfortable to you. When you begin to feel restless, tired, or distracted, just give thanks. Give thanks to your wholeness, to your Presence, and to the Sacredness from which it emerges and which it represents within the ecology of your incarnate life. Absorb, integrate, and ground as much of the felt sense and energy of this Presence as you can or wish into your body, into your mind and feelings, into yourself. Then step forward out of your circle, bringing your attention and awareness back to your normal everyday world, thus ending this exercise.

Here is a picture shown in Figure 1:

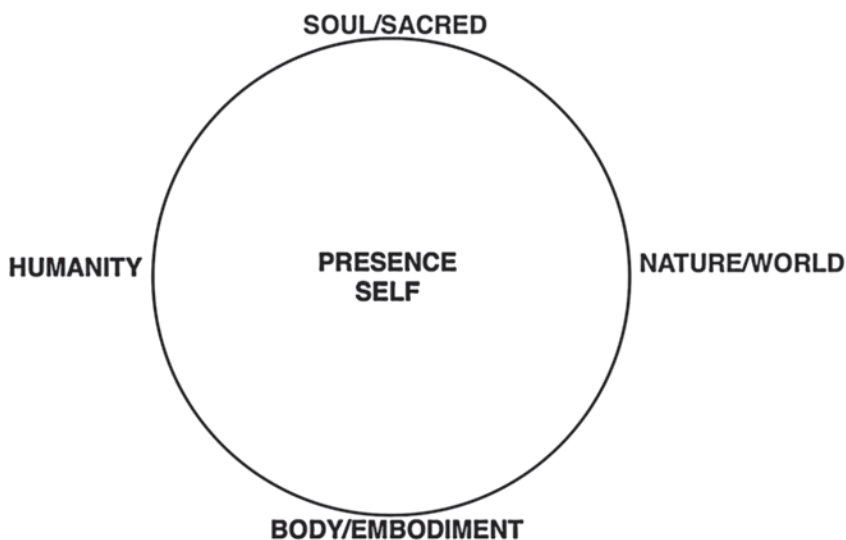


FIGURE 1

## INTENTION: SPECIFIC AND UNIVERSAL

The question can arise in doing subtle activism about how specific one should be in injecting a particular quality into a situation or promoting a particular outcome. You may ask, "How do I know what is really needed or what will be helpful? Perhaps the safest thing is just to pray that the highest good will unfold for all concerned." What is the balance between holding a specific intent and turning the situation over to a higher power?

In my experience working with subtle energies, the universal and the specific work in partnership, each offering what the other cannot. One doesn't have to choose between them but look for how they complement each other. Thus, I can ask for the highest good to manifest in a situation, and I can also suggest a particular outcome through the energy, the thoughts, the prayers, the qualities I offer. It may be that my specificity is just what is needed, or I may intuit that I need to back off because I don't really know what the situation may require and thus leave it to those spiritual forces that can discern what the highest good is that seeks to unfold.

Subtle activism is always a partnership between yourself as generative

source of spiritual and subtle energies, the lives present and involved in the situation you seek to help, and the larger universal Spirit that supports the highest unfoldment for all of us. As a subtle activist, your insights, your wisdom, and your intentions are important. You just need to remember that everyone and everything else involved has intentions, too. You can offer without imposing.

Knowing what to offer and when is important, too. Often the best tool in a subtle activist's tool belt is that of listening respectfully and with love to the situation to discern what is needed before jumping in with foregone conclusions.

An example of this in my own life occurred when an earthquake caused a tsunami in Japan as well as a near-meltdown of the Fukushima nuclear energy plant. Watching this disaster unfold on the news on my television, I knew that subtle energies generated by fear and loss, suffering and pain would be filling the subtle environment in that area. I wanted to do subtle activism to send energies of calm and hope to assist in the situation. As I started to do so, however, I was stopped by a subtle being who said, "Please don't do that now. The subtle environment is turbulent with difficult energies at the moment. Adding more energy, even coming with a positive intent, will just increase that turbulence. Wait awhile until things settle down a bit. Then your contribution will be welcome."

Subtle activism is an art and a skill based on love. Through the concepts and procedures it offers, this card deck will hopefully help you understand how to hone that skill. You will have to supply the love.

## THE CARD DECK

The Subtle Activism Card Deck contains 40 cards divided into three types, **Field Cards**, **Quality Cards** and a closing **Appreciation Card**:

- **FIELD CARDS.** These are used to create the specific subtle energy fields that will define and direct your subtle energy actions. **There are 19 Field Cards in total, divided into three types:**
  - *The Presence Field.* This is your personal energy field that gives rise to the inner quality called “Presence.” **There are 5 Presence Field cards and 4 Presence cards.**
  - *The Objective Field.* This is the energy field representing the objective of your subtle activism. **There are 7 Objective Field cards.**
  - *Bridging Field Cards.* These cards represent the inner alignments that bridge between the Presence Field and the Objective Field, connecting them together to do the subtle activism. **There are 3 Bridging Field Cards.**
- **QUALITY CARDS.** These are used to suggest the qualities of subtle energy and blessing that you are focusing upon or drawing out from the objective of your subtle activism. **There are 20 Quality cards, divided into two types:**
  - *Named Qualities.* These cards contain qualities and blessings that are named, indicating contributions that are added to your subtle activism from various spiritual sources. **There are 10 Named Quality cards.**
  - *Unnamed Qualities.* These cards are not named and are open for you to designate the quality or blessing that they represent as part of your subtle activism. **There are 10 Unnamed Quality cards.**

*[NOTE: There are an equal number of Named and Unnamed Quality Cards. This means you have a 50/50 chance of being empowered by the cards to express qualities and energies of your choice, or to support qualities offered by other spiritual Sources.]*

- **APPRECIATION/CLOSURE CARD.** This card is used to initiate closure and separation of the Presence and Objective Fields.

