

*the*  
*LYRICAL SONGBOOK*

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

DECEMBER

# Hello....

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

What we have been through this year is unprecedented. I am constantly reminded that the intensity and degree of chaos, darkness, hatred and instability broadcast by news and social media is a polarity balance against the same intensity of love, light, compassion and unity infusing the earth—it is just that the lighter side of things is less newsworthy. It's been unprecedented in what we have been called to step up and face: the trauma, pain, blocked and stagnant energy, old stories, and dysfunction. It has felt (at least for me) as though I've spent the year in rough surf, and no sooner have I recovered my feet and breath from being dumped than another massive wave hits me. 2018: the year of grinding my face against the ocean floor. The thing is—and what many of us can miss as we continually surface gasping for air—we are moving at a speed never experienced here on earth. What we have shifted this year, and the spiritual and energetic upgrades we have been able to embody, would have taken months, years, or even decades in the past.

I know that the first lot of deep energetic healing I did in the final quarter of 2016 took three months to get to the bottom of and then it wasn't until the following equinox that I truly transmuted, healed and released it all. That was a single past life, and the hooks/repeating trauma in this lifetime. I compare that to facing and transmuting five perpetrator past lives in the space of 36 hours earlier this month, to clear the karmic infection of anger and open the way to call in incandescent love. We are so far from Kansas now.

The difference of two years isn't just me (and that is in no way to downplay my work!)

It is in part, the beautiful and complex web of inspirational and insightful souls whose wisdom I have access to now. I have been a firm believer, for most of my adult life, that the life philosophies which infuse and inform our lives do not come from a single source. I've revelled in the process of slowly stitching together a patchwork of deep spiritual knowing from many different (and sometimes disparate) sources. And with it has come an expanding toolbox of practices, skills and processes which I've been able to use as stand alones or combined to create something brand new. When the call comes to go deep and heal, I don't despair any more (if anything, I remain amazed at the naivety and curiosity that allows me to jump into these increasingly darker spaces) because I can always find at least one tool to assist me. And if not, I trust my Higher Self has my back, along with a growing number of healed aspects of Self I can call on as Wise Women.

December's Songbook is unapologetically filled with the joy of the big picture and the Sagittarian love affair with truth and expansion. The Truth Spinner (p. 24) and the Soul Purpose Check-In (p.28) pull on this energy. As we move closer to the solstice and into the festivities of Saturnalia/Christmas/New Year there is the Solstice Spread (p.20), Wheel of the Year spread (p.30) and the Thirteen Ways (p. 34) reflective exercise.

When I was roused from my bed in the early hours of December 30 last year, with a sudden clarity on how to create a tarot journal that honoured all the different ways of working time, I had no idea that 12 months later, I'd be turning in my final journal for year. It has been the one steady and reliable source of time keeping for me - both in the creation, and use of it. I am deeply grateful to each of you who have used the Songbook and I look forward to returning bigger and better in 2019.

My path is blessed because it is shared with each one of you.

May your silly season be truly silly, and filled with lashing of love, light and joy.

*Jodi* KKK

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# DeCEMBER

## GENERAL CALENDAR

31	<b>New Moon</b> Friday 7th 5:21pm at (15° Sagittarius) <b>Sun into Capricorn</b> 22nd November - 21st December <b>Solstice</b> Saturday 22nd December 8:24am <b>Full Moon</b> Sunday 23rd 3:50am at (0° Cancer)				1 saturday	2 sunday
3 monday	4 tuesday	5 wednesday	6 thursday	7 friday	8	9
10	11	12	12	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# DECEMBER

Obstacles and Challenges

Theme or Focus

Blessings

December Mantra

*energetic forecast*

*projects & ideas*

*personal trajectory*

# DECEMBER in Review

*cartomancy thoughts*

*projects & ideas*

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personal trajectory

physical health & wellness

Lined writing area for "personal trajectory"

Lined writing area for "physical health & wellness"





*spiritual health & wellness*

Lined writing area consisting of two columns of horizontal lines for notes or lyrics.

# ABCUS of

A grid of 24 empty circles arranged in 4 rows and 6 columns. Each circle is connected to its neighbors by a horizontal line. This grid is intended for writing the alphabet, likely for a song or educational activity.

