

the
LYRICAL SONGBOOK

A MONTH-BY-MONTH CARTOMANCY JOURNAL
for self-reflection and deep-soul enquiry

NOVEMBER

Hello....

and welcome back to the Songbook for the month of November.

When you are told in your one big dream for the year that a storm is coming, it can make life weirdly anti-climatic. Is this the storm? Is this? Maybe this is it? What I realise now is — I was looking for the storm outside of myself. I had expectations about what it might be, who it might involve, whilst missing the most obvious: it was all about me! The storm has arrived in what I can best describe as a fundamental energetic disruption within my body. I woke a fortnight ago, buzzing like I had drunk a dozen short blacks in an hour while I slept. Only the buzz was running all over the outside of my body. It was intense and disturbing. My acupuncturist managed to discharge a massive amount of it that first day, and from then on I have had to be mindful of how and when it surges. A week ago, in the dreamspace, I was told I was being 'rewired'. Yesterday, out walking the dog, the process was summarised nicely for me: to hold, to harness and to direct. I am currently walking and stumbling, occasionally crawling and sometimes even dancing, through the hold and harness phase. What has been most evident is the necessity to move.

I've taken up walking again, and it's helped with both the energy and the pain that returned several months ago in my right side. It has been hard to turn up every day and invest the energy into something, when it would be easier sit and do nothing. When I do that, the pain in my side amplifies. Even when I bled over the weekend I was engaged in some kind of motion. What I have been most afraid of across the last two weeks has been what will happen if I stop, and that has less to do with the fear of the pain, and more to do with dealing with the energy, unacknowledged and disengaged. I have no doubts it will become panic and anxiety if I do. I was told several years ago that the experience of our power rising is akin to that of anxiety and panic; when we are small we are taught to quash our power, so when it rises we become anxious and push it down. What I have noticed with this power vs anxiety dynamic, it feels remarkably similar but it moves in a different direction. Anxiety and panic surge from outside of me, and hammer into me. Power moves up, through and out of me.

I've been cut off from the people who most influence the quantity and quality of my energy, those who are my greatest supports, thus I've been living in a literal electrical storm inside my body, in deep hermitude. Coming across random photos from the start of November last year, I remembered that I had undergone an energetic shift last year too, also in isolation. I'd just forgotten. And the date I came out of it - is the same date that I was given in meditation to end this time of solitude and solo initiation.

On the topic of big energetic shifts, Jupiter moves out of Scorpio and into Sagittarius early November and by the end of the month, Scorpio will be empty of planets and the intensity will ebb a little, shift into a more expansive and lighter Sagittarian energy. While the energy may let up, a little, the search for meaning will go deeper, as Jupiter magnifies the larger questions or life and existence - why am I here? What is this all for? The spreads here are very much influenced by the last of Scorpio's energy though: spreads about sexuality (p.31), money (p.23) and the gifts of Scorpio (p.20). There is also a beautiful design your own Venus blueprint (p. 27) which will set intentions for the coming 18 months and a Mercury Rx spread (p. 38). Yes, there is one last retrograde to navigate.

May November bring ease and relief with the last of this year's big transitions,

Jodi KKK

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NOVEMBER

GENERAL CALENDAR

<p>New Moon Thursday 8th 2:03am at (15° Scorpio) Sun into Sagittarius 22nd November - 21st December Full Moon Friday 23rd 3:40pm at (0° Gemini)</p>			1 thursday	2 friday	saturday	4 sunday
5 monday	6 tuesday	7 wednesday	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	<p>Jupiter into Sagittarus Thursday 8th Venus Direct Friday 16th (25° Scorpio) Mercury Rx Friday 16th (29° Sagittarius)</p>	

NOVEMBER

Obstacles and Challenges

Theme or Focus

Blessings

November Mantra

energetic forecast

projects & ideas

personal trajectory

ABCUS of

3 people you are grateful for

3 insights you are grateful for

3 challenges you are grateful for

3 things you are grateful for

3 blessings you are grateful for

postcard of appreciation to...

GRATITUDE ROLL CALL

DARK MOON RETROSPECTIVE

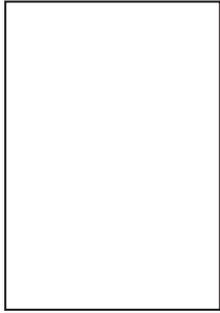
Monday 5th (evening) - Thursday 8th (early morning)

endings and beginnings

what no longer serves me

physical acts of clearing

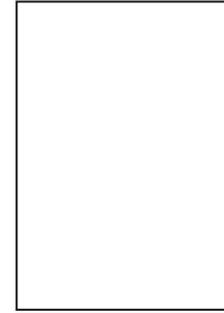
DARK MOON DOORS SPREAD



What door got me here?