## THE CARDS

Here is a description of the different kinds of cards in the Subtle Activism Card deck.

**Presence Field** – There are 3 types of cards that make up the Presence Field.



**The Core Incarnational Card.** It represents YOU as an incarnate Generative Self possessing Sovereignty and Self-Light. It is the beginning place and the center of the entire subtle activism procedure.

**An Incarnational System Card.** There are 4 of these, *Spiritual Self*, *Body & Embodied Self*, *Nature/World Self*, and *Humanity Self*. Each of these represents a part of you that is connected to one of four aspects of the world: Spirit, Physical Individuality, Nature, and Humanity. Each of these enables you as a whole, generative Self to participate in the wholeness of the world through a particular gateway of life and intelligence. They are the four elements of the Presence Exercise.



**A Presence Card.** There are 4 of these numbered from 0 to 3. Each of these cards represents your Presence—the radiant inner “star” of wholeness, qualities, and spiritual energies generated by your Incarnational System and the interaction of the four Incarnational elements. The “0” card

is placed on the Connection Card and there represents a Quality which you are generating and bringing to the act of subtle activism. Numbers from 1 to 3 indicate the number of Quality Cards you will draw to place on the “Spirit” cards in the Objective Field. Where you place these Quality Cards is listed on the Presence Card itself.



**Bridging Field Cards** – These represent spiritual and energetic allies and forces that can help connect you to the Objective you seek to serve. There are 3 of these: *Place as Ally*, *Allies of Spirit & Energy*, and *The Seed World: The Wholeness That Can Emerge*. These represent three levels of attunement that create a field of subtle energy that both supports you and acts as a bridge of energy and spirit between you and the objective of your subtle activism. A full description of each of these cards is given in the directions below.



**Objective Field** – There are two types of cards that make up the Objective Field- Objective Cards and Spirit Cards. There are 4 Objective Cards: *Upheaval in Human World*, *Opportunity in Human World*, *Upheaval in Natural World*, and *Opportunity in Natural World*. They represent the “target” situation, place, condition, or people for whom you are doing the subtle activism. Two cards represent “Upheaval,” a disaster or a negative event for which you wish to bring subtle energy help, while the other two cards represent “Opportunity,” a positive event or possibility that you wish to support with subtle energy. These in turn are divided between an Objective within the Human world and the affairs of Humanity and an Objective within the realms of Nature and the non-human world.



**Spirit Cards.** There are 3 Spirit cards: *The Spirit of Wholeness & Life*, *The Spirit of the Land*, and *The Unfolding Spirit*. These represent three spiritual and subtle dimensions of the Objective with which you will be engaging.



Together, along with the Connection and Presence you provide, they create the Objective Field that will receive the subtle energies you have to offer. *The Spirit of Wholeness & Life* can also be seen as the



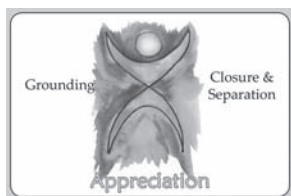
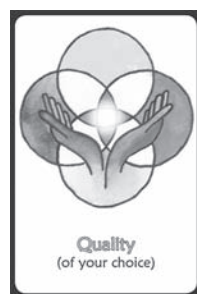
presence of the spirit and life of Gaia, the World Soul, and even that of the Sacred itself. *The Spirit of the Land* is the Intelligence, the Light, and the supportive energy that arises from the earth, from the land, itself: the planetary foundation that holds everything. The *Unfolding Spirit* is the *genus loci*, the spiritual intelligence, love, and unfolding life that is unique to the specific place or condition where your Objective is located. It is the impulse within that place or situation to support and empower the highest good of all who are there.

**Quality Cards** – There are 2 types of Quality Cards.



**Named Quality Cards.** There are 10 named Quality Cards. Each of these represents a specific quality such as love, peace, or courage, that may be contributed to your subtle activism by one or more of the Spiritual Sources creating and holding the Objective Field.

**Unnamed Quality Cards.** There are 10 unnamed Quality Cards. These represent qualities that you choose and you offer to the Objective Field, either by your own intent or at the invitation of one of the Spiritual Sources creating and holding the Objective Field.



**A Closure Card.** This card represents the act of closing down your subtle activism and separating the two fields. This is done as an act of intent and of appreciation for all the energies, lives, and allies involved. It is completed by grounding yourself back into your own field and standing in your Sovereignty.

## PROCEDURE: USING THE CARDS

Here is how the deck is used to guide you through your subtle activism. You will begin by establishing your objective and your personal field of presence.

### CREATING THE PERSONAL FIELD

**STEP 1:** Choose the focus of your subtle activism, called your Objective. What or where in the world do you wish to give help of a spiritual and subtle energy nature? Then, choose the quality you would like to bring into the Objective. What do you wish to offer? What is your intent? Hold these in your mind as you proceed.

**STEP 2:** Lay down the Incarnational card that says “Generative Self.” This represents you, the agency initiating and enabling the act of subtle activism. Take a moment to reflect on what it means to be a Generative Self with Sovereignty and Self-Light. What is the felt sense of this within you?

**STEP 3:** Around the Generative Self, lay down the other four Incarnational Cards, one at a time in the following order. As you do, take time to reflect on what the cards represent. What is the felt sense within you of each card?

- **Spiritual Self.** This is laid down above or north of the Generative Self. It represents your soul, your sacredness, and your connection to the spiritual and subtle realms.
- **Body/Embodied Self.** This is laid down below or south of the Generative Self. It represents your body, your lineage, your personality, and all the biological and historical processes that make up your unique, incarnate individuality.
- **Nature/World Self.** This is laid down to the right or east of the Generative Self. It represents your innate energetic and biological connection to the wholeness of Nature, the life of the world.
- **Humanity Self.** This is laid down to the left or west of the Generative Self. It represents your innate energetic, cultural, and biological connection to the wholeness of Humanity and

its collective energy and field of consciousness, its karma, and its destiny.

