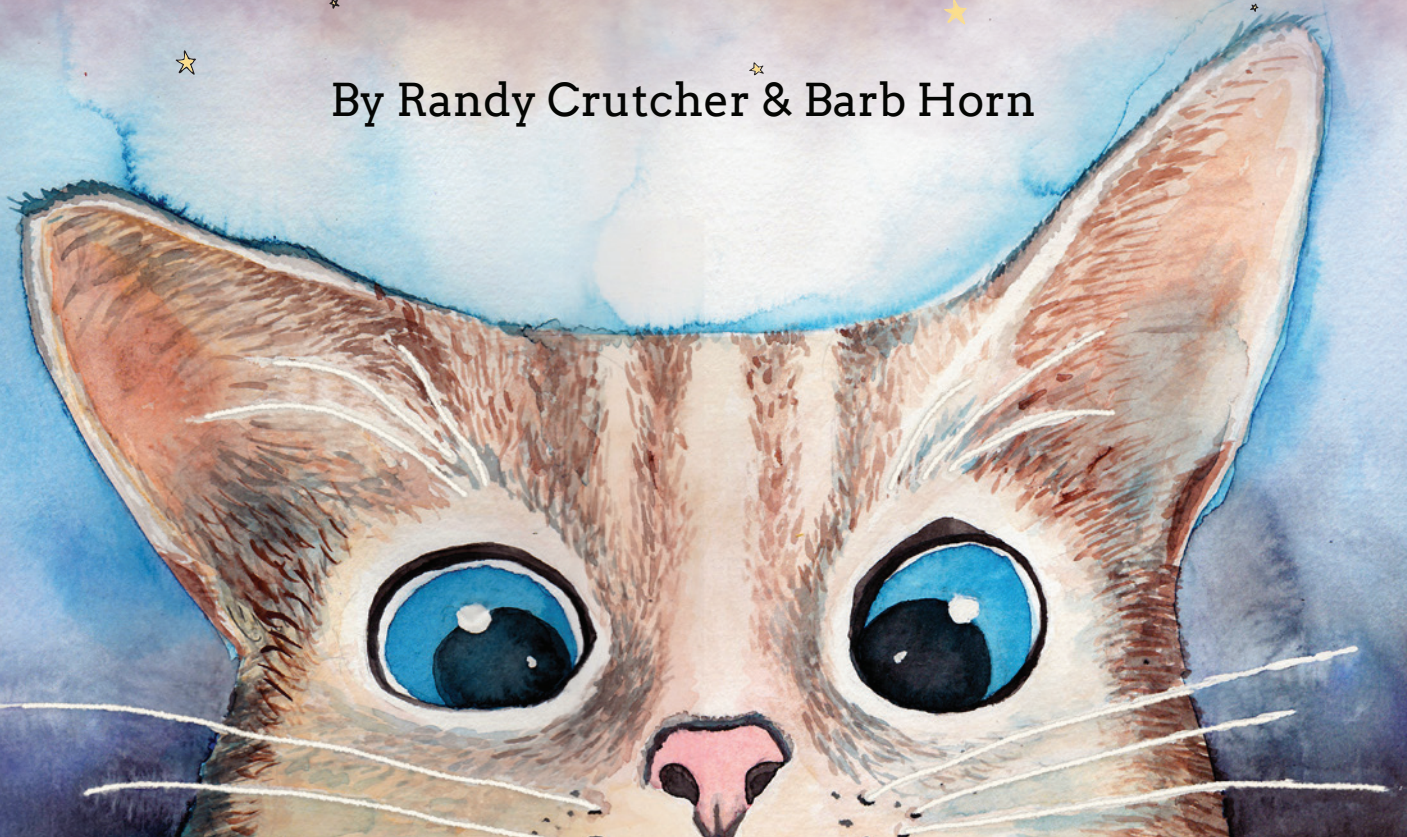




GOT WISDOM?

**Practical Tips and Tails for
Getting The Most Out Of Your
Divine Dog and Cosmic Cat
Wisdom Cards**

By Randy Crutcher & Barb Horn



GOT WISDOM?

*Practical Tips and Tails for Getting The Most Out Of
Your Divine Dog and Cosmic Cat Wisdom Cards*

Written and Compiled By
Randy Crutcher and Barb Horn

Published By
Enlighten Up, LLC

This Book is a free and evolving collection of ways Divine Dog Wisdom® Cards and Cosmic Cat Wisdom® Cards are being used to help others. This book is meant to be a companion to these wisdom oracle decks, not a replacement the original decks.

