



# SUNRISE

Ruzica  
Subotic-Howell

# ORACLE

AWAKEN YOUR SPIRIT



# SUNRISE ORACLE CARD DECK

## AWAKEN YOUR SPIRIT

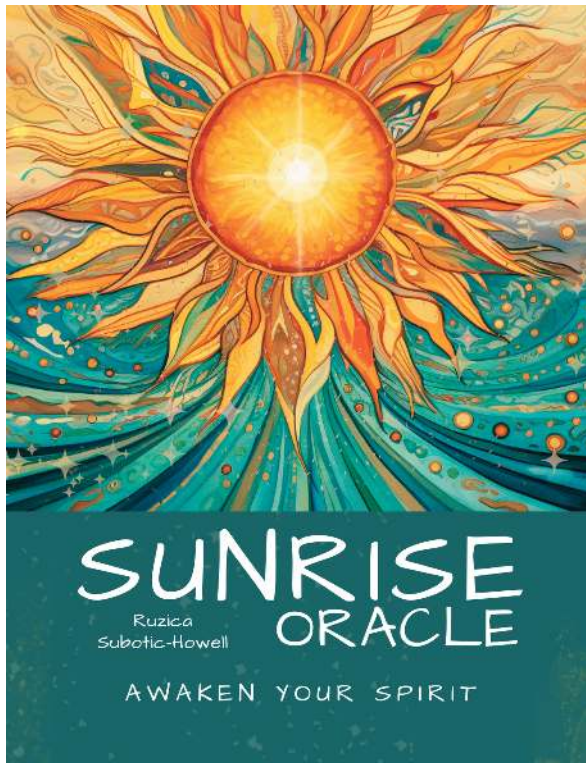
## WHY THE SUNRISE ORACLE CARD DECK

*Inspired by life's experiences and by "L".*

These 58 cards and deck came to me during moments of profound reflection on the many different types of life's journeys one experiences when the mantra-"the sun always rises" came to mind.

The Sun's vibrations, through its radiant energy, has a powerful and profound impact on our emotional state. We feel this when we walk outside and feel the sun's warmth on our face. The Sun's strength is felt although it sits 93 million miles away.

This brightness evokes feelings of vitality, optimism, and joy, lifting our spirits and energizing our being. The Sun's frequency influences the secretion of serotonin, a neurotransmitter linked to mood regulation, promoting a sense of well-being and contentment. Conversely, fluctuations in solar activity can disrupt this delicate balance.



Use the **SUNRISE ORACLE** to unlock the tapestry of your emotions.

Rooted in the timeless wisdom of 'the sun always rises,' the SUNRISE ORACLE Deck is a transformative tool comprised of 58 cards. The SUNRISE ORACLE invites you to uncover profound insights that fuel personal growth and empowerment. Much like the sun's rays, which can evoke both comforting warmth and scorching heat our emotions

can span from gentleness to an overwhelming intensity, profoundly shaping our inner experiences. With each card you will explore the interplay between your inner emotional landscape and the radiant power of the sun, learning to navigate the spectrum of feelings and energies within yourself. Embrace the journey to awaken your spirit of self-discovery, trust your intuition, and warmly welcome new possibilities as you illuminate your essence.

**Ruzica Subotic-Howell**

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## AWAKEN YOUR SPIRIT

The Sun is a conductor of solar vibrations. Its rays serve for our rejuvenation and its energy affects our mood and emotions. We recognize the Sun's radiance and our emotional frequencies are intertwined. We can choose to bask in the Sun or seek shade as the Sun's frequencies intensify. We discover and honor the Sun's shifting landscape. As we embark on this understanding we can learn the ebbs and flows with the waves and pulses of our emotional rhythms. We gauge how we use our emotions to foster interactions or to influence ourselves and others. When we materialize our ability to increase the vibration of our emotional frequency, you come to **know** what you are feeling. This **feeling state of acceptance** is a place where there is less emphasis on the extremes of the emotion as it is a place to **sit within** the emotion. Here you can allow the feeling to reside and **you live within it completely**. This does not mean you stay there, nor ignore it by saying "Oh that is ridiculous" or "I don't want to feel this way". It means you gain comprehension of the reason for feeling what you are feeling.