**STEP 4:** Take a moment to reflect on your Presence Field. It represents your “incarnational system,” four different elements that together blend to make up your unique incarnational presence and wholeness. What is the felt sense of this?

## CREATING THE OBJECTIVE FIELD

**STEP 5:** You are now going to create an “Objective Field” based on the Objective you chose in Step 1. To begin, you have two decisions to make:

- Is the objective of your subtle activism something happening in nature or because of natural forces (an example might be a flood, a storm, an earthquake, or a new technique of farming, or blessing a landscape), or is it something happening within the human world due to human actions (an example might be a mass shooting or, on the positive side, an organization seeking to help the homeless or working on behalf of nature)?
- Is the objective of your subtle activism an “upheaval,” something causing pain, distress, damage, and negative consequences, or is it an “opportunity,” something creating positive change, opening up new possibilities, creating opportunities, and so forth?

Based on these two decisions, place the Objective card onto the table leaving room for two cards in between. If it is something in Nature, place it to the right of your Presence Field. Leave space for two cards between it and your Nature/World Self card. If it is something in the human sphere, place it to the left of your Presence Field. Leave space for two cards between it and your Humanity Self card. (See Figure 1 below.)

**STEP 6:** To build the rest of the Objective Field, place the three Spirit cards in the following manner:

- Place the *Spirit of Wholeness & Life* card above the Objective card. It represents potential energetic and spiritual qualities and

blessings coming from “That which is Above,” which could be the Sacred, spiritual allies connected to the situation or place, angels, Devas, the souls of individuals, etc. These represent transcendental forces offering blessings.

- Place the *Spirit of the Land* below and south of the Objective card. It represents potential energetic and spiritual qualities and blessings coming in support from “That which is Below,” the spirit of the land itself, nature spirits, elementals, fairy beings, etc. These represent supportive and upholding forces within nature and the earth.
- Place the *Unfolding Spirit* in the remaining quadrant of the Objective card (to the left if the Objective Card is Human, to the right if the Objective Card is Nature). This represents the potential energetic and spiritual qualities and blessings coming out of the situation itself, from “That which is Here.” It represents the highest good that seeks to unfold for all involved.

## CREATING THE BRIDGING AND FIELDS

**STEP 7:** You are now going create an energetic link between your Presence Field and the Objective Field. Your first step in doing this is to use the 3 Bridging Field Cards which will be placed between the Presence Field and the Objective Field.

- Begin by attuning to your own place and subtle environment. Attune to the subtle life and energies in the things around you, anchoring yourself in your environment and making it your energetic ally. This attunement is represented by placing down the *Place as Ally* card next to the Presence Card in the space between your Objective Card and the Presence Field leaving room for one more card.
- Next, invite any spiritual and subtle allies whom you would like as partners to help you with this subtle activism. Take time to attune to them. If there are no specific allies whom you wish to invite, simply acknowledge the presence of the subtle and spiritual worlds as participants in the life and well-being of the world. This invitation and attunement—or this recognition—is represented by placing down the *Allies of Spirit & Energy* card

above the *Place As Ally* Card.

- Finally, in any and all acts of subtle activism, you are acting as an agent of an unfolding world of wholeness, a “Seed World” of potential and aspiration—the world that seeks to emerge on the earth to bless all life. Acknowledge the existence and presence of this emerging Seed World of wholeness and commit to making your act of subtle activism an act that brings that world further into reality and expression. This Seed World is the ally of all life and is the Gaian world of wholeness that all life seeks to bring into being. This is represented by placing down the *Seed World* card below the *Place As Ally* Card.

Figure 2 presents a diagram of this process:

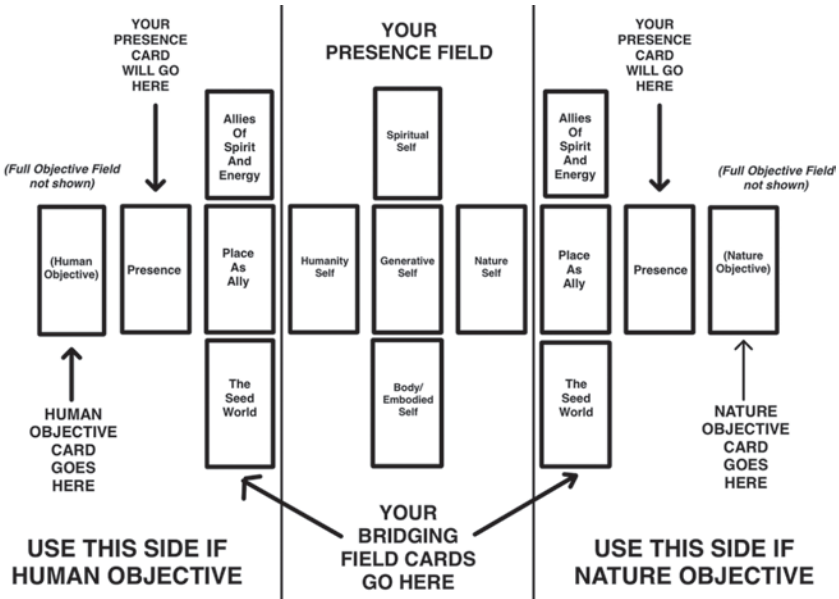


FIGURE 2

**STEP 8:** Shuffle the four *Presence Cards* face down and randomly draw one. This is your Presence, you as a whole and generative source intending to empower this act of subtle activism by connecting to your Objective. This card will represent the quality and energy which you chose in Step 1. It is what you personally wish to contribute energetically and spiritually to the situation represented by the Objective Card. Take

a moment to reflect on this quality—the energy and blessing you wish your Presence to bring to the Objective. Feel it in your body as a felt sense. Feel it as a Light radiating from you. When you feel this quality and Presence as a reality within you, place the Presence card representing it after the Bridging Field so that it becomes part of the Objective Field, as shown in the diagram above. *This is you within the situation represented by the Objective Field, holding and making available as part of that situation the quality you have chosen.*

**STEP 9:** The Presence Card will have a number from 0 to 3. This represents the number of Quality Cards you will draw from the Quality Card Deck. If the number is 0, then you don't draw any cards. It means that the quality you chose in Step 1 and placed in the Objective Field is the only subtle energy quality being placed into the situation.