What door is closing?



What door is opening?

SAGITTARIUS

The month of adventure

22nd November - 21st December

Key Words

aspirational - jovial - directness - optimistic - enthusiasm - curiosity - freedom - spontaneity - open-mindedness - versatility - enterprising - wanderlust - expansion - independence - luck - truth - philosophy

The energy you are moving out of.

The energy you are moving into.

New Energy Mantra

GEMINI Full MOON

Spread Date:

Decks

where the light falls on your thoughts and ideas

where the light falls on your restlessness

where the light falls on your curiosity

where the light falls on your communication skills

where the light falls on issues of duality

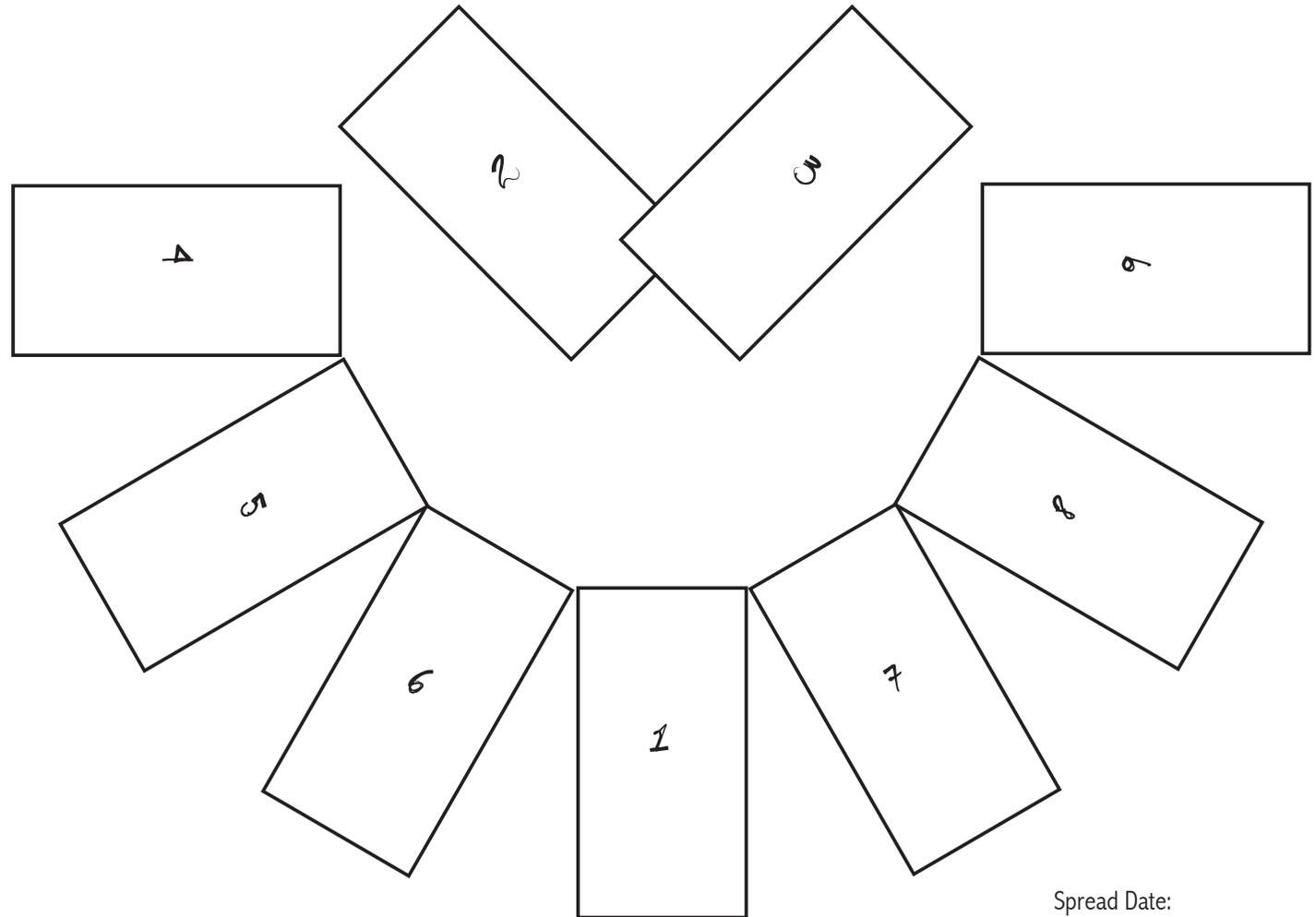
where the light falls on your sociability

STRING of TEETH

String of Teeth is a Scorpio transit spread and can be used at the end of Jupiter's travel through the sign on 8th November or at the conclusion of Venus's retrograde on the 16th.