This is where Oracle cards come in. As a tool, when you choose a card from the **58** provided in the **SUNRISE ORACLE** deck you are intuitively proclaiming the need to look deeper into the kaleidoscope of your emotions. The process of perceiving and appreciating our emotions assists you to release any judgment or harshness to the emotional contrasts you may be feeling. As you alleviate the personal discomfort that can accompany interpersonal interactions, you begin to foster a gentler and more compassionate atmosphere where understanding and empathy can flourish. It is at this time of **AWAKENING YOUR TRUE SPIRIT**. By aligning with the Sun's rhythms, we enrich our emotional harmony and lived experience. I've often repeated the mantra- 'the sun always rises' when a fresh outlook is emerging.

*A word prompt with a repeating organic image of a bursting sun was created for gentle contemplation and reflection*

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## THE SUNRISE ORACLE DECK CARDS PURPOSE

The Sun's symbolism represents enlightenment and the source of life itself. Ancient civilizations revered it as a deity, attributing its movements to cosmic forces and inspired by its mystical significance. Today, its influence on our emotional inner world persists.

*To open your intuitive organic process and gain perspective of your emotional landscape, each card has the same image minimizing any interference of preconceived notions*

Simplistic and elegant the image of the sun on each card draws you into the breath and depth of the sun's full rays. They burst forward glorious, embracing, radiant, and



luminous from its white center. With the colors of honeycomb, amber, and yellow, a tapestry of elegance and warmth comes through. Streaked with hues of blues, teals and a splash of red the color palette tells us there is incredible expansiveness to how the Sun will portray its masterpiece. So too are the array of our emotions weaved and rich in possibilities that can radiate warmth, tenderness, balance, growth, enthusiasm, strain, stability, wisdom, compassion, patience, coolness, somberness and so much more. Consider what emotions are stirred as you see the word prompt on each card.

ACCEPT

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AWAKEN YOUR SPIRIT

Witness the radiance of emotions emulating the Sun's cycles. As the Sun rises it illuminates possibilities and what lies hidden. As you awaken to your emotions you hold the power and strength to bask or scorch with your emotions.

Your illumination, like the  
sun



**COMMUNICATES**  
who you are and  
what we are  
sending out into  
the world.

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## AWAKEN YOUR SPIRIT

The cards have a word to prompt a stirring of emotions that become present and are there to assist you in delving deeper into your inquiry and self-exploration. While immersed in your contemplation you will gently gain a vantage point and begin to maximize clarity on the situation at hand. This is the place where you will develop a realistic relationship towards your feelings.

Through life's uncertainties and experiences, there remains one constant: the unwavering presence of the sun. The sun faithfully rises each day and with it the ability to illuminate endless possibilities. As you sit with your life experiences choosing to be contemplative, open, and receptive you awaken within yourself the ability to choose to live in and cultivate emotional resilience.



**BRAVE**

***Harness the power of the Sun to empower and cultivate emotional resilience with what you are experiencing in your life***

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## AWAKEN YOUR SPIRIT

The Sun always rises and serves as a powerful reminder that within each of us resides the potential for boundless growth and transformation. By embracing this certainty of insight, you unlock the true essence of your being and embark on a journey of self-discovery that knows no limits.



The sight of the sunlight beams like a beacon, to serve as a guiding force for your journey of self-exploration. It symbolizes a choice of direction to illuminate your path forward.

Embedded within the human spirit is an innate resilience, an unwavering certainty that insight and growth are not only possible but inevitable. It is a recognition that, no matter the challenges or darkness one may face, there exists an inexhaustible wellspring of inner wisdom waiting to be tapped. In the journey of personal transformation, this understanding serves as a guiding light, illuminating the path forward through the complexities of life. Just as the sun casts its rays upon the world, infusing it with light and warmth, so too does insight infuse our lives with clarity and understanding.