It may also mean that you are being asked by subtle allies NOT to add any energies into the situation right now because, for whatever reason, the situation may be too volatile or unsteady to handle any additional input at this time. This is more likely the case if you are dealing with an “Upheaval” situation. Please use your intuition here to decide what you should do; if doubtful, then my suggestion is just to leave the situation alone, going no further with your subtle activism at this time. Later, conditions may change and your contribution or help will be welcome, so check out the situation at a future date.

If the number is 1, 2, or 3, shuffle the Quality cards well, all the while holding in mind your attunement to the Objective and to your own Presence. Randomly draw that number of cards from the Quality Card deck. The Presence card will tell you where to place the card or cards, as follows:

- If the number is 1, place the Quality card you drew face down on the *Spirit of Wholeness & Life* card in the Objective Field.
- If the number is 2, place the two Qualities cards face down on the *Spirit of Wholeness & Life* card and the *Spirit of the Land* card in the Objective Field.
- If the number is 3, place the three Qualities cards, one each on each of the three Spirit cards in the Objective Field.

**STEP 10:** Flip over the Quality Cards to see what Qualities, if any,

are coming into the Objective from the three Spirit Sources. If the Quality Card is Unnamed, then it is your choice what quality this is. In effect, you are being invited by that spiritual source to offer another quality to the situation.

Take time to reflect on the Objective Field as it is now revealed to you with the Qualities that are present. Feel the qualities which you bring through your Presence as well as the qualities that come from other spiritual sources acting together within the subtle energy field of the Objective. What contributions do you feel this is making? What work do you feel is being done? What is your felt sense within of this work? What insights arise for you?

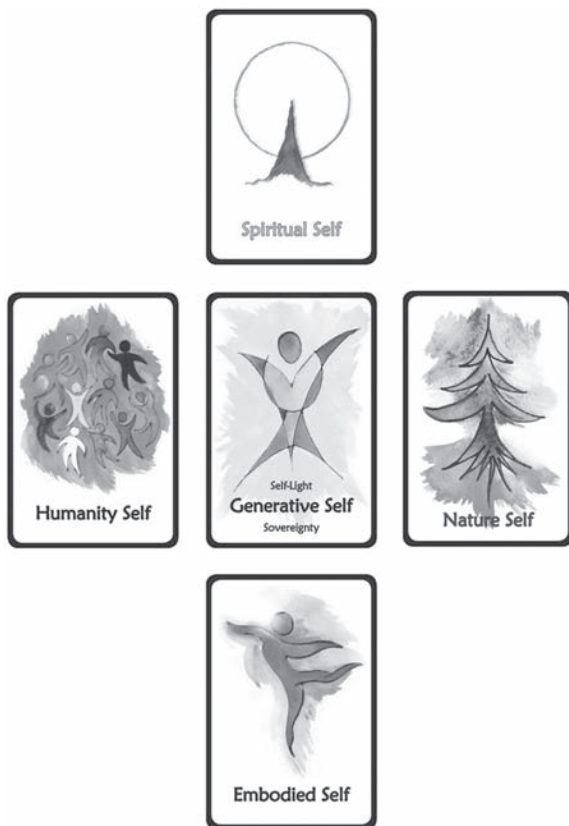
**STEP 11:** When you are finished, it is time for closure and separation of your energy field from that of the Objective. To do this, follow this procedure:

- Place down the *Appreciation Card* straddling the Bridging Field and your Presence Cards. Give thanks to any and all Sources that have participated in this subtle activism with you.
- Remove your Presence Card and the three Bridging Field Cards, severing all energetic ties between your Presence Field and the Objective Field, i.e. between you and the situation with which you were working. Take a moment to feel this disconnection and severing with you so that no link remains between you and that situation.
- Remove all the cards from the Objective Field, all the Quality Cards, leaving only your Presence Field Cards. Take a moment to appreciate your own Incarnational system, your Presence Field. Give thanks to each part of it, to your Body and Embodied Self, to your Humanity Self, to your Nature and World Self, and to your Spiritual Self.
- Remove those cards, leaving your Generative Self card behind. Take another moment to Stand in your Sovereignty, appreciating and honoring your Self-Light, both of which are always part of you. Honor your capacities as a Generative Source in the world.
- Then remove the last card and place the Subtle Activism deck away. This completes the process

## AN EXAMPLE

Here is a sample layout and act of subtle activism. Violent protests are breaking out between two political factions in a city. I would like to enhance the energies of peace, calm, and understanding in the subtle atmosphere and environment of the city.

I begin by creating my own Presence Field. As I lay out the cards, I use them to attune to my own “incarnational system,” the different aspects of life that make up my personal incarnation. Through this attunement, first to my generative self and then to the four different “selves” that connect me to the world, I deepen into a felt sense of my Presence, that which makes me whole and is the expression of my full Self and generative Identity.

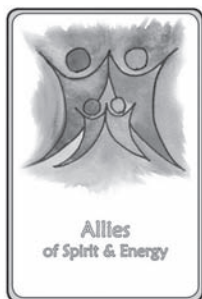




Next, I want to create my Objective Field, that which represents the subtle energy field coalescing around the violent situation in the city. It is an upheaval in the human realm, so I place that card down as the center of the Objective Field. Holding in mind the nature of the situation and what I would like to achieve, I place down the three Spirit cards that represent subtle and spiritual elements seeking to help within the subtle environment of the Objective. In a sense, these are three potential allies for me; in any event, they represent the “indigenous” subtle and spiritual forces within the situation with which I need to collaborate and whom I am seeking to help.