It is suggested that two decks are used - one for the central cards (1 - 3) as the core of transformation during this period and a second deck for each of the key aspects (4 - 9)

- Card 1** - the heart of transformation
- Card 2** - the shadows/challenges of transformation
- Card 3** - the light/blessings of transformation
- Card 4** - abundance
- Card 5** - magnification
- Card 6** - growth
- Card 7** - regeneration
- Card 8** - healing
- Card 9** - incubation



Spread Date:

Decks

Card 1 - What was the energetic heart of this transition/transformational period?

Card 2 - What challenges/shadows have been faced to allow transformation to take place?

Card 3 - What light/blessings have supported the transformation?

Card 4 - Where has there been abundance? How has a deeper understanding of abundance been called in?

Card 5 - What has been magnified? Where has deeper inquiry served as medicine and blessing?

Card 6 - Where has there been growth? What nourished and supported this growth?

Card 7 - In what ways has regeneration been supported? What areas of life have been regenerated?

NOTES:

Card 8 - Where has deep healing taken place? What helped the healing process?

Card 9 - What has been incubating during this period? What is ready to be re/born?

Meet Your Money Muse

Meet Your Money Muse is my signature money spread that I served the last of my tarot apprenticeship reading with. This is the first time I have published it.

It was commissioned as an experiment by two wonderful women who contacted me after reading about my journey through my money story. They asked if I could do a reading to help them out with their money stories. The message arrived while I was in Officeworks and by the time I got to the register, 5 minutes later, I had the bones of the schematic. By the time I got home I had most of the navigational information. It was the first spread I ever designed.

The idea behind the spread was to explore and unhook from old money stories; to invite a personification of money in. One that was relatable. I found when I hung out with money, playing dress ups, that money took on a subversive feminine energy and in that guise I could step into a gentler and more supportive money story. It was a long way from my original core story of money being a dirty tool of patriarchal greed! My money muse grew into the energy of Nellie Bly and I knew that as long as I chose projects that were just, innovative, valued my words, had a sense of the intrepid and adventure to them, then money would meet and travel with me. I felt money as a travel companion. Other people I read for had money arrive as a lover, a business mentor, a magickal presence of joy, an interior decorator and a spiritual guide.

Card 1 Your current money story

Card 2^ The thoughts and beliefs that underpin the story

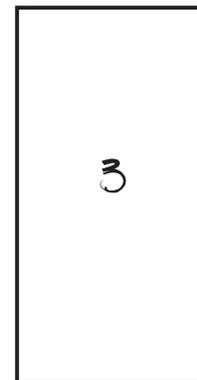
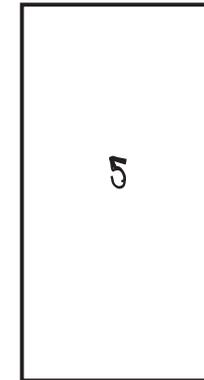
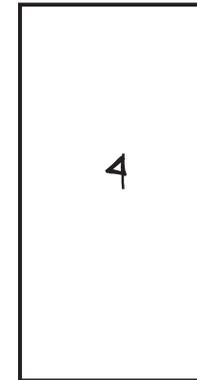
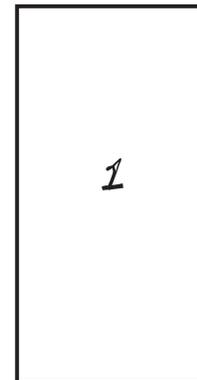
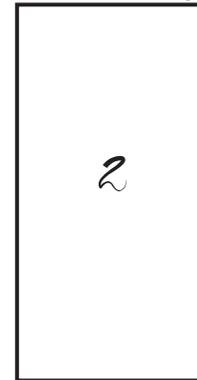
Card 3^ The feelings that underpin the story

Card 4* Meet your money muse

Card 2 The invitation into how to foster your new relationship

^ optional - pull two cards in these positions - one for what is yours and the other for what you have inherited

* if you do not pull either a major arcana or a court card, stop the reading here



Spread Date:

Decks

CARD 1: Current Money Story

What is your current money story? Condense it into a single sentence. Now tease out the characteristics? What are the easy parts of it? What are the difficult parts of it? What can you own. What bits do you want to disown? What memories surface as you do this?

CARD 2: Beliefs and Ideas

What beliefs and ideas do you have about money? How do they inform your story? How are they part of the foundation? (What beliefs and ideas have you inherited from your family about money? Or other influential people?)