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

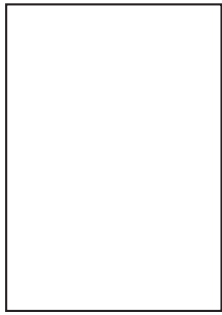
Wednesday 5th (evening) - Friday 7th (midday)

*endings and beginnings*

*what no longer serves me*

*physical acts of clearing*

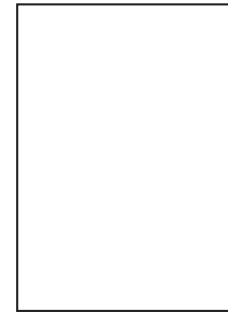
# DARK MOON DOORS SPREAD



What door got me here?



What door is closing?



What door is opening?

# SAGITTARIUS NEW MOON

Friday 7th at 5:21pm AEST

## NEW MOON WISDOM

## NEW MOON BLESSINGS

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*NEW MOON INTENTIONS*

*quirks & observations*

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# CAPRICORN

## The month of endurance

22nd December - 21st January

### Key Words

ambition - career - consistency - consolidation - discipline - tradition - security - endurance - responsibility - reliability - practical - productivity - organisation - patience - efficiency - competency

The energy you are moving out of.

The energy you are moving into.

New Energy Mantra



# Inspired Action

# end of month thoughts

Wednesday 19th - Friday 21st January

New Energy Actionables

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Traits/Qualities to cultivate

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# CanCov Full Moon

Sunday 23rd at 3:50am AEST

## full moon wisdom

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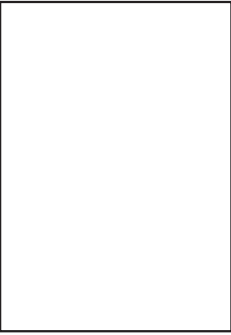
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## full moon blessings & gratitudes



What to appreciate



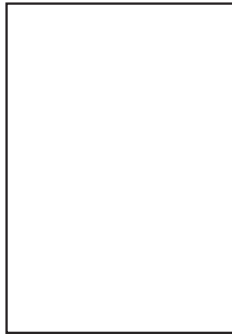
What to celebrate

# can coR Full MOON

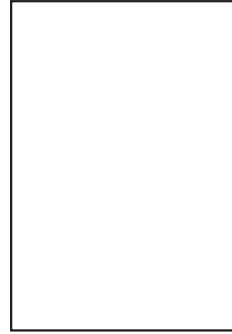
Spread Date:

Decks

where the light falls on comfort



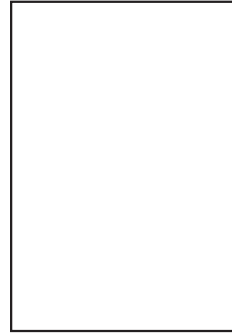
where the light falls on kindness



where the light falls on tenacity



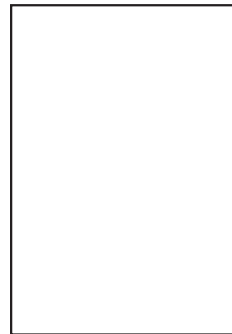
where the light falls on vulnerability



where the light falls on surfacing memories



where the light falls on repressed feelings



# The Solstice Spread

- Card 1 Your identifier card (court card/major aracana - conscious or random choice)
- Card 2 Waning Energy (the last 6 months)
- Cards 3/11 Body
- Cards 4/10 Heart
- Cards 5/9 Mind
- Cards 6/8 Soul
- Card 7 Waxing energy (the next six months)

## NORTHERN HEMISPHERE

The northern hemisphere have completed the turning inward to arrive at the depth of the inner terrain on the longest night of the year, better acquainted with how to sit with the self, knowing intimately what is needed for insight, release, healing and opportunities to growth and recreation, from the inside out - perhaps having watched the external world dissolve in part (or completely). The waning energy card represents this last 6 months. It is now time to begin the migration outward, to embody who we are and live in the world beyond; to shine authentically and fearlessly. It is time to leave the cave and embrace the light. The waxing energy card represents this outward journey over the next 6 months.