Please follow this link to discover how you can purchase your own copy of either wisdom deck, <https://www.enlightenup.biz> .

Copyright © Enlighten Up, LLC. All rights reserved. This book or parts thereof may not be reproduced in any form, stored in any retrieval system, or transmitted in any form by an means—electronic, mechanical, photocopy, recording, or otherwise—without prior written permission of the publisher, except as provided by the Unites States of America copyright law. Permission was granted to use all stories.

TABLE OF CONTENTS

1. Introduction Using the Deck	4
2. For Yourself or Alone	5
3. Family and Friends	7
4. Teachers, Youth Leaders and Students	12
4.1. Scouts and Other Youth Groups	12
5. Therapists, Counselors and Coaches (of any kind)	14
6. Human Resource Specialist	16
7. Group and Team Leaders	18
7.1. Church Groups	18
7.2. Athletic Teams	18
7.3. Project Managers	19
8. Dog Groomers and Veterinarians	20
9. Speakers, Workshop or Retreat Leaders	20

1. GOT WISDOM?

Practical Tips and Tails for Getting The Most Out Of Your Divine Dog and Cosmic Cat Wisdom Cards

Hello and welcome to this collection of short stories, ideas and practical applications for using your Divine Dog Wisdom and Cosmic Cat Wisdom decks of cards, each with their own guidebooks that have sections that introduce you to using the cards.

In this Got Wisdom e-book supplement you'll find practical, diverse and creative ways to deepen and broaden your use of the Divine Dog Wisdom and Cosmic Cat Wisdom cards in a variety of settings and for multiple situations alone or with family, with clients, students, groups and teams of people. We can honestly say that these cards delight and deliver when you handle and pet them frequently---OK, maybe you save the petting for real animals!

As you look through the next few pages, you may find ideas or stories that resonate with your own. You may already be "drawing" cards on a daily basis or every so often to see what the dogs and cats have to say about your life, love and hot pursuit of happiness. As well you may be sharing these cards with friends, family members, co-workers, students, clients and customers for pure entertainment or for digging a little deeper into seeing and feeling another aspect of our human experience and connection with the help of our warm and fuzzy canine and feline friends. And you may be surprised and delighted to learn new ways to use your decks and their guidebooks. The guidebooks themselves suggest a variety of ways in which to use the cards. Got Wisdom is about how folks are already doing it and in ways we could not even have imagined!

2. Using the Deck For Yourself Alone

We begin by providing you more ideas and some inspiration for digging deeper inside yourself with a focus on the fullness of who you are, apart from others. The cards can be a powerful trigger or facilitator for identifying the different voices or parts of yourself that are trying to communicate with you and keep you on track or in some cases may be leading you astray! Some cards and their themes can become true Seeing Eye guides to your inner world, and for your everyday life.

"I use them each morning.... pick one or more depending on what I am feeling. Even when I think the one I picked might not be the "right" one, by the time I read the guidebook, it always hits on something valuable. I also use it when I am experiencing a strong emotion (fear, anxiety) and it really helps me get back to my calm/loving state. Love them! So do my dogs!" ~Christine, USA

The fullness of you is composed of your talents, skills, qualities, traits and characteristics that make you who you are, many of these captured in one or more of the cards you draw. It may also be the roles and jobs you fulfill. Discovering, listening to, and working with these different aspects of yourself can bring you to a different place or chapter in your life, even enhance or shed more light on the one you are in. When you are at peace and in harmony within yourself, you make choices and live life from a place of joy, security, love, confidence and strength.

"Today I drew the Victimhood card in the Divine Dog Wisdom deck. Feeling trapped or vulnerable. Perfect. I need to stop doing stuff and be more aligned with what's so. Slow down and rest." ~Erica, Fort Bragg, CA, USA

People are sharing with us how they creatively use the cards when by themselves. There is no end to how you can combine using the cards with other rituals or practices that ground you and make you feel whole, hopeful and clearer about your true desires and needs.

"I have several different decks. Each morning, I pick a deck that I feel drawn to, like the Divine Dog Wisdom Deck or Cosmic Cat Wisdom Deck. I divide the deck in half, tap the halves together 3 times, hold both halves close to my heart, and set my intention for the day. Then I shuffle them until one pops out (sometimes more than one comes out) and that will be my guidance/wisdom for the day. I will meditate with them or write it out in my journal. Sometimes I will post them on FB." ~Karen, Toronto, Canada

One of the things we know is that committing to a practice is what changes habits and lives. When you do something everyday, it sets a tone and mood that can help you get the most out of good times and carry you through the rough patches.