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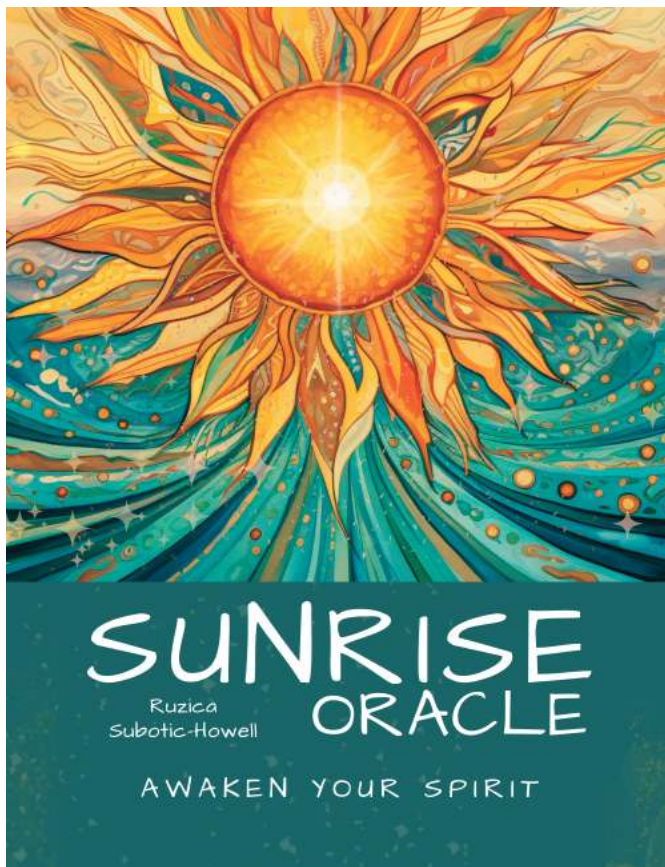
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# SUNRISE ORACLE CARD DECK AWAKEN YOUR SPIRIT

Insight empowers us to navigate the twists and turns of our existence with purpose and determination, knowing that within us lies the capacity to overcome adversity and emerge stronger on the other side. At times, the journey we take may seem daunting, shrouded in the shadows of doubt and uncertainty. Moments of clarity and revelation pierce through the veil of confusion, just as the sun breaks through the darkness at dawn. It is in these moments of insight that we find the courage to confront our fears, embrace our vulnerabilities, and embark on the path of personal growth with renewed vigor. These cards are created to provide guidance and perspective on your lived experience.

## HOW TO USE THE 58 cards in the SUNRISE ORACLE deck



Using an oracle card deck for introspection can be a powerful tool for self-reflection and gaining insight into what is going on in your life. By using a single word from an oracle card as a prompt for journal writing you can tap into your inner wisdom, gain clarity, and deepen your understanding of *yourself and your life journey*.

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# SUNRISE ORACLE CARD DECK AWAKEN YOUR SPIRIT

## ACCEPT

Belonging.

Prosperity: I gaze in the mirror attuning myself to the wavelength of self-love.

Personal Inquiry: "Do I authentically accept myself as I am?" Reflect on the depths of your self-acceptance and how it ripples into your interactions with others. Consider delving deeper with the question: "Am I sincerely accepting of others?"

Choosing an oracle card or several invites your intuition to choose the card that resonates most deeply with your current state of being or inquiry. Taking the next step of using the word prompts for introspection from the oracle cards is a beautifully organic process of self-discovery that will naturally unfold.

## Nurture yourself with space and time to reflect

### CHOOSE

Aligned and honoring.

Prosperity: My power is my ability to choose what is aligned with my true self, honoring my inner wisdom and guiding my actions toward authenticity and fulfillment.

Personal Inquiry: "How do I discern what aligns with my true self amidst various choices and opportunities?"  
"In what ways can I ensure that my decisions and actions reflect alignment with my core values and aspirations?"

### FORGIVE

Free the heart of weight for yourself and others.

Prosperity: I grant myself and others the freedom of light and joy.

Personal Inquiry: "In what ways can I extend forgiveness to others, fostering an environment of positivity and growth?"

"How does embracing forgiveness for myself and others enhance my overall well-being and interactions with those around me?"

### RELIEVE

Find comfort on your path.

Prosperity: I embody strength, and resilience as I affirm my journey with unwavering confidence and peace.

Personal Inquiry: "What steps can I take to release fear and embrace trust in the process of my journey?"

"How can I acknowledge and celebrate my progress, no matter how small, as a testament to my resilience and growth?"

### REPETITION

Revisit, I learn, and move on.

Prosperity: I embrace the power of learning, and gracefully move forward, knowing that each experience enriches my journey and propels me towards greater growth and fulfillment.

Personal Inquiry: "In what ways can I practice self-reflection to extract valuable lessons and insights from past experiences?"

"What steps can I take to integrate the lessons learned into my life and apply them to future situations?"

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# SUNRISE ORACLE CARD DECK AWAKEN YOUR SPIRIT

**STABILITY**

Endurance.