CARD 3: Feelings and Emotions

What feelings or emotions are invoked by the word 'money'? How do they inform your story? How are they part of the foundation? (What feelings have you inherited from your family about money? Or other influential people?)

CARD 4: Meet Your Muse*

As someone there to support your every effort - who would they be? What would they look like, talk like, dress like? What personality attributes would they have? Do they remind you of a specific person - alive or dead? How do they make you feel? What alternate ideas or beliefs do they offer you?

* Please note that if you do not pull a court card or a major arcana in this position, consider what needs to be released and healed. Return to position 4 a month later. If you pull the Devil card also consider this as an invitation into further inquiry and release.

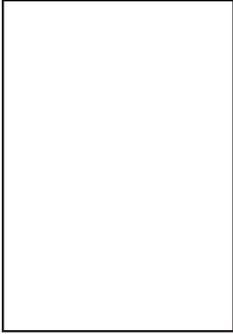
CARD 5: An Invitation into Relationship

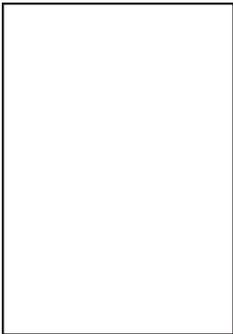
How would the two of you meet? How would your relationship grow? How would you spend time together getting to know each other? Later, how would they be there to support you in everything you do? What three concrete, physical, tangible, real-life-things can you do in the next week/month to solidify this new relationship?

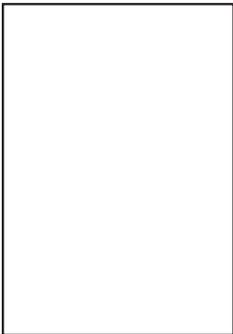
ADDITIONAL NOTES

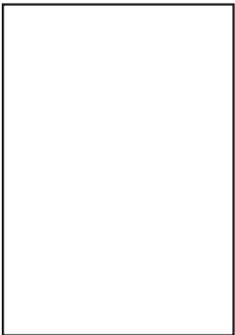
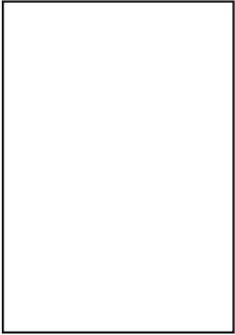
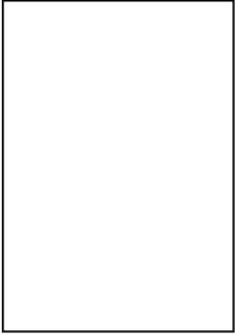
Venus Blueprint

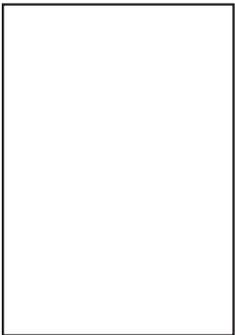
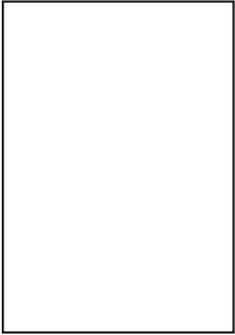
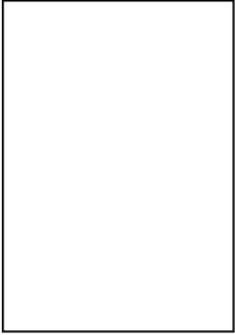
1. Choose the number of key points for your blueprint (up to 9).
2. Cut up the keywords and randomly pull the corresponding number (there are a few spare spaces if there is something you'd like to include that's not on the list).
3. Lay out the key words and a card/s for each spot.
4. Use the doorways and wisdoms in the cards to write an intention/statement/invocation for what you'd like to manifest/create/call in over the next 18 months.
5. Remember that Venus is the energy of attraction; have an idea of what you desire— even if it's only a small seed of an idea that's barely fleshed out—and Venus's energy will help you attract everything you need to grow it and bring it into fabulous bloom.