**CARDS 2 - 6: THE INTERNAL/OLD ENERGY WANING**

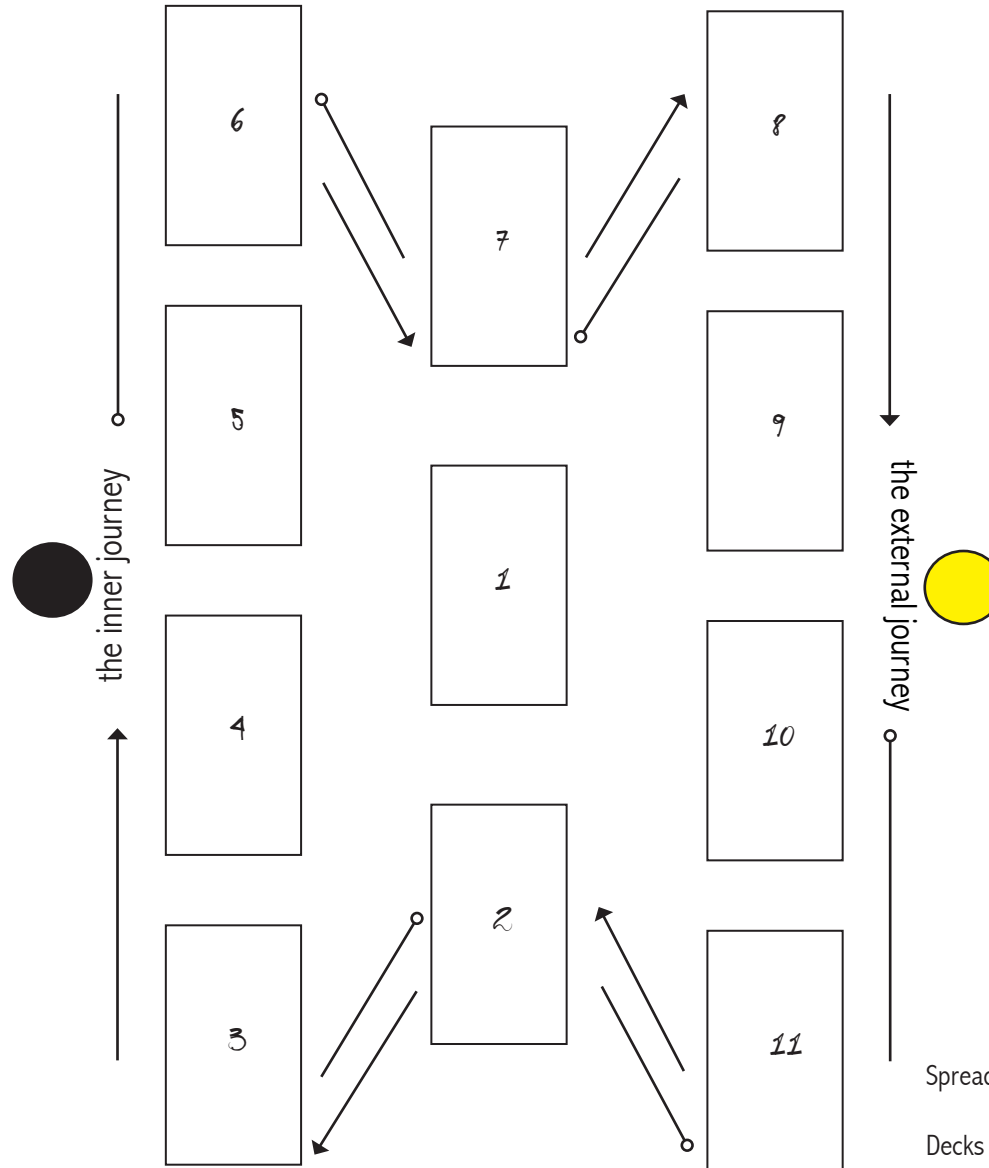
**CARDS 7 - 11: THE EXTERNAL/NEW ENERGING**

## SOUTHERN HEMISPHERE

The southern hemisphere have completed the turning outward to arrive at the zenith of authenticity and fearlessness in the world on the longest day of the year, having embraced the opportunities to find people, spaces, lessons and places, beyond, in which to grow and flourish - perhaps at the cost of the inner connection to self. The waning energy card represents this last 6 months. Now it is time to turn inward, away from the world, others, and the light, to reconnect with the self in the quiet space of the soul, letting go, in increments, of the world beyond to better know what is needed to access insight, release, healing and opportunities for growth and recreation, from the inside out. It is time to enter the cave and embrace the shadow. The waxing energy card represents this outward journey over the next 6 months.