"I'm working my way through the Divine Dog Wisdom deck as a daily meditation. I just want to say I'm enjoying the process very much. It's a great way to get morning wisdom with a big smile and tug at my heart." ~Julie, Pagosa Springs, CO, USA

TIPS

~Use in the morning to set an intention for your day. Draw one or more cards.

~Use to get insight into an important decision you want to make. Draw one card OR do a three card spread: the first card representing the past regarding this decision, the second card representing the present conditions for making this decision and third card representing future prospects with this decision. (See Divine Dog or Cosmic Cat Guidebooks for more details on card spreads.)

~As in story above, you can draw a card prior to meditating to have that be your focus.

~You can draw a card prior to a journal entry and have that be a theme to explore in your life.

~Draw a card that may represent a quality you want to bring more of or explore in your relationship to yourself and others.

3. Using the Deck With Others

These wisdom cards and guidebooks can serve as a bridge between people and set the stage for fun interaction and more meaningful connections over time.

Here is a rich collection of what some are doing to seek greater understanding, inspire, de-stress and explore with others using the card decks. Others can literally mean all the other beings you come into contact with including humans, dogs, other animals and creatures you meet as you beat your own path through life. If you look at your life as a series of concentric rings with you in the center, (that's right, you have the leading role in your life's movie!) the inner ring may include your family and close friends. The next ring out might be your work associates, neighbors and members of your church, club or other organization. Next might be the people you serve, your neighborhood, community and those in the same profession or cause you support. We are all connected and in some sense the entire world is in your biggest ring. The impact you have on those you associate with, serve or love in some way and those that serve you create ripples beyond your complete knowing. When one person is heard, seen, acknowledged, healed, understood, freed, forgiven or celebrated in some way, all and everything is affected.

Using the Divine Dog and Cosmic Cat Wisdom decks, you'll see what fun it can be to use your cards to engage more and more of your rings to create more positive ripples.

4. Family and Friends

When people gift their friends or family members with the Divine Dog Wisdom or Cosmic Cat Wisdom cards, they may be taking a risk...but not a very big one. People are pretty uniformly delighted with images of pets and the different situations, realistic and sometimes fantastical in which they become intertwined with each other and their human companions. It is usually in family that we are first introduced to other critters we live with and care for. As well we get to know more about animals from being around those of our friends, from an early age and all through life. So its no wonder that our relations with these special animals in our lives are recalled when we see the cards, then explore our own human life themes through using and playing with the decks over time. Some people share about a pivotal moment or experience they had that was triggered by their introduction of the cards into a family or friend gathering. The cards really can bring out the best in people while also injecting some humor and mirth into the moment.

Though some of the card themes might be considered more abstract or “adult,” in nature, there is clear evidence that even the young can contemplate the meaning of life and the bigger world that surrounds them.

"I gave my sister her deck after a dinner party with another couple on Saturday. Immediately one of the guests wanted to try them out, and all four of us each had an inquiry to bring to the table. It was amazing the depth of the exchange that ensued. At the end, she said, 'What a great gift!'" ~Ellen, Santa Fe, NM, USA

"I gave a deck of Divine Dog Wisdom cards to some very dear long time friends. They had their daughter and her family in town. Her son, Jens, is 5 years old. Here's what they said about the cards when they wrote me to thank me for them:

'We were so happy that you joined us for our gathering and we look forward to spending more time with you when we return in February. We want to thank you for the wonderful gift of the Divine Dog Wisdom cards. We had a fabulous time as a family doing it. Jens came up with the idea of asking a question about 2018 and we asked

what would be helpful to understand or know in 2018. We each picked a card for ourselves with that question. It was spot on and Will and I taught him how to feel the energy in the card wanting to be chosen. He got totally into it and then asked about how the light can get stronger against the darkness (he watches a lot of Star Wars too), what we need to stop wars from occurring. It was amazing the cards that he chose. We had to explain some of the concepts and language but he totally got it and we all loved doing it!” ~Barbara, Santa Fe, NM, USA

*I am a Certified Life Coach and use cards with clients all the time. I first use them with my family to test them out. My 20-year-old son was leaving for a road trip and I asked him to pick a Divine Dog Wisdom Card. He groaned but did anyhow. Earlier that morning he had shared with me a discussion he had with his girlfriend about how he needed to cultivate more empathy and compassion in his life. Guess what Divine Dog Card he picked later that day? **Empathy**. He stood there and smiled. It was a moment, however brief, in which we shared a truly meaningful connection. This is what Divine Dog Wisdom Cards have brought me-- moments that are rich, deep and inspiring, every time I use them. ~Cynde M.*

We love hearing about the many creative ways people discover using the cards to tune in to an even greater appreciation of the unique qualities and characteristics of their own pets.

