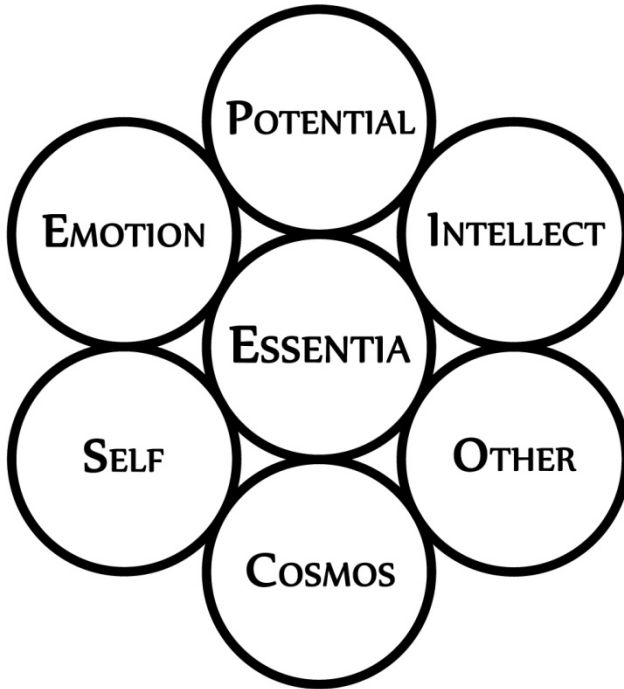


The Essentia[®] Discovery Deck



Welcome to the Essentia[®] collection of tools for meditation, inspiration, guidance, and discovery. The Essentia[®] Discovery Deck was created to help you explore and understand the thoughts, actions, emotions, and behaviors of yourself and other people. The cards in the deck represent positive concepts and can be used in various ways to promote a positive mindset and inspire new ways to reach beneficial outcomes.

There are many different ways the cards can be used, and you should use them in whatever way you find is best for you. The Essentia[®] Atom Spread Cloth allows you to use one of the many placement systems that were developed specifically for this card deck. You can use the cards for inspiration, divination, or discovery. You can use the cards to create positive affirmations and narratives. You can pick a card as the focus of a daily meditation. And the deck can be used as an interpersonal tool.

Each card has a primary keyword that defines the central concept the card represents. Three secondary words further expand the meaning of each card. Normal use of the cards involves placing these cards on the Essentia® Atom Spread Cloth, which is available with the deck.

The Essentia® Atom is the symbolic framework on which the spread cloth is based. Each Atom element creates a context for interpreting the Essentia® cards, and the geometry of the Atom allows you to build relationships between each of the cards. All the cards together create a larger and more complete concept that is defined by how the cards are placed on the spread cloth.

Using of the Essentia® Atom Spread Cloth will allow you to explore the full meaning of the concepts represented by each individual card, and the overall meaning created by the relationship between the cards in a spread. Cards placed on the spread cloth makes it easy to think about the contextual meaning of a card coupled with an element, and also the overall meaning created by the relationships between the placed cards.

Visit <https://www.Essentia.com> for more information.

The Essentia® Atom: The Elements and Card Placement

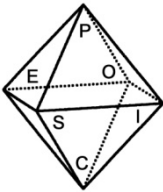


The Essentia® Atom is composed of seven elements arranged in a unique pattern. Each element represents a fundamental concept and exists as a self-contained world. A card placed on an element gets a contextual meaning defined by that element; it recasts and refines the card's meaning. The element is used to interpret the meaning of the card, how that card relates the other cards, and the overall meaning of the entire placement (the spread). Cards on elements are related to all the other cards on elements directly through the interconnectedness of the Essentia® Atom, forming a unity of the seven distinct worlds. The cards placed on the elements, and how they relate to each other and integrate, is what gives you the complete meaning of the spread.

Optionally, cards can be placed in the positions between the elements to signify a relationship between them, and that a contextual meaning exists. Orient the card lengthwise between elements to indicate those elements are linked. You can use the top of the card to indicate a directional association if there is one. Cards can also be inverted to signify that the card's concept is reversed, as is done with Tarot cards.

The essence of the Essentia[®] Atom is integration, wholeness and unity. We hope that using the Essentia[®] tools will help you be a well-balanced, self-empowered, and well-integrated individual, and will be a valuable aid in the promotion of positive, mutually beneficial relationships.

The Essentia[®] Atom: The Relationship of the Elements



The spread cloth is a two-dimensional version of the three-dimensional Essentia Atom, an octahedron with elements at each vertex and the Essentia element in the center. The central Essentia element is where all of the elements are balanced, integrated and unified.

There are three complimentary pairs of elements located at opposite vertices: Cosmos/Potential, Self/Other