Now, I need to build the bridging and connecting links. I do this by using the three Bridging cards which represent an extension of my Presence Field out from my personal energy into my immediate, local subtle environment, turning that environment into an ally.



I begin by attuning to my own place and subtle environment. I attune to the subtle life and energies in the things around me, anchoring myself in my place and making it my energetic ally. I represent this attunement by placing down the *Place as Ally* card.

Next, I invite any spiritual and subtle allies whom I would like as partners to help me with this subtle activism. I take time to attune

to them. Or, if there are no specific allies whom I wish to invite, I can simply acknowledge the presence of the subtle and spiritual worlds as participants in the life and well-being of the world. I represent this invitation and attunement—or this recognition—by placing down the *Allies of Spirit & Energy* card.

Finally, in any and all acts of subtle activism, I am acting as an agent of an unfolding world of wholeness, a “Seed World” of potential and aspiration—the world that seeks to emerge on the earth to bless all life. I acknowledge the existence and presence of this emerging Seed World of wholeness and commit to making my act of subtle activism an act that brings that world further into reality and expression. This *Seed World* is the ally of all life and is the Gaian world of wholeness that all life seeks to bring into being.

Once I have done this, my Presence Field with its expanding and bridging elements between it and the Objective Field looks like this:



All is prepared for my act of subtle activism. In effect, I am bringing the energy of my Presence into the subtle environment of the Objective where I may both offer a quality to help the situation and invite and facilitate blessings coming from one or more of the three Spirits aligned with and embracing the Objective. I represent this in the layout by adding a Presence card to complete the Objective Field

This is an inner act, one performed through imagination, felt sense,

and attunement, but it is represented by the cards in the following manner:

I take the four Presence Cards, representing the energy of my own Presence which I am offering to the situation, and shuffle them. I draw one of these cards and set the other three aside. This card represents whatever quality I have chosen to offer – let us say it is Peace - as a subtle and spiritual energy to the subtle energy environment of the Objective. I place it between the bridge field and the objective, as it is through the connection of the bridge field and my attunement to Humanity that I can align with the humans in the situation and offer this quality.

Next, I look at the number on the Presence Card. In this case, it is a 2, and the text on the Presence Card tells me to place a Quality on the Spirit of Wholeness & Life (That which is Above) and a Quality on the Spirit of the Land (That which is Beneath). To do this, I take the deck of Quality Cards, shuffle them, and draw two cards. I place one face up on the Spirit of Wholeness & Life card and the other face up on the Spirit of the Land card. I see that the Quality coming from the Spirit of Wholeness & Life is one of my choice; I can ask and invite the spiritual forces overlighting the Objective to bring a quality of my choosing. On the other hand, the Spirit of the Land wishes to offer Vitality and Life Energies to the situation.

With this information, I can visualize the Quality I have chosen—Peace—radiating out from my personal Presence into the subtle environment surrounding the situation of the Objective. I also visualize another Quality of my choice—let us say, a Quality of Kinship, of feeling a oneness that transcends differences—that I ask the spiritual forces overlighting the situation from “above” to provide as a blessing to the situation. Then I visualize Vitality and Life energies, energies respecting and honoring life, rising up from the land itself to give potency and vitality to any and all efforts by both subtle and physical beings to resolve the situation peacefully.

At this point, the final layout representing the whole act of subtle activism looks like this:



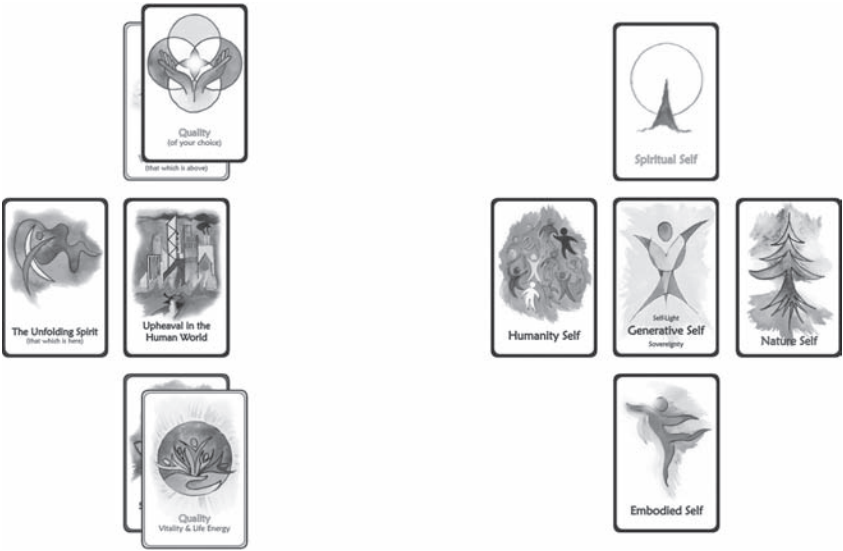
I can hold my Presence in alignment with and service to the Objective for as long as feels comfortable to me. When I begin to feel restless, though, or feel that the subtle activism is over and my contributions have been received and are active, then it's time to close down the operation.

I begin this closure by giving my thanks and appreciation to any and all beings and forces that have contributed to this subtle activism or who have been allies helping me. To represent this, I place down the Appreciation Closure Card straddling The Objective and the Bridging Fields.