“My sister and her husband just loved the gift of the card deck. A card “accidentally” dropped out when my sister was moving the cards from the bottom of the card box to the top. It happened to be the “Tenderness” card and it was perfect, as they have a beautiful golden German shepherd who is sweet friends with one of their two cats. My sister was pretty amazed at the synchronicity of that! Hmmm . . .I wonder what is afoot!”~Drew, USA

I ordered two Divine Dog Wisdom decks for Jan and another dog loving friend. The day after they arrived, I ordered five more! When Jan opened hers, she drew a card for Mae and a card for Moon before she drew one for herself. It was uncanny how the cards for the dogs were so spot on for each of their personalities, which are quite different even

*though they're from the same litter. Mae and Moon's mother is a Great Pyrenees and their father is a Lhasa Apso. Mae is a bit more Great Pyrenees and drew the **Protection** card, so true to her nature of staying a bit aloof, ever vigilant and ready to act. Moon, who has more of the Lhasa Apso qualities, drew **Faith** and indeed she mostly kicks back and waits for her treats to come-- and they always do!*

Often in the early morning Mae may hear a sound and go from sleep to a full on run to the door in a second, while Moon looks up, takes a second to contemplate its importance and lets her head fall back down with a deep sigh, then back to sleep knowing Mae is on it. I really enjoy the readings for each card in the guidebook and how they capture qualities of a dog life while speaking deeply and disarmingly to human themes and challenges. ~Johanna, Murphys, California, USA

TIPS

~Introduce cards as a way to explore issues or themes you and a friend or family member are both interested in or you think could make talking about yourself or the relationship gentler, easier and fun.

~Use the cards with friends to set a mutual intention for what you'd like to explore or get more out of your relationship today. Could make it a daily ritual for a period of time with that person. Do it in the spirit of adventure and risking something new to vitalize that relationship.

~Introduce cards, as in story above, as a family activity around a special time together, holiday or gathering.

~Have children pick a card and encourage them to share what it means to them in their own words. You may be surprised and delighted at their insight, as in the story above.

~Use the cards to better understand or shed light on an aspect of your pet's personality or life, as in story above.

~Pick a card for your group and ask everyone to help make up a story that explains what the picture is trying to communicate, each person building on the story. Get silly and have fun!

~Gift one or both decks to friends and family members as a way to express your love, appreciation and gratitude for the role they play in your life.

5. Teachers, Youth Leaders and Students

You can but don't need to be a dog or cat lover to use the dog and cat decks as powerful teaching tools and resources. Together the two decks represent 122 subjects to explore. The guidebooks for each deck can serve as a springboard for discussion and suggested activities, all valuable in a teacher's playbook for engaging students with provocative imagery that taps young people's love of and curiosity about animals. When talking to students with blank faces, both the new teacher and the veteran can benefit with a three-dimensional hands on activity using the cards in any number of ways that stimulate thinking and reflection, even decision-making.

"I gave one of the boxes of Dog Wisdom Cards to a friend of mine who is a true dog lover and the founder and current President of the Carlisle, Pennsylvania Dog Park. She loved them. She often teaches the kids in religious education at our church in

Boiling Springs. She took them to class last week and after pulling a few of the cards out which she thought might be too difficult for the kids to understand-- some are in early elementary grades-- she had them pick a card at random. They then together looked up the meaning in the guidebook. One of the really neat things was that one child picked "Loneliness" and the child sitting next to her picked "belonging." That led to a very interesting discussion about the two terms and experiences. The kids loved them and asked if they could use them again. Of course, the answer was a hearty 'yes.'"
~Dot, Pennsylvania, USA

5.1 Scouts and other youth groups

Adult and young leaders can use cards for many of the activities already suggested for teachers.

TIPS

~In the classroom, you can select the cards from either the dog or cat deck or both that you want your students to choose from, then make it a game to make sure

everyone gets a chance to pick a card. Set up listening guidelines in advance, and ask each student to share the first thing that comes to mind when they look at the card, with all others only listening, not talking or commenting for a set period of a minute or so.

~Pick a card a day from your pre-selected cards, pass around to your students, then ask them to share what they see in the card and what the theme might mean to them in their lives and relationships with others.

~Create small groups, ask someone to pick a card from the pre-selected cards you've made available. Share listening and participation guidelines and encourage each member in the group to share what the card and theme means to them. After a pre-determined amount of time for discussion (five minutes or less), ask for someone to share what the group came up with.

~Pick a card theme each week of the semester, post the card with a blank piece of easel paper that students can write on during the week, what they notice happening in their lives when they focus on that theme, without writing their names down. This activity could follow an all class discussion or carry over from one of the small groups observations about a particular theme they focused on in their five-minute discussion. Each week there could be a drawing for which small group gets to post their Dog or Cat Card Theme of The Week. Have a discussion at the end of the week for everyone to share observations about what happened.

~Preselect cards to give to students to take home and share with family members.

6. Therapists, Counselors and Coaches

Though people often have an immediate experience of recognition, an ah hah or feeling reaction to the cards, it can sometimes be useful to have a guide to facilitate a deeper exploration around what the cards or card meanings bring up for people.

Trained professionals can use the cards as an aid to helping clients get in touch with suppressed or unidentified feelings. They can assist in better understanding of a conflict or power struggle and to help identify and change patterns or habits that don't serve. They can be used to cultivate and strengthen a quality that does serve, (e.g. Purpose, Passion, Cooperation, Contentment and more)

"I sometimes use the cards with my clients as a break in a session or segue into another topic. Many people I see are pet lovers and light up when they see the cards. They are especially good for people with a lot of defenses as the cards help break through that in a gentle way. While answers (and questions) in the guidebooks that come with the cards are general, they cover psychological issues in a very clever and playful way. I've not had a negative experience in using the cards with my clients." ~Lydia Zepeda Jennings, Family counselor

"When a client is struggling with identifying feelings, I suggest they paw through the deck." ~Elaine Casquarelli, Mental Health Counselor

"I've been in the conscious living space for three decades and have seen a lot of wisdom card decks in that time. What I really appreciate about the Divine Dog Wisdom deck is how full spectrum it is. It doesn't try to bypass more challenging aspects of human experience and relationships. Instead, it helps us better understand what we all go through as humans and supports making wise choices from there. It does this better than any deck I've ever seen. It's a product I'll be recommending and using with clients for years to come." ~Paul Zelizer, Conscious Business Coach and founder of Awarepreneurs.

TIPS

~As in sharing above, you can use the cards to help warm up clients in their session/consultation by triggering or evoking material to discuss or stimulating food for thought as they leave the session.

~You can also go through the card decks and pick a theme that has been coming up in sessions, introduce that card and guidebook reading to the client to gain greater insight or meaning, then go deeper with that theme and how it relates to their life now.

~You can actively participate in a three card draw or other formats as described in the guidebooks with your client, to help them gain insight around an intention, desire or decision, then share their reflections with you.

~If your client resonates with or is drawn to either the dog or cat cards and wants to do more with them, you may have copies on hand for them to use at home, then make an agreement for them to try using in a daily or weekly practice for a set period, to see what happens for them, reporting back at the beginning of the next session.

~If the client journals or is open to journaling, you can suggest they use the cards to set an intention or explore a theme in their journaling process. (Suggestion: Search My Life Through The Seasons: A Wisdom Journal and Planner. It is a theme-based structured journaling process that helps clients gain clarity, calm and inspiration.)

~For couples, family or group counseling, you can use the cards as icebreakers at beginning of session by having everyone pick a card and share what they received and what it may mean to them, or pre-select single card themes to address and begin discussion of a variety of relationship issues.

~For business or professional guidance coaching, you can help a client define or redefine some aspect of their business or professional focus by having them draw a card and discuss how it might relate to their pursuit or project. Or you can select a theme you've identified as one you suggest they could focus on in their development.

7. Human Resource Professionals

Most people spend a great deal of time in their workplace where tensions can be high and much needs to be done under a deadline. Relationships can be many and complex, so any number of issues can arise. And many developmental personal and professional issues emerge in the course of engagement with new tasks or roles, as well as ones that no longer hold challenge and growth opportunities for an employee or associate. Divine Dog Wisdom and Cosmic Cat Wisdom Cards to the rescue!

"I work in the human resources department in a medium size organization (400 employees). My role entails coaching employees to find solutions, access resources and help them successfully navigate the work culture and environment. When we have come to the end of our conversation, I often ask if they want to draw a card. Most have never seen a wisdom card deck much less used one. They're very curious and say yes and then draw a card from the deck. The card they select is always pertinent, adding insight to the topic we just discussed. It's magical! The Divine Dog Wisdom and Cosmic Cat Wisdom cards are inviting and engaging. They raise curiosity and interest for the user to look deeper. The cards focus attention on what they intuitively already know. The use of the cards has led to productive and rewarding discussions and insights for employees in a way traditional tools might not. This deck is a staple in my tool box now!" ~Annie M.

TIPS

~As in the story above, you can use the cards to transition into or out of a conversation or session with an employee, letting them know you've used this as a tool in your own exploration of various life topics and to gain insight into what you need to do next.

~If you are working with a group of employees, you can use the cards as an icebreaker for getting new hires to know and feel more comfortable with those they are going to be working with.

~You can use the cards to lighten up the feeling tone of a meeting or training session before getting down to business, asking people to draw a card at random and share why they think they may have received that card.

~You can pre-select the cards you think may help address an issue for an employee or group, and use them with the guidebook reading to explore that issue.

8. Group and Team Leaders

Most work done today is done in groups and teams. A group or team is most effective when there is good communication, mutual respect and understanding, and a joy in creating and being productive together. Successful group and team leaders are always looking for new ways to energize, inspire and enhance the functioning of team members, and then keep using what works. The dog and cat wisdom cards can be used in a number of ways to support learning and greater performance in teams. As icebreakers at the beginning of meetings or to alleviate tension by taking a “card break,” or deliberately selecting any one of 122 themes to explore, discuss and gain insight as a group or team aiming higher in a shared project or pursuit. The cards can be, as has been said, a trusty tool in one’s leadership kit.

“I have been bringing wisdom or oracle cards into social situations for years. On group trips, in staff or team project meetings, I use the cards to make connections between people, to inspire, to ask for direction or guidance, or to tap into group energy and synergy. Many of us are comfortable using oracle decks in private but haven’t yet fully explored the dialogue, insights and connections we can create by using the cards collectively in groups and teams. One reason is that many oracle decks can be intimidating or too abstract and complex. The Divine Dog Wisdom and Cosmic Cat Wisdom card decks have a universal and inviting quality due in part to our human connection to dogs and cats as trusted companions. As such, people easily engage with these cards and find themselves going deeper in learning something about themselves, the situation or the group. ~Karin Lubin, Team leader and Trainer

8.1 Church groups

Card themes relate to many topics for discussion in classes or sermons.

8.2 Athletic teams

Travel time activity, team building activity

8.3 Project Managers

Introductions, project check-ins, team building activity, address specific issues

TIPS

~As mentioned, begin group or team meeting with everyone picking a card, then have those who wish volunteer to share why they think they received that card, what the theme means to them and how it pertains to their participation or role in the group or team.

~Pre-select card themes that represent what your team is needing most right now to move it forward. Share those cards with team members to get their reflections in a structured dialogue. (Everyone gets several minutes to share initial thoughts and observations without being interrupted, only listened to. When all have weighed in, let the cross talk and group reflection begin.)

~In team building exercise, have group or team members create a story together based on the image of a card. If in a large group that is divided into smaller groups, have each group create a story, then have a member from each small group share their story with all.

~In a men's or women's social, support or spiritual group, use cards and card themes to explore an issue that is arising in the group dynamic or an issue that everyone is interested in exploring. Cards can be randomly selected after the group asks a question it wants to explore or cards can be pre-selected to match a theme or themes already under discussion to move the dialogue forward or go deeper.

9. Speakers, Workshop or Retreat Leaders

Those who host workshops and retreats or hold online classes the card decks can be used in an activity or as gifts to help build mailing lists. Effective if any part of the event or message is inspirational, self-reflection, growth or inquiry or motivational. Offering a product that remains relevant and usable for life.

10. Dog groomers or Veterinarians

Check in or waiting room, discuss behaviors and owner pet issues, additional product offering. Offering the potential for a unique experience that is engaging and lasting with a product that remains relevant forever.

If you've not yet read the "How To Use The Cards" sections in either the Divine Dog Wisdom or Cosmic Cat Wisdom guidebooks, you'll find many ways your wisdom cards can be used described in detail there. These activities can be engaged in solo or with a partner or group.

Submit Your Story

@

EnlightenUp.biz