Prosperity: Fuel for my journey, allowing me to navigate challenges with resilience and grace, emerging stronger and wiser with each step forward.

Personal Inquiry: "How does endurance empower me to persevere through difficulties and setbacks on my journey?"



**SEEK**

**DEPENDABLE**

Exploration of trustfulness and consistency.

Prosperity: As the sun rises I trust in my own reliability and inner strength to navigate my spiritual journey with resilience and authenticity.

Personal Inquiry: "In what ways does trust in my inner strength and resilience contribute to my spiritual growth and development?"

"What practices can I implement to deepen my self-dependability and enhance my ability to navigate challenges with confidence?"



**WEARY**

As you lay out one or more cards the word prompts guide your attention to the specific aspects of its meaning for you. The process is both fluid and dynamic, as you surrender and trust what is happening and allow yourself to be open and curious about the card's meaning.



**PERSIST**

**EMBRACE**

Ignite and immerse in the moment.

Prosperity: I find comfort, healing, and renewed energy in the abundance of life.

Personal Inquiry: "In what ways can I intentionally seek out and immerse myself to nurture my well-being and vitality?"



**RELIEVE**

**GAIN**

Positive change and movement.

Prosperity: Welcoming growth and progress in all aspects of my life to illuminate my path.

Personal Inquiry: "In what ways can I harness the energy I need to cultivate a mindset of vitality and abundance?"

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# SUNRISE ORACLE CARD DECK AWAKEN YOUR SPIRIT

## INTERPRETING THE CARDS

What is your initial impression when you read the card?

### DEPENDABLE

Exploration of trustfulness and consistency

Prosperity: As the sun rises I trust in my own reliability and inner strength to navigate my spiritual journey with resilience and authenticity.

Personal Inquiry: "In what ways does trust in my inner strength and resilience contribute to my spiritual growth and development?"

"What practices can I implement to deepen my self-dependability and enhance my ability to navigate challenges with confidence?"

Each card has a **description** followed by a Prosperity statement. The **Prosperity statement** is an affirmation or declaration to encourage you towards a desired belief, attitude, or outcome. You can use it as a tool for self-improvement, personal growth, and empowerment. If you're seeking a more profound exploration as part of your reflection, each card offers thought-provoking **questions** that serve as prompts for journaling. These questions encourage introspection and deeper understanding, allowing you to delve into the nuances of your thoughts, feelings, and experiences.

## USING WORD PROMPTS TO JOURNAL

The act of writing serves as an anchor allowing them to take shape and form before you. The word prompts assist you with the act of writing and through journaling you provide a sacred space for you to capture your thoughts and feelings. It is a deeply personal and cathartic experience as you are deepening your connection with yourself. You learn to trust in the wisdom of your intuition and to honor the unique journey of self-discovery that unfolds with each card drawn and each word written. It is a sacred dance of exploration and expression, a journey of your heart and soul.

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# SUNRISE ORACLE CARD DECK AWAKEN YOUR SPIRIT

## One card

Using one card for guidance in oracle card readings involves drawing a single card from the deck and interpreting its message to gain insights, clarity, and guidance on a specific question or situation.

It's a time to pause, reflect, and gain insight into your inquiry. Take note of what pops into your head; thoughts or feelings.

### SPEAK

Communicate your authenticity.

Prosperity: The power to communicate my inner self authentically nurtures my connections.

Personal Inquiry: "In what ways do genuine expressions of my inner self strengthen the connections I have with those around me?"

"What practices or exercises can I engage in to enhance my ability to communicate my inner self authentically?"

"How do I navigate the balance between authenticity and vulnerability when sharing my inner self with others?"

## Three card spread

### PREPARE

Tend to yourself.

Prosperity: Embrace self-love and self-care as an act of devotion.

Personal Inquiry: "How can I cultivate a deeper sense of compassion and kindness towards myself?" What practices or rituals can I incorporate into my daily routine to prioritize my well-being?

In what ways can I honor my body, mind, and spirit through self-care activities?

### STABILITY

Endurance.

Prosperity: Fuel for my journey, allowing me to navigate challenges with resilience and grace, emerging stronger and wiser with each step forward.

Personal Inquiry: "How does endurance empower me to persevere through difficulties and setbacks on my journey?"

### TRUST

Intuitive strength.