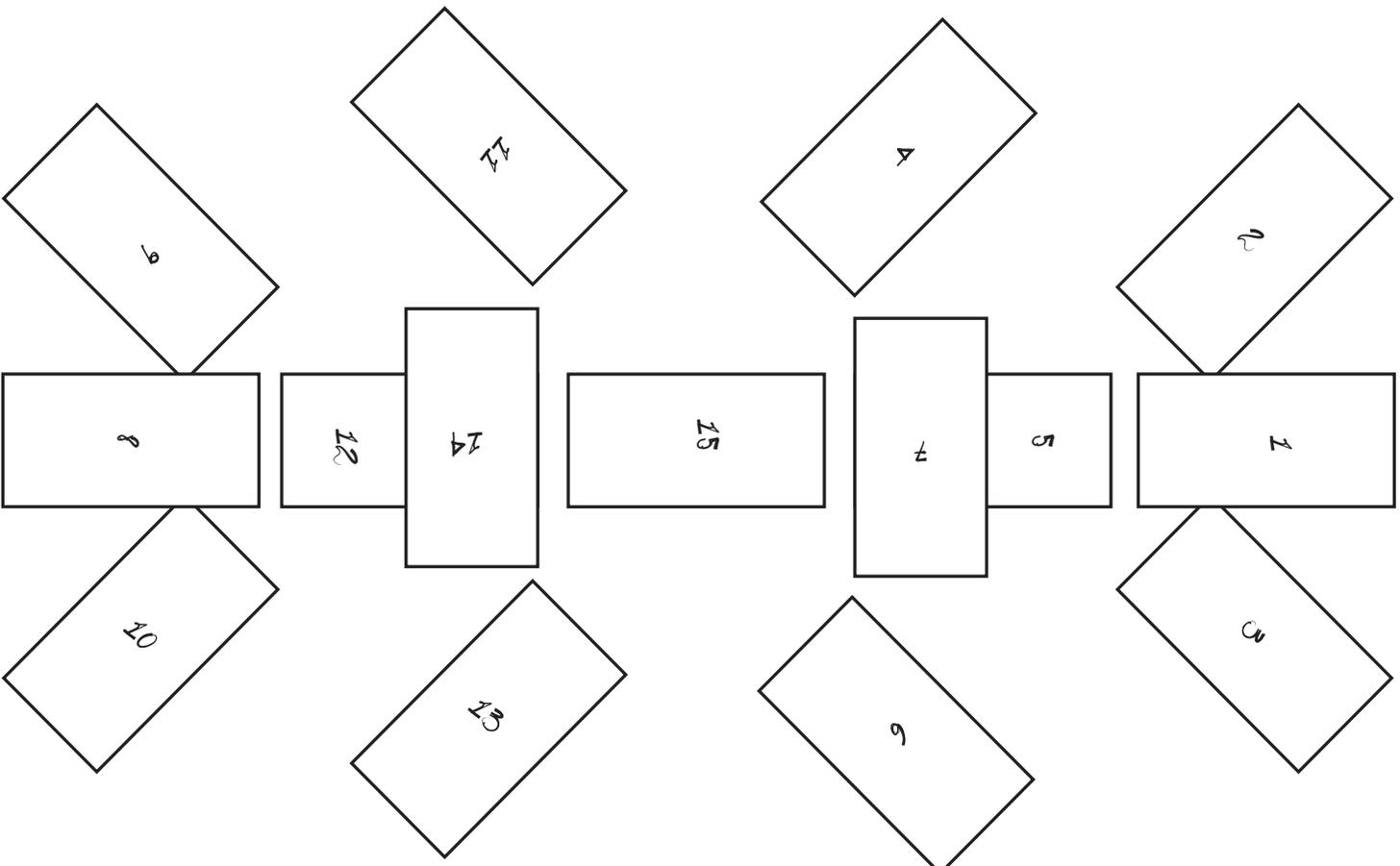






self worth	money	body as temple	rebirth
intimate relationships	partnerships	security	sensuality
beauty	stability	attachment	core values
artistic inclination	joy	pleasure	inheritance
investment	legacy	sex	contentment
romance	self love	love	attraction
value	power		

Sovereign Sexuality



- 1 old sexual energy
- 2 old feminine energy anchoring it
- 3 old masculine energy anchoring it
- 4 how the old energy shapes the physical experience
- 5 how the old energy shapes the mental experience
- 6 how the old energy shapes the emotional experience
- 7 how the old energy shapes the spiritual experience
- 8 new energy about sex
- 9 new feminine energy underpinning it
- 10 new masculine energy underpinning it
- 11 how to experience the new energy physically
- 12 how to experience the new energy intellectually
- 13 how to experience the new energy emotionally
- 14 how to experience the new energy spiritually
- 15 a blessing for stepping into the new sovereign sexual energy and for collective healing

Spread Date:

Decks

CARD 1: Old sexual energy/story

Card 4: How the old energy shapes the physical experience

CARD 2: Old feminine energy anchoring it

Card 5: How the old energy shapes the mental experience

CARD 3: Old masculine energy anchoring it

Card 6: How the old energy shapes the emotional experience

Card 7: How the old energy shapes the spiritual experience

Card 10: New masculine anchor/s or expression

Card 8: New sexual energy/story

Card 11: How to experience the new energy physically

Card 9: New feminine anchor/s or expression

Card 12: How to experience the new energy intellectually

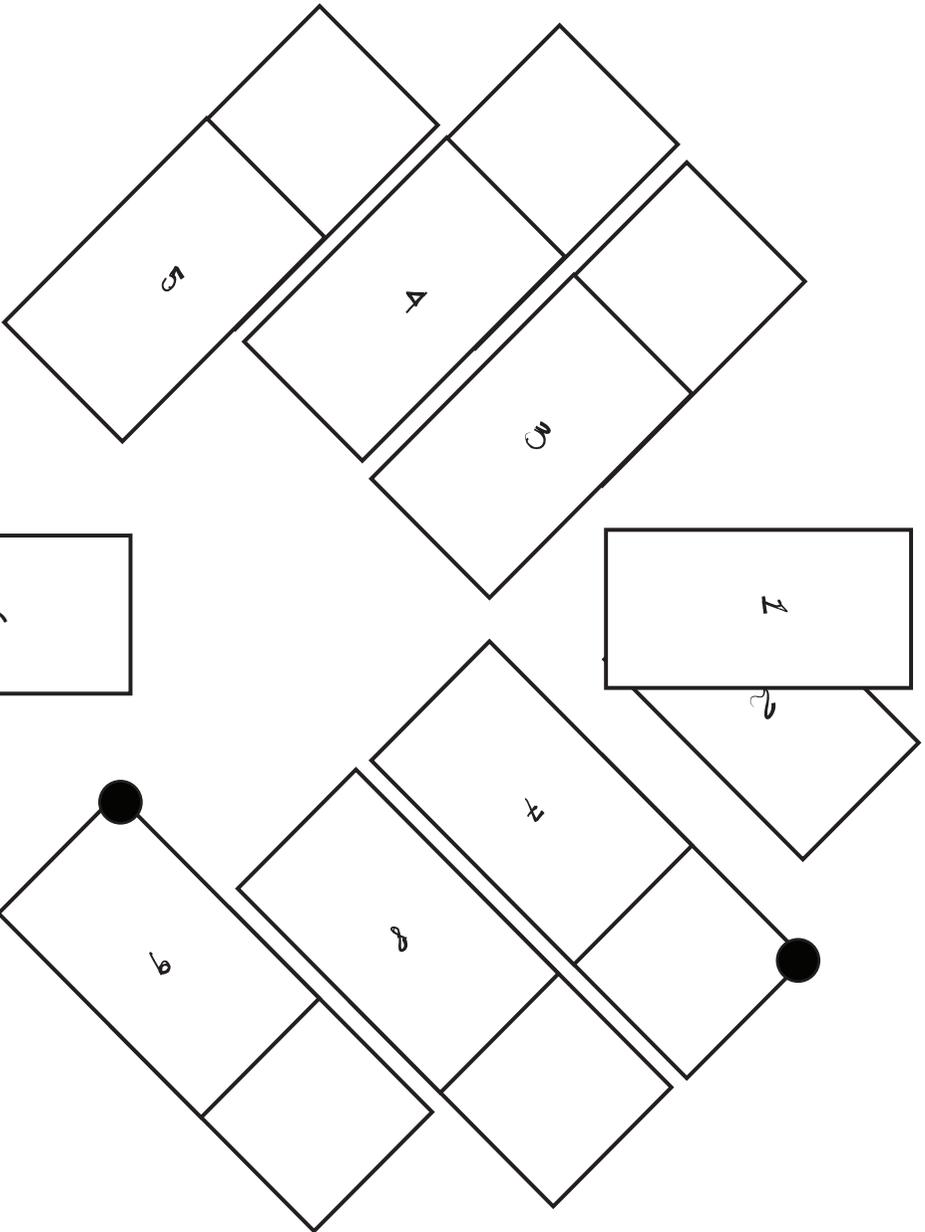
Card 13: How to experience the new energy emotionally

ADDITIONAL NOTES:

Card 14: How to experience the new energy spiritually

Card 15: A blessing for stepping into the new sovereign sexual energy and for collective healing