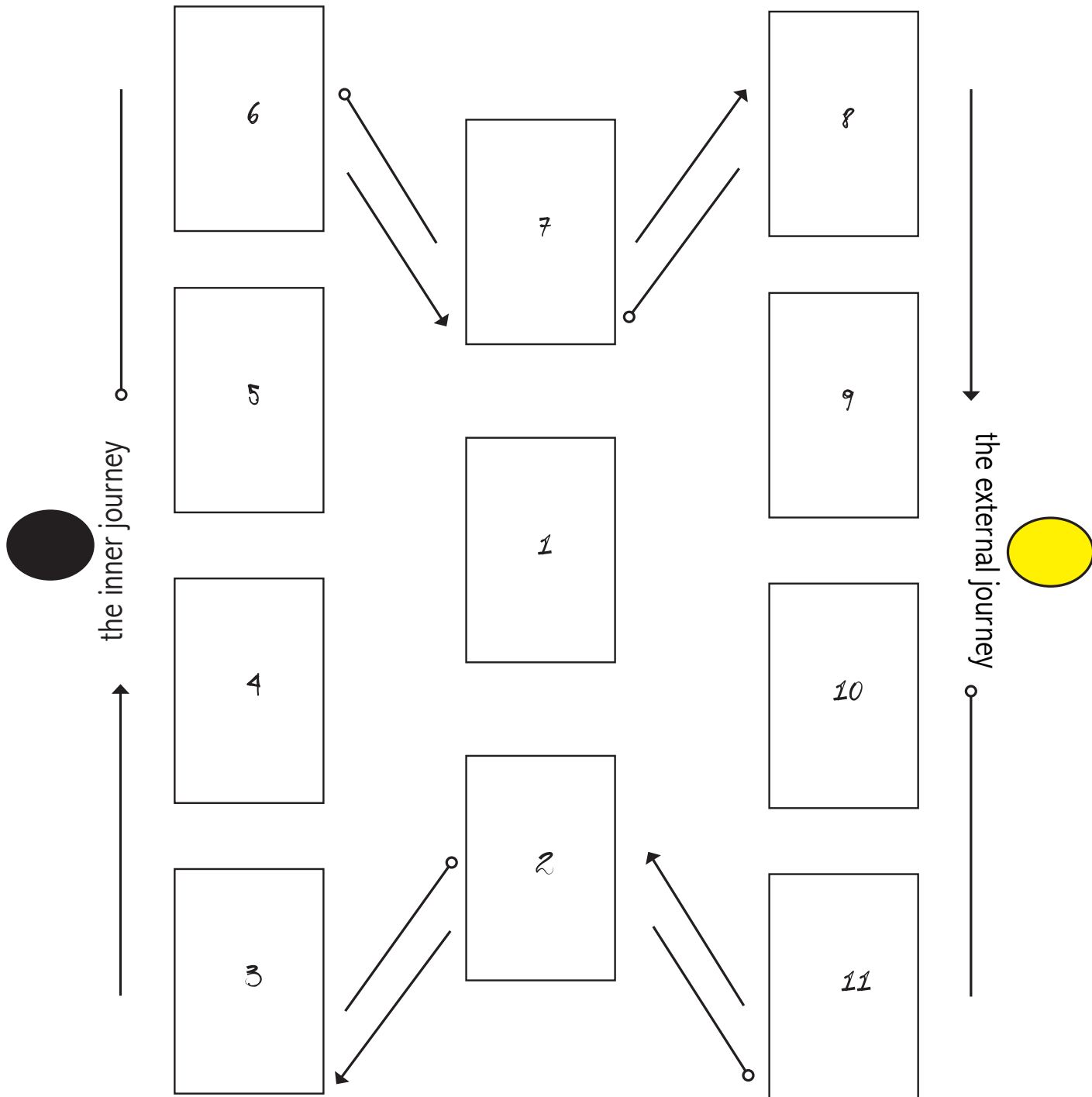
**CARDS 2, 7-11: THE EXTERNAL/CURRENT ENERGY WANING**

**CARDS 3 - 6: THE INTERNAL/NEW ENERGY WAXING**



Spread Date:

Decks



**Card 1** - What does this card say about who you are on the solstice?

**Card 2** - What are the key characteristics of the waning energy?

**Card 3 (N)/11 (S)** - How/where has this energy shown up in your body/the physical plane?

**Card 4/10** - How/where has this energy shown up in your feelings/relationships/emotional plane?

**Card 5/9** - How/where has this energy shown up in your thoughts/ideas/mind/mental plane?

**Card 6/8** - How/where has this energy shown up in your connection to Soul/guides//the spiritual plane?

**SOLSTICE SPREAD**

**Card 7** - What are the key characteristics of the waxing energy?

**Card 10/4** - How this energy shapes/supports your feelings/relationships/emotional plane?

**Card 8(N)/6(S)** - How this energy shapes/supports your connection to Soul/guides//the spiritual plane?

**Card 11/3** - How this energy shapes/supports your body/the physical plane?

**Card 9/5** - How this energy shapes/supports your thoughts/ideas/mind/mental plane?

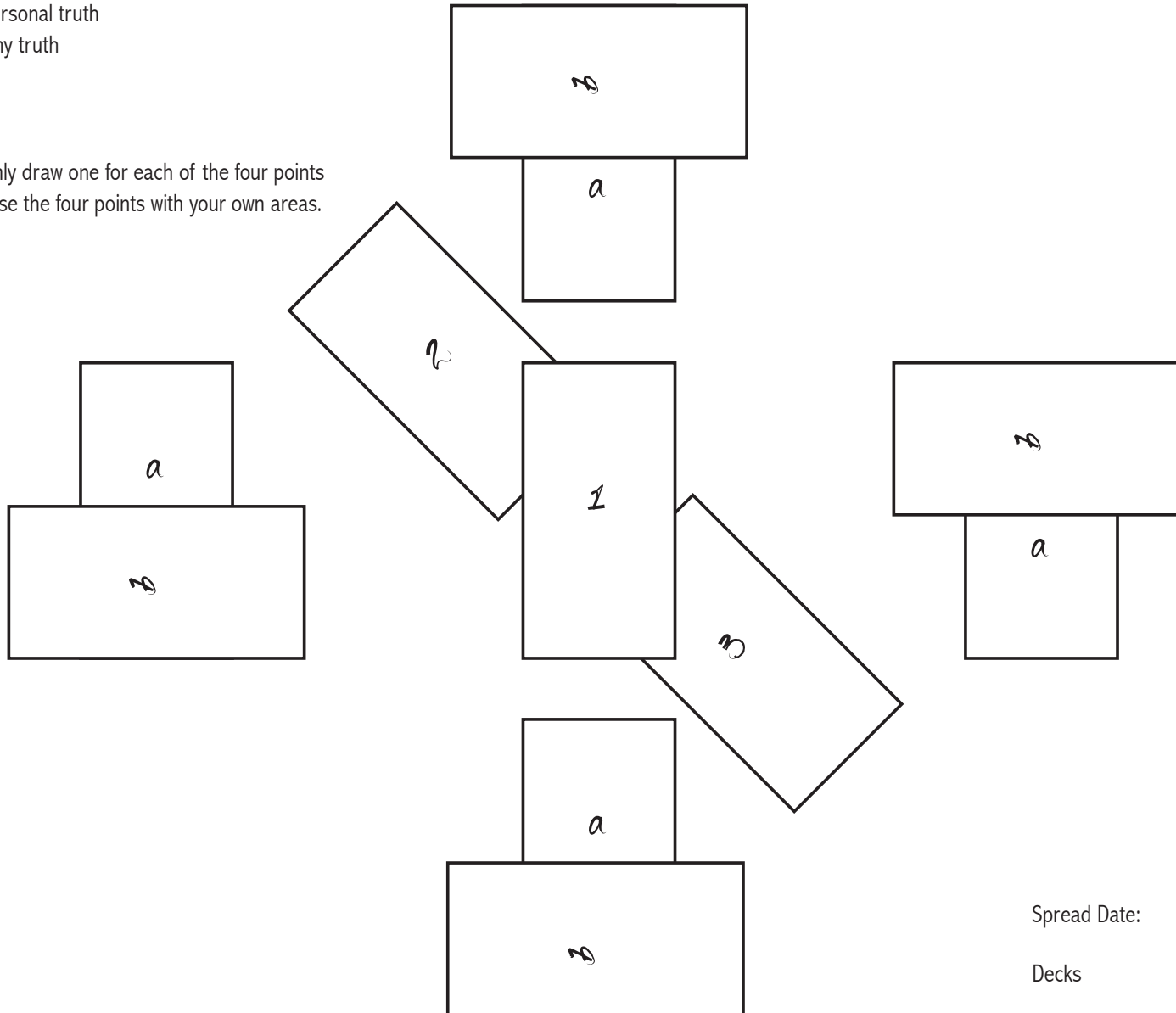
**Additional Notes:**

**SOLSTICE SPREAD**

# THE TRUTH SPINNER

- Card 1** The core of my personal truth
- Card 2& 3** The polarities of my truth
- Card A** The blessing
- Card B** The medicine

Cut up the keywords and randomly draw one for each of the four points (A/B) of the spread - or customise the four points with your own areas.



Spread Date:

Decks



This was not the spread I set out to share here. It was meant to be a simple cut and paste of a former Sagittarius moon spread we did during the second half of the Lyrical Round earlier this year. Then, as I was playing with the idea of how to best represent the middle three cards without the use of colour, I was guided to rotate two of the middle cards 50 degrees. When I googled the significance of 50, I found it is a number associated with the expression of personal freedom - the truth will set you free? It is such a Sagittarian energy: personal freedom, adventure, sensuality, curiosity, varied experience and wit. With those offset cards, a brand new spread was born.