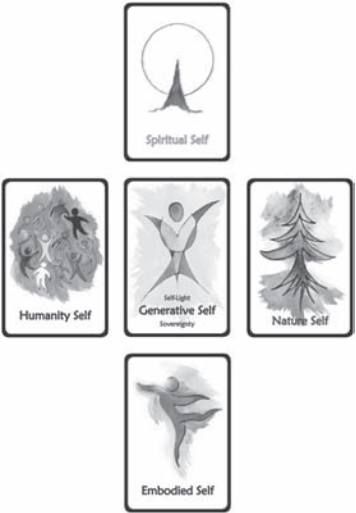


When I feel complete with my appreciation, I visualize any and all energetic links on any level between me and the Objective now separating, disconnecting, and dissolving. I represent this by removing all the cards between my Objective Field and my Presence Field – The Appreciation Card, the Presence Card and all the Bridging Cards.

Now the layout looks like this:



Then I remove all the Objective Field cards with their Qualities, if any, leaving only my personal Presence Field.



I take a moment to center myself again in my Presence, my incarnational wholeness. Then, as a final act, I remove all the Presence Field cards except my Generative Self.



My final act of closure and grounding is to stand in my Sovereignty and Self-Light. When I have done this, I remove this final card. The subtle activism is over.

## THE EXTERNALIZATION EXERCISE

There is a special form of subtle activism which is not directed towards any specific objective but rather towards the unfoldment and externalization of qualities of spirit and wholeness generally in the world around us. I call this the “Externalization Exercise,” and it makes use of the *Seed World* card as well as the Presence Field.

The Seed World card stands for the potentialities of a world of wholeness and harmony that exist in the subtle dimensions of the Earth. At the moment, this world exists as an energy field of qualities and possibilities, connections and partnerships that seeks to be externalized and made real as the world in which we live. This externalization takes place in and through us. The qualities of this Seed World can live in us, and we can then express them through our choices and our actions, our relationships and our behavior. The greatest act of subtle activism we can perform is to bring a new, more harmonious, more whole world into being through our lives.

This exercise uses the subtle activism cards as a way of reminding us of this possibility and helping us attune to the reality and presence of this Seed World, drawing its energy and qualities into our own Presence.

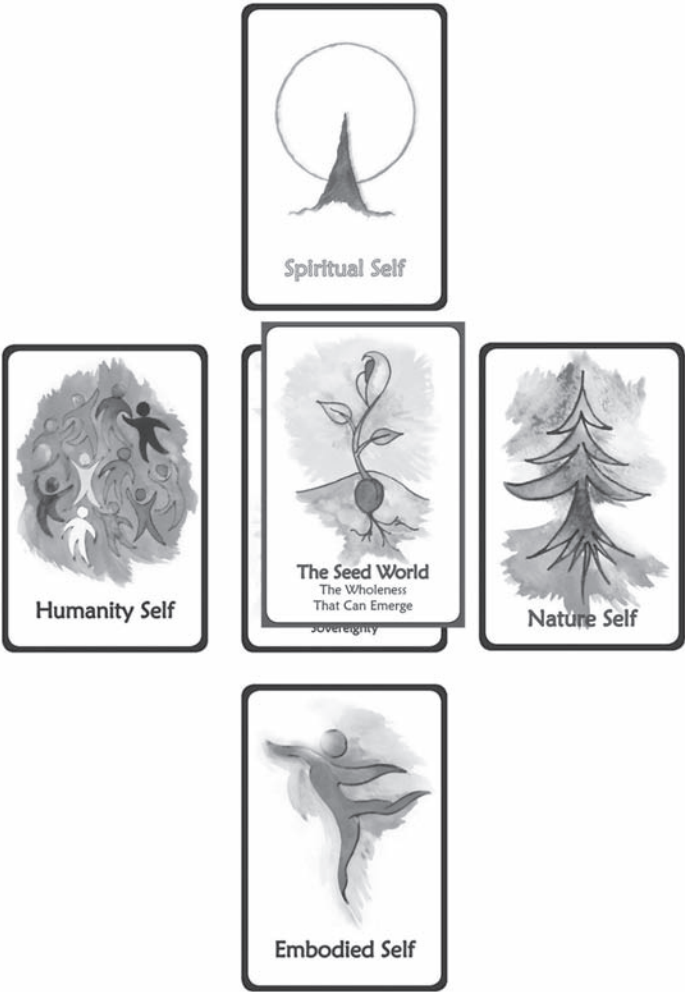
There are three steps to this exercise.

1. Lay out the Presence Field as directed in the instructions above, with your Generative Self card in the center and your four “Selves” around it in a circle. Take a moment to attune to your own wholeness and Presence.
2. Lay down the Seed World card in the center of your Presence Field, on top of your Generative Self card. Take a moment to reflect on what this card means. What is the new world that you would like to see unfold for the betterment of humanity and nature? What are the seed qualities of that world that you can hold and express within yourself?



As you attune to the energy that this Seed World evokes for you, draw them into your own wholeness. Make them part of your life, your Presence, so that you are embodying the life of this Seed World, allowing it to incubate and unfold from your uniqueness.

3. In what way can you be the presence of this Seed World today in your life? What choices and actions can you take that would externalize the qualities of this Seed World? Decide on one thing you can do today that will express the qualities of the Seed World as you experience them within you. This could be an act of kindness and of connection that builds wholeness between you and the people and environment around you, externalizing into physical expression the inner reality of the Seed World. Whatever it is, commit to this one action as a seed and see what can unfold from it. When you have made this commitment, gather up the cards and put them back in the Subtle Activism Card Deck where they can be used again when you are ready.





## THE SUBTLE ACTIVISM CARD DECK AS AN ORACLE

Unlike the Tarot, the Subtle Activism Card Deck was not designed as an oracle. It is a tool to assist you in doing subtle activism. However, like any deck of cards, it can be used as an oracle when the cards are shuffled and drawn randomly. With this in mind and as a way of expanding the use of these cards, here is one way they may function as an oracle.

The simplest way is just to draw a card at random and allow your imagination and intuition to weave a story or insight from it in keeping with your intent behind the draw. You don't need to know what the cards are "supposed" to mean; allow your own meanings to emerge within the context you set forth.