The Phoenix Spread

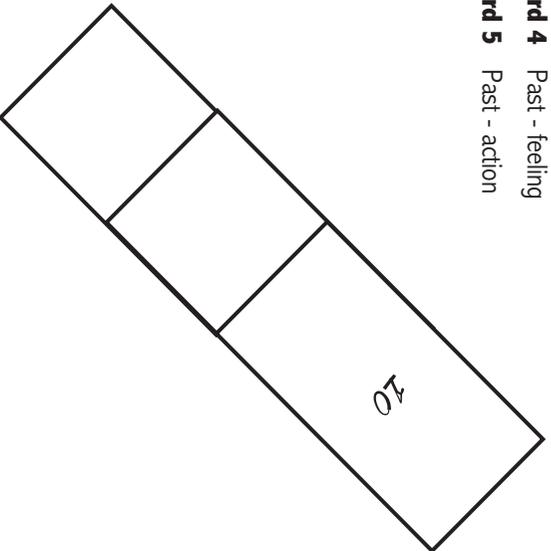


Card 1/2 Old story

Card 3 Past - thinking

Card 4 Past - feeling

Card 5 Past - action



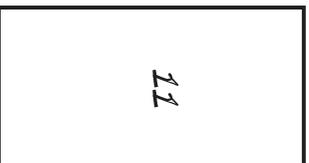
Card 10 Future - thinking

Card 11 Future - feeling

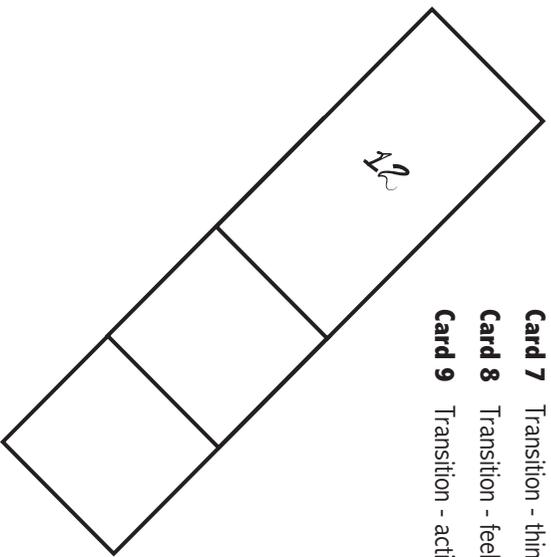
Card 12 Future - action



6



11



Card 6 New Story

Card 7 Transition - thinking

Card 8 Transition - feeling

Card 9 Transition - action

Spread Date:
Decks

The Phoenix Spread was a gift from my spiritual midwife last year, in early October when I began the next phase of fundamental transition and transformation. I was struck with fear about what was ahead, based on the difficult and often traumatic time I'd had the year before - which had included separation from someone very important, the ending of two best friendships, a descent into soul work that I was ill-equipped for, months of insomnia that ended up leaving me housebound and the return of my chronic pain. This was her gentle gift for me to help me navigate what was coming. I have returned multiple times to this spread, in times of massive upheaval, or when I've been reeager to shift, and each time I have tweaked it a little further as I have got to better know its terrain and medicine.

This spread requires multiple decks and some space to lay it all out. In the past I have used:

- Two oracle decks for the head (one for the head and one for the beak)
- Two tarot decks for the wings (alternating their position on the wings)
- An oracle deck for the body
- Two oracle decks (including the one that formed the beak) and a tarot deck for the tail
- All up 7 decks.

The last time I did the spread, I changed the right wing to represent an interim period that helped to transition from the old story into the new one. It appeared that there were certain steps that needed to be done in terms of release and healing before the new story could come in. I noted that the top card and bottom card in the right wing (see where the black dots are) acted like an entry point and exit point from the transition period as well as it's defined position as part of the spread. It may be different next time I do the spread but I felt it worth mentioning here. Also, sometimes the triad of thinking/feeling/acting can run horizontally through the tailfeathers, rather than vertically as per the spread.

I return often to the tail feathers to remind myself of the challenges which are inherent in this phase of consolidation and the positive things which I am working to create and anchor.

From the original spread worksheet:

The phoenix is a mythical bird that immolates and rises anew from an egg hatched in its ashes. The phoenix is a powerful metaphor for the destructive and regenerative aspects of change. I associate it with Pluto, which in transit through the heavens, can have a slow scorched earth effect on the areas it moves across.

Even malleable and change-friendly souls can sometimes find themselves at the mercy of an old story that either prevents or perverts their best abilities to invite in and graciously embrace change. The conscious (or unconscious) clinging to an old story may stop them from surrendering to the process of change. Or they may find that no matter how hard they try to invoke positive change the same circumstances are in a perpetual unchanging loop. This spread is especially designed to focus on a particular area of change the reader wishes to explore, rather than change as a general energy.