I invite you into this spread with lightness and curiosity as your soul partners, rather than the seriousness and heaviness that often accompany the concept of truth. There is a bingo sheet of Sagittarius key words to designate the four points of inquiry for the spread, or you can choose four areas that you feel would best benefit from some deep immersion in truth-telling.

I was guided to share that the polarities of your core truth may not make 'logical' sense; the polarities of your truth may be less the obvious polarities of black and white and more brown and green. Go with it. They also unlikely to be polarities of good/positive or bad/negative. It's much simpler and complex than that. Let these polarities be the most authentic expressions of your truth and be a counterbalancing force that asks you to be authentic and truthful with yourself first and foremost.

Carefully choose the deck or decks you use for the central three cards. If using the tarot - I suggest choosing cards from the major arcana or add the court cards in if you have a good working relationship with their archetypal energy.

**Card 1** - The core of my personal truth

**Card 2** - The first polarity of my truth

**Card 3** - The second polarity of my truth

**POSITION ONE**

The blessing of my truth here.

The medicine of my truth here.

**POSITION TWO**

The blessing of my truth here.

The medicine of my truth here.

**POSITION THREE**

The blessing of my truth here.

The medicine of my truth here.

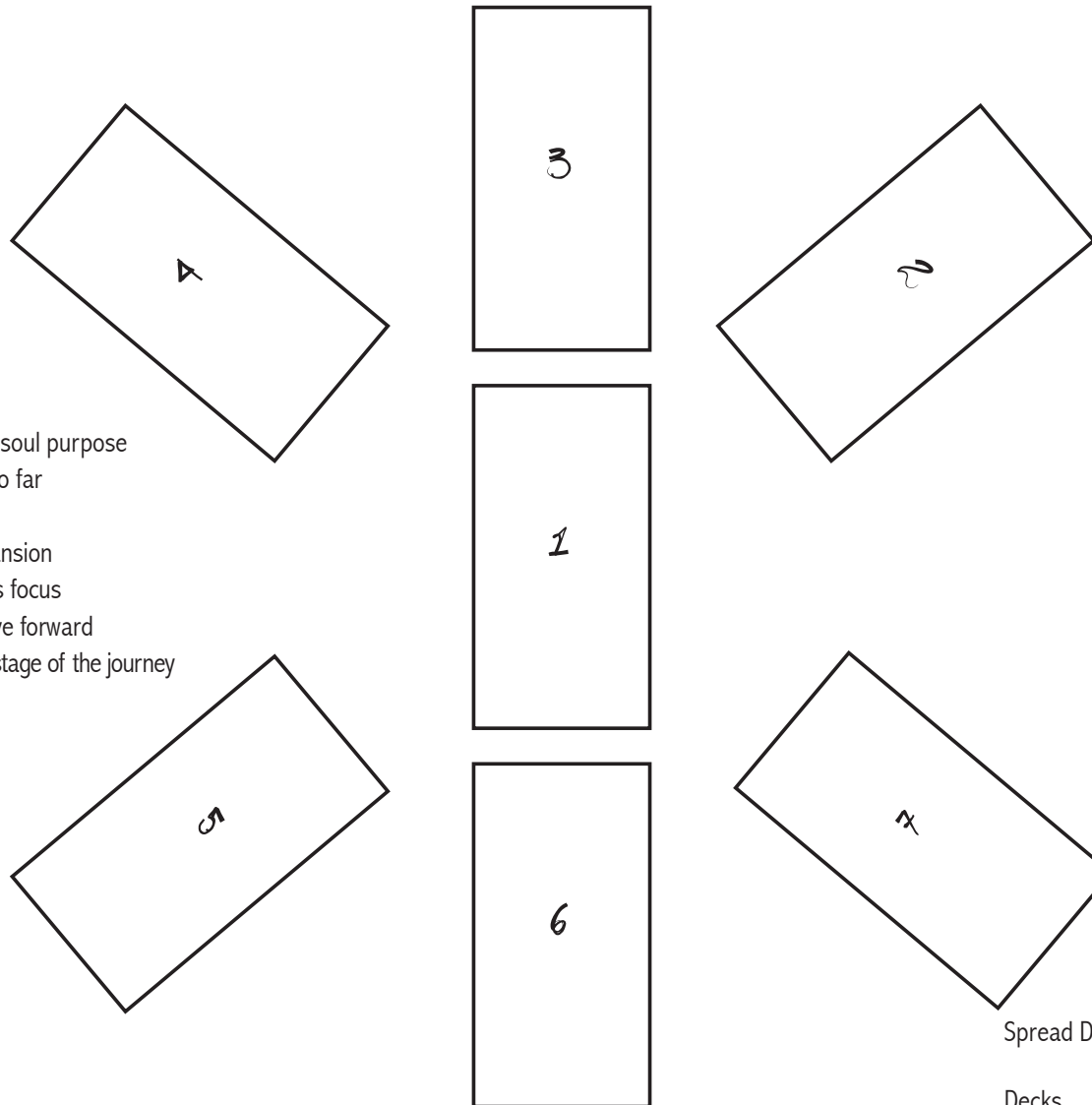
**POSITION FOUR**

The blessing of my truth here.

The medicine of my truth here.

prosperity	the big picture	directness	optimism
curiosity	higher knowing	spontaneity	open-mindedness
versatility	enterprise	wanderlust	travel
expansion	independence	vision	philosophy
higher learning	freedom	honesty	writing/publishing
exploration	ideas	ideology	ethics/morals
risk taking	good fortune	leisure time	abundance

# Soul Purpose Check-In



- 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** Where I am denying my truth
- Card 4** What has contracted and needs expansion
- Card 5** What has become diffused and needs focus
- Card 6** Where optimism will assist me to move forward
- Card 7** What to release to move onto the next stage of the journey

**Card 1** - (MAJOR ARCANA) Where am I on my journey to live my soul purpose.

**Card 2** - What to celebrate from the journey so far.

**Card 3** - Where I am denying my truth?

**Card 4** - What has contracted and needs expansion?

**Card 5** - What has become diffused and needs refocusing?

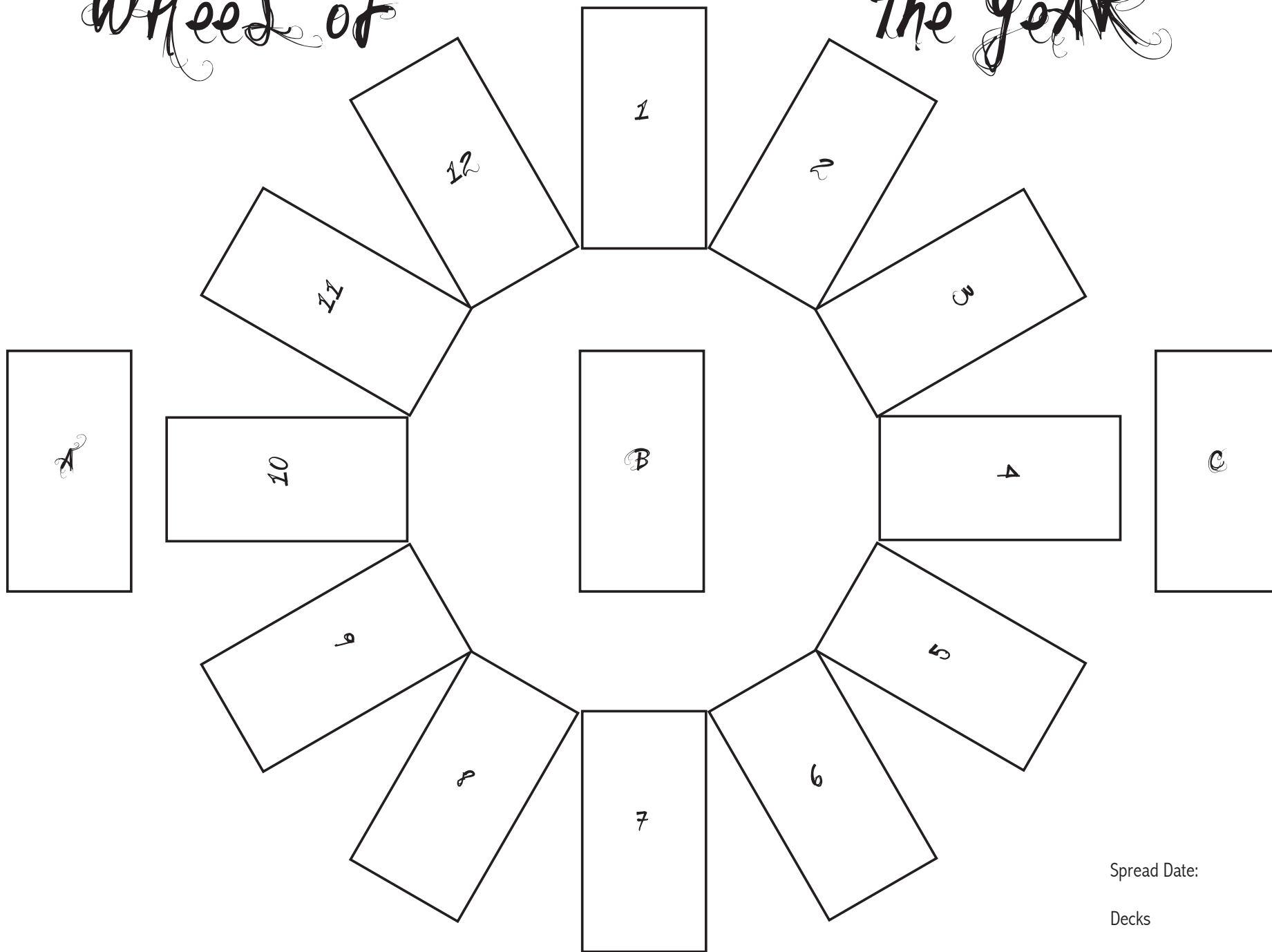
**Card 6** - Where optimism will be my ally?