If, though, you'd like to do something more formal, here is a process you can use.

Before starting, remove 9 of the Unnamed Quality Cards, the ones that say "Quality of Your Choice." This will leave 31 cards in the deck but ensure a better random distribution. Please note that the small number of cards means a limited selection of possible responses. But if you bring your intuition and imagination to the process, they can still provide you with interesting results.

When using the Subtle Activism Cards as an oracle, you do not attempt to build interacting fields of energy such as the Presence Field or the Objective Field. Instead, shuffle all 31 cards together while holding your question or issue in mind. When you feel it's right, place the shuffled deck face down in front of you.

There are two ways in which you can use the Subtle Activism Card Deck as an oracle: **Asking a Question** and **Starting the Day**.

## ASKING A QUESTION:

The Subtle Activism Card Deck can be used as an oracle to stimulate reflection or insight upon a question you have or an issue confronting you. When using it this way, draw the top card off the shuffled deck in front of you. Look at the card you drew.

- If it is the **Quality of Your Choice Card**, then this indicates that the answer or resolution is up to you and dependent upon what you decide to do. You have freedom within the situation to choose.
- If it is a **Named Quality Card**, then the quality that is named is a key to finding an answer or resolution to your issue.
- If it is a **Presence Field Card** (*Generative Self, Spiritual Self, Embodied Self, Nature Self, Humanity Self*), then the answer or resolution will be found within yourself, perhaps in connection with the “self” named on the card. If you drew a Nature Self card, for example, then explore how your feelings for and connections to the natural world may hold a key or play a role in discovering what you need.
- If it is a **Presence Card** of any number, then bringing your Presence and wholeness into the situation is a key to finding an answer or resolution.
- If it is an **Upheaval Card**, then you may find difficulty with the situation or opposition in finding an answer or resolution.
- If it is an **Opportunity Card**, then look for unexpected opportunities that will help you in finding an answer or a resolution.
- If it is **Place as Ally Card** or **Spirit of the Land Card**, then look for help, answers, or resolution in cooperation with the environment around you or with people whom you know or with whom you are working.
- If it is **Allies of Wholeness & Life Card** or **Allies of Spirit &**

**Energy Card**, then be open to inspiration and vision from inner, spiritual allies.

- If it is the **Unfolding Spirit Card** or **The Seed World Card**, then positive forces are working on your side. Trust that all is in hand, relax, and allow things to unfold, acting or deciding as you are inspired in the moment.
- In all cases, no matter what the card, be open to inspiration in the moment. The card you draw may trigger insights not directly related to the card or to the suggestions above; be open in the moment and if it seems appropriate, allow the cards to speak to you in their own way.
- Remember, ultimately the guide for you in all situations is your own inner wisdom and spirit and your attentive and wise evaluation of the situation that faces you. The cards can never tell you what to do, but they can open a window of insight.

## STARTING THE DAY

Another way to use the Subtle Activism Card Deck is as a suggestion of an attunement to start your day energetically. Shuffle all the cards together while asking the question:

### ***WHAT SUBTLE ENERGIES OR ACTIVITY SHOULD I FOCUS UPON TODAY?***

When you feel ready, draw the top card from the facedown deck you have just shuffled. Depending on the card, here are some suggested interpretations, though if other meanings and interpretations occur to you in the moment, please go with those:



Be your full, generative self today. Whatever you do, wherever you go, remember to stand in your Sovereignty. Know who you are as a soul born from sacredness, an individual like no other with gifts of blessing only you can bring to the world. Know yourself today and radiate the Light of your inner Self.

Today, take time to feel your connection to the spirit within you and to the spirit within all things. Recognize and affirm that you have a subtle body as well as a physical one and pay attention to the subtle energies of spirit, thought, and feeling you bring into the world today. Be a positive force of Light and blessing within the subtle environment wherever you are.





Today, take time to affirm your connections with nature and with the earth and land around you. Remember that you are part of nature: the ocean is in your blood, the minerals are in your bones, you are fed from the lives of plants and animals. You are part of the ecology of Earth, part of a living planet in which everything is connected.

Today, take time to affirm your connections with Humanity. Appreciate the aspiration, the hope, the creative energy, the imagination, the love, the compassion that exists in people. Whoever you meet today, affirm and appreciate their sacredness; they share the human journey with you.



Today, take time to affirm yourself and your uniqueness. Affirm your body and the trillions of cells whose lives and activity enable you to live an embodied life, present to the world around you. Whatever your family of origin, you are part of a family tree whose roots are deep in the ancestral history of the world, a tree that has known striving, longing, love, courage, accomplishment, hope, and a vision for the future. Right now, you are that future, the culmination of a genetic lineage born in the embryo of Humanity. Honor yourself and honor the gifts you can bring into the world.

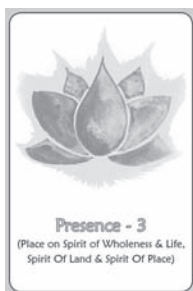
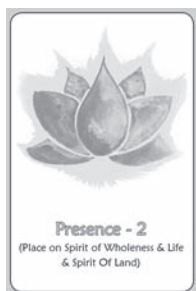




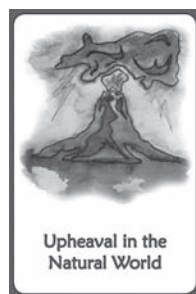


All the Presence cards represent the spirit within you that draws all your inner “selves” together into a coherent whole. Today, affirm your wholeness and bring that wholeness into your activity, into your world.

If you draw one of these numbered Presence Cards, then draw another card and add its meaning and affirmation to start your day.



Today, be aware of the ways that Nature suffers or changes as a result of human activity. There have always been upheavals in the natural world, but now they are increasing as the influence of humanity has greater and greater impact. This is not a call to feeling guilty but to being aware. What act can you take today that may in some way, however large or small, be of assistance in meeting the need of the world for healing, balance, and harmony?