CARDS 1 + 2: The old story

CARD 3: Thoughts which anchor it

CARD 4: Feelings which anchor it

CARD 5: Behaviours which anchor it

CARD 6: The new story

CARD 10: Thoughts to anchor new story

CARD 7: Interim mental medicine for transition

CARD 11: Feelings to anchor new story

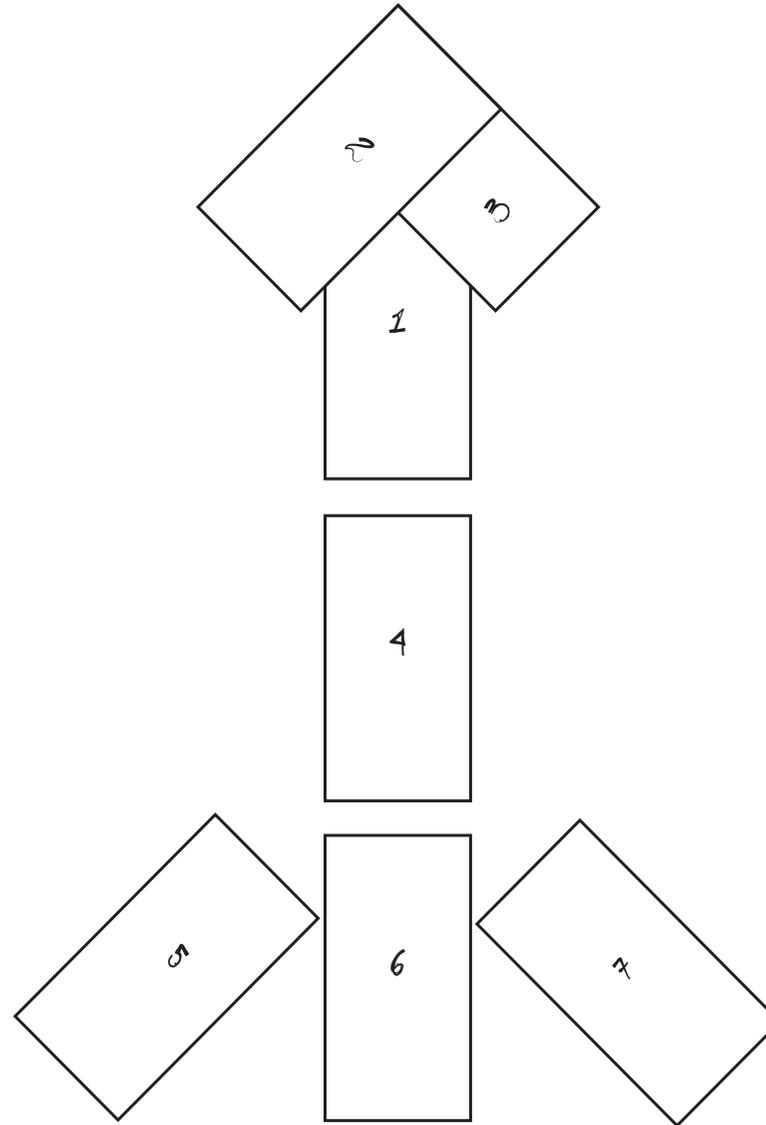
CARD 8: Interim emotional medicine for transition

CARD 12: Behaviours to anchor new story

CARD 9: Interim actions to assist transition

MERCURY ♿

- Card 1** The theme of this transit
- Card 2** A guiding message from you intuitive centre
- Card 3** A guiding message from your rational centre
- Card 4** To review
- Card 5** To revisit
- Card 6** To remove
- Card 7** To reinvent



CARD 1: The theme of this transit

CARD 5: To Revisit

CARD 2: A guiding message from your intuitive centre

CARD 6: To remove

CARD 3: A guiding message from your rational centre

CARD 3: To Reinvent

CARD 4: To Review

ADDITIONAL NOTES:

NOVEMBER

Monday 5th - Sunday 11th

What will help me this week?

gratitudes & good things

random acts of wisdom

dedicated acts of self care & love

NOVEMBER

Monday 12th - Sunday 18th

What will help me this week?

gratitudes & good things

random acts of wisdom

dedicated acts of self care & love

NOVEMBER

Monday 19th - Sunday 25th

What will help me this week?

gratitudes & good things

random acts of wisdom

dedicated acts of self care & love

NOVEMBER

Monday 26th - Sunday 2nd December

What will help me this week?

gratitudes & good things

random acts of wisdom

dedicated acts of self care & love

NOVEMBER

DAILY CARD OVERVIEW

			1 thursday	2 friday	saturday	4 sunday
5 monday	6 tuesday	7 wednesday	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	MONTHLY FOCUS BLESSING OBSTACLE	