Prosperity: My intuitive strength resonates to illuminate my path with clarity, wisdom, and purpose.

Personal Inquiry: "In what ways does cultivating trust in myself and others deepen my spiritual journey?"

"What role does trust play in surrendering to the flow of life and embracing spiritual growth?"

Using three cards in an oracle card reading allows for a more comprehensive exploration of a question or situation. The 3-card spread can be assigned a specific meaning- 'Past, Present, Future', 'Mind, Body, Spirit', or any grouping you would like. Look for symmetry, contradictions, repetitions, or harmony. This spread allows for each card to be interpreted singularly as well in sequence and as a full story. The choice is yours on how to interpret this spread.

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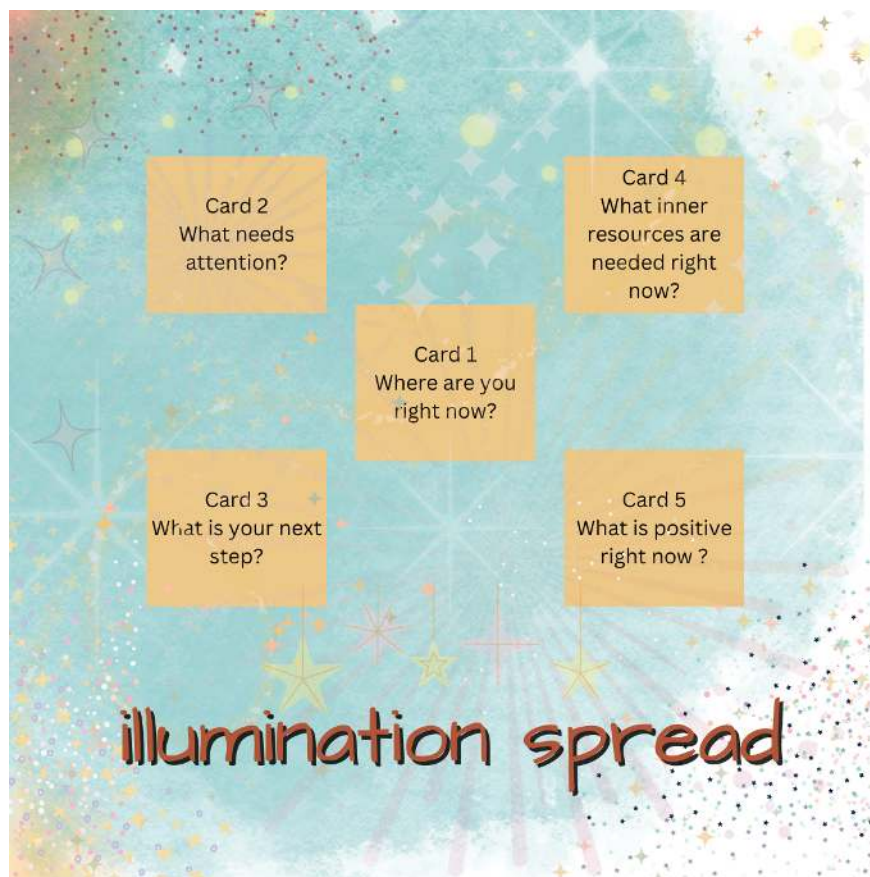
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### 5 card-Illumination Spread

Exploring the deck through the 5-card spread offers a profound journey of insight and understanding. It's essential to carefully consider the significance of each position, ensuring a cohesive connection between the placement and the meaning of the card drawn. This spread method provides a structured narrative, unfolding the story of your current inquiry step by step. Each card position holds a specific purpose, guiding you through the layers of your exploration and offering comprehensive insight into your circumstances, challenges, and potential outcomes.



*If you're conducting a spread with multiple cards, pay attention to the connections and relationships between them. Notice how each card contributes to the overarching narrative or theme of your reading. Look for patterns, contrasts, and synchronicities that emerge across the cards.*

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# SUNRISE ORACLE CARD DECK

## AWAKEN YOUR SPIRIT

### GAIN

Positive change and movement.

Prosperity: Welcome growth and progress in all aspects of my life to illuminate my path.

Personal Inquiry: "In what ways can I harness the energy I need to cultivate a mindset of vitality and abundance?"