**Card 7** - What to release to move into the next stage of the journey.

**ADDITIONAL NOTES:**

Wheel of

the year



Spread Date:

Decks

The Wheel of the Year is intended as a big picture spread, with fine detail to reflect on, acknowledge and honour the pivotal moments, choices, experiences, interactions, opportunities, events and places which helped to define the shifts of the year. Four options are offered here, each beginning with cards A-C which are:

- A the energy you entered the year with
- B the energy you transmuted or called on across the year
- C the energy you are exiting the year with

#### Options

- Card A can be the card you pulled as your theme/energy card for the year.
- Use major arcana cards for this first part.
- Use oracle cards, with tarot for the other 12 positions.

#### Wheel One

Pull 12 random cards in the clock configuration and use them to free associate with different events and places of importance for you this year.

#### Wheel Two

Each position chronologically represents a calendar month, beginning with January at 1 and the card represents something transformative that happened in that month.

#### Wheel Three

- 1-3 shifting events in thoughts/mental patterns
- 4-6 shifting events in body/physical environment/reality
- 7-9 shifting events in heart/feelings/relationships
- 10-12 shifting events in soul/intuition/psychic/energy

#### Wheel Four

- 1-3 defining events of the first quarter/Summer-Winter
- 4-6 defining events of the second quarter/Autumn-Spring
- 7-9 defining events of the first quarter/Winter-Summer
- 10-12 defining events of the first quarter/Spring-Autumn

**Card A** - The energy/story you entered the year with.

**Card 2** - The energy/story you transmuted or called on across the year.

**Card 3** - The energy/story you are exiting the year with.

**Card 1**

**Card 2**

**Card 3**

**Card 4**

**Card 5**

**Card 6**



**Card 7**

**Card 8**

**Card 9**

**Card 10**

**Card 11**

**Card 12**

# THIRTEEN Ways of 2018

13 WAYS MY HEART SUNG

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13 CHALLENGES I STEPPED UP TO

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**13 NEW ADDITIONS TO MY SPIRITUAL TOOLBOX**

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# DECEMBER

Monday 3rd - Sunday 9th

*What will help me this week?*

*gratitudes & good things*

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*random acts of wisdom*

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*dedicated acts of self care & love*

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# DECEMBER

Monday 10th - Sunday 16th

*What will help me this week?*

*gratitudes & good things*

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*random acts of wisdom*

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*dedicated acts of self care & love*

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# DECEMBER

Monday 17th - Sunday 23rd

*What will help me this week?*

*gratitudes & good things*

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*random acts of wisdom*

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*dedicated acts of self care & love*

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# DECEMBER

Monday 24th - Sunday 30th December

*What will help me this week?*

*gratitudes & good things*

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*random acts of wisdom*

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*dedicated acts of self care & love*

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# DECEMBER

Monday 31st - Sunday 6th January

*What will help me this week?*

*gratitudes & good things*

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*random acts of wisdom*

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*dedicated acts of self care & love*

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# DeCEMBER

## DAILY CARD OVERVIEW

<b>31</b>	MONTHLY FOCUS				<b>1 saturday</b>	<b>2 sunday</b>
	BLESSING					
	OBSTACLE					
<b>3 monday</b>	<b>4 tuesday</b>	<b>5 wednesday</b>	<b>6 thursday</b>	<b>7 friday</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>12</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>