Today, be aware of opportunities happening in the world to bring harmony and wholeness to nature and to humanity's relationship to nature. The world is not only a place of upheaval but a place of joy and opportunity as well. What actions are people and groups taking to heal the world that you know about? What can you discover about such actions? How can you contribute to them to support and widen these opportunities for wholeness?

Today, be aware of the suffering in the human world brought on by the actions of people. If we are damaging to the wholeness of nature, we are damaging to our own wholeness as a species as well. This card doesn't ask you to start your day in guilt or sorrow but in awareness that suffering is happening and that there may be something you can do to help. At the least, be aware of how you might be a cause for pain or upheaval in the life of another and decide on other courses of action that can bring understanding and wholeness instead. What act can you take today that in some way, however large or small, can contribute to lessening the human pain in the world?



Today, be aware of opportunities to make a difference, to be creative, to bring joy and wholeness into the world. Humanity is creative and imaginative. We are always creating opportunities for positive change. What such opportunities are you aware of? How might you contribute to them? How can you hold a vision of hope in the world that opens up possibilities and opportunities to make things better? In what way today can you be an opportunity through whom a positive future may unfold?



The Land is the earth beneath you. It is also that Spirit that undergirds and supports all life, that works from beneath to provide a foundation on which life can build and thrive. Be aware today of what supports you, of the emotional, mental, energetic, spiritual, and physical ground on which you stand. Give thanks to this Spirit of the Land today for its support, and be aware of how you may be a support and a foundation for others in your life and whom you meet today.

This card represents the Sacredness that is within all things, a Spirit of Wholeness and Life that is always blessing, always supporting, always empowering, always loving. Today, be aware of this spirit and give thanks for its presence in your life. Today, imagine how you can act to give this Spirit expression in the world.



Today, be aware of potential seeking to unfold within you and around you. What spirit of possibility, of wholeness, of life and love, of vision and hope is unfolding through your actions, your thoughts, your feelings today? Be open to emergence, to newness, to discovery and surprise. Be open to wonderment. Be open to your unfolding spirit and the unfolding spirit within the world around you.



Every place has its own spirit and life, its *genus loci* or angel of the place. Your home, the places where you work, the places in nature you value and visit, they can all act as a spiritual and energetic ally. Bring love to the place where you are, acknowledge its livingness, and ask it for support and upholding as you go through your day today. Be aware of place as an ally.

None of us is alone in the world. Around us, invisible but present, are allies of spirit and energy. They seek in diverse ways to help us fulfill the potential of our lives, to be joyful, loving, and creative within the world. Today, acknowledge their presence and be open to inspiration that may seem to come from nowhere. Be open to feelings of being loved, held, and empowered that arise seemingly unbidden within you. Give thanks to the allies that have only your highest good at heart.



In spite of the challenges and upheavals in the world, all around us there is a seed world, a world of wholeness, striving to emerge and manifest. It can appear in small ways and in large. It can manifest through you. Today, attune to this idea of a Seed World unfolding and that you are an instrument of that unfoldment. Your life is the seed in which this world of wholeness is planted. What attitudes, what actions, can you embody today to nourish this seed and foster its sprouting?

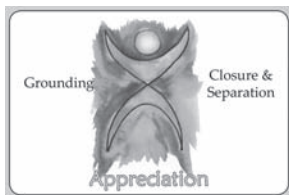


Today is inviting you to bring into it a quality of your choice. What do you think this quality might be? What do you think is needed as you engage with your life today? How might you embody it and demonstrate it? This card affirms your ability to see what can be of help and what may need to be done, and your ability to act accordingly.

Begin today by attuning to the quality named on the Named Quality card you drew. What does it mean to you? What does it have to offer you? How can you bring this quality to others today? Let this quality be a theme for you as you go about your day.



Start your day by appreciating your life and all the life around you. Appreciate your blessings. Appreciate your loved ones and friends, co-workers and allies. Appreciate the strangers you meet. Appreciate the work you can do. Let appreciation fill you as you go about your life today.



## About the Author



**David Spangler** is the Spiritual Director of the Lorian Association and is the author of many books including those listed at the front of this manual. David is a mystic, writer and educator in the integration of spiritual values, energy and presence into everyday life. He was co-director of the Findhorn Community and has taught extensively for over 40 years. Since 1965, David has worked clairvoyantly with a group of spiritual beings whose purpose was to explore

and develop a spiritual teaching around the process of incarnation.

## About the Artist

**Jeremy Berg** is owner of the Lorian Press LLC. He is an author of *The Gathering Light*, *Faerie Blood* and *A Knight to Remember* as well as artist for the *Card Deck of the Sidhe* and the *Subtle Activism Card Deck*. Jeremy currently is Executive Director of the Lorian Association. His past work includes architectural and environmental design, teaching and college administration.



## THE PRESENCE FIELD

Presence is the expression of that state of wholeness, incorporating both personal and spiritual, worldly and human elements. It is an expression of your Sovereignty that can, through love, create and maintain integrity, coherence, and wholeness in your life.

It is the You that is at the center of these four “Selves,” these four elements of your Incarnational System: your embodied self, your human self, your nature self, your spiritual self. You are the point of synthesis where they all meet, come together, blend,

partner, cooperate, merge, and co-create wholeness.

Feel the energies of these four selves, these four directions, flowing into you, blending, merging, and creating an open, evocative, creative space within you. Feel what emerges from this space. This is your Presence. It is the holistic Presence of your unique incarnation and sovereignty, enfolding you, supporting you, being you.

Who are you as this incarnational Presence? What is the felt sense of who you are?

In this Presence is the love that honors and holds these four aspects of you together, enabling them to collaborate and work in partnership. This love is the fire of sacredness within you. Honor yourself for your Presence.



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