## Card I- Where are you right now?

The first card serves as the foundation for introspection and self-reflection. By delving into various aspects such as the physical environment, emotional state, mental processes, physical sensations, and life circumstances, you can embark on a journey of self-discovery. This process fosters self-awareness, enabling you to gain deeper insights into your current state of being. Through introspection, you can identify strengths, challenges, and areas for growth, laying the groundwork for personal development and enhancing overall well-being. This card, positioned at the center of the spread, acts as a poignant reminder of one's starting point on the journey of introspection. It symbolizes the initial exploration into various facets of one's being. By revisiting the foundational card, you reconnect with your origins of self-awareness and personal growth. It serves as a reference point, grounding you in your journey and reminding you of the progress made since your initial exploration. This central position underscores the importance of self-reflection in fostering continued growth and development.

1. **Physical Environment:** Encourages you to observe your immediate surroundings. Are you in a familiar place or a new environment? What objects or elements are present? How does the environment make you feel?
2. **Emotional State:** You can explore your emotions. What emotions are you experiencing at the moment? Are you feeling calm, anxious, happy, or stressed? While you are going through the process to identify your emotions do so without judgment.
3. **Mental State:** What are your current thoughts and mental processes? What is occupying your mind right now? Are you focused, distracted, or overwhelmed? Are there any recurring thoughts or patterns?
4. **Physical Sensations:** How is your body feeling? Are you experiencing any physical sensations such as tension, relaxation, discomfort, or ease?
5. **Life Circumstances:** Consider their current life situation. What events or circumstances are influencing your state of being? Are there any challenges, successes, or changes you are currently facing?

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### Card 2- What needs attention?

The second card serves as a gentle nudge to guide your focus towards what truly matters. Within this opportunity for introspection, myriad aspects await your consideration. Embrace this card as an invitation to delve deeper into your inner world, directing your attention towards the areas that genuinely warrant your focus and nurturing your growth. For example; your core values and beliefs, life circumstances, or your physical state.

### Card 3- What is your next step?

This card prompts you to reflect on the array of potential actions available to you within the context of your present circumstances. It encourages a thoughtful exploration of the various paths and choices that lay before you. Embrace this opportunity for contemplation as you discern the next steps that resonate most deeply with your intentions and aspirations, paving the way for empowered decision-making and forward momentum on your journey.

### Card 4- What inner resources are needed right now?

Inner resources gently encompass the personal attributes, strengths, and coping mechanisms residing within individuals, aiding them in navigating life's challenges, managing stress, and striving toward their aspirations. These resources embody qualities such as resilience, determination, optimism, creativity, emotional intelligence, self-awareness, and mindfulness, offering solace and support during times of difficulty. Cultivated through life experiences, learning, introspection, and personal growth endeavors, these inner reserves serve as guiding lights, shaping individuals' responses to diverse situations and adversities with grace and resilience.

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# SUNRISE ORACLE CARD DECK

## AWAKEN YOUR SPIRIT

### Card 5- What is positive right now?

This card carries considerable importance, encouraging you to take a moment to reflect on what you are grateful for, regardless of the situation. Embracing gratitude can deeply enrich your perspective and foster a sense of appreciation and acknowledgment.

#### TRUST

Intuitive strength.

Prosperity: My intuitive strength resonates to illuminate my path with clarity, wisdom, and purpose.

Personal Inquiry: "In what ways does cultivating trust in myself and others deepen my spiritual journey?"

"What role does trust play in surrendering to the flow of life and embracing spiritual growth?"

By attending to these aspects with openness, curiosity, and receptivity, you can harness the transformative power of oracle cards to deepen your self-awareness, gain insights, and cultivate personal growth.

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## AWAKEN YOUR SPIRIT

*Close your journal knowing that you can return to it whenever you need further guidance or reflection.*

## Here's a step-by-step guide on how to use the 58 cards in the SUNRISE ORACLE CARD DECK

### Shuffle the Cards

Begin by shuffling the deck while focusing on your intention for introspection and journal writing. You may want to set a specific intention or question in your mind, such as seeking guidance, clarity, or self-discovery.

### Draw a Card

Once you feel ready, draw a single card from the deck. Trust your intuition or simply choose one randomly.

### Reflect on the Card

Take a moment to observe what thoughts, feelings, or insights the word on the card invokes. Contemplate the card's message.

### Write about it

Use the word on the card as a journal writing prompt. Write down the word at the top of a blank page in your journal. Allow yourself to free-write, write whatever comes to mind in response to the word. Place yourself in the seat of curiosity to find its meaning and relevance to your life.

**Explore Associations:** Consider the word about your current circumstances, emotions, or challenges. Explore any associations or connections that come to mind. You can also reflect on how the word relates to your personal journey, goals, or aspirations.

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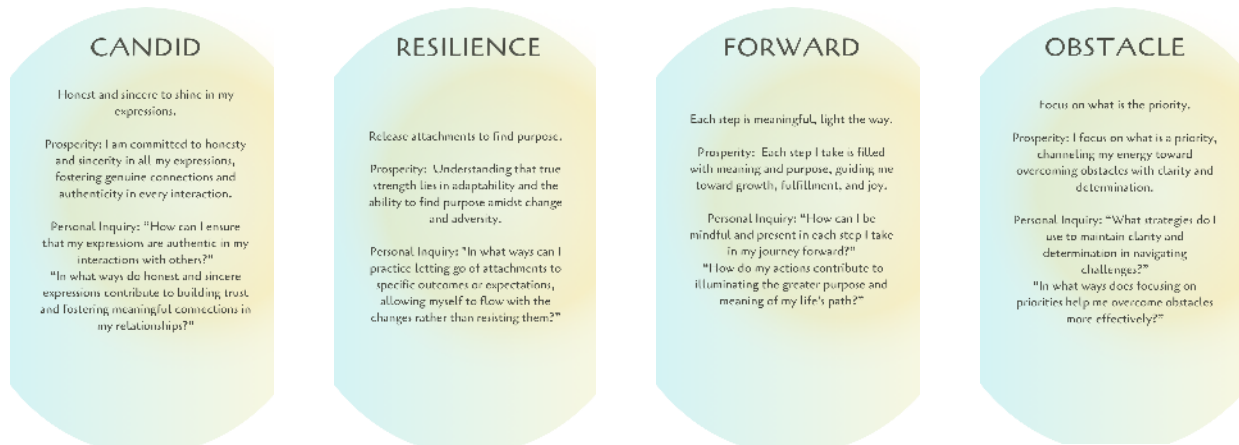
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### What emotions are you feeling when you see the word prompt?

#### Ask Questions

Use the word as a catalyst for deeper inquiry. Ask yourself questions such as: What does this word evoke within me? How does this word relate to my current experiences or challenges? In what areas of my life do I need to focus on the message of this word? What actions or changes might this word be encouraging me to consider?

#### Reflect and Integrate

After you've finished journaling, take some time to reflect on what you've written. Notice any patterns, themes, or new perspectives that have emerged. Consider how you can integrate these insights into your life.

#### Gratitude and Closure

Conclude your journaling session with a moment of gratitude for the insights gained.

#### Give Thanks

Thank the oracle cards, your intuition, and yourself for the guidance and wisdom received. Thank yourself for taking the necessary time you needed.

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## **a little bit about me...**

Ruzica is a radiant soul hailing from the heart of North America, now nestled in the serene landscapes of Ontario, Canada. From her earliest days, she has been an explorer of creativity, finding delight in a tapestry of artistic expressions. Whether weaving culinary masterpieces, stitching together intricate designs, or crafting harmonious living spaces, Ruzica's spirit dances in the realm of creation.

Even amidst the structured confines of classrooms in her youth, Ruzica's imagination soared, painting the world with the vibrant hues of a kaleidoscope. Fueled by an insatiable curiosity and a thirst for deeper understanding, she embarked on a journey of self-discovery that would lead her to profound realms of intuitive practices. Formally trained in modalities such as Healing Touch and Reiki, Ruzica has honed her innate gifts to become a beacon of guidance and empowerment for others. Her calling transcends mere healing; it is a sacred mission to awaken the dormant flames of feminine awareness and nurture the seeds of self-love, kindness, and wisdom within every soul she touches. In her philosophy, Ruzica champions a holistic approach to manifestation, urging individuals to embrace their innate power to identify challenges, glean lessons, and orchestrate transformative actions. Through her gentle guidance, she encourages openness to the boundless possibilities that lie beyond the horizon of perception.

Currently, Ruzica is penning her magnum opus, a book that intricately weaves together the threads of her unconventional healing journey. In its pages, she shares the profound modalities that have illuminated her path, inviting readers to embark on their own odyssey of healing, growth, and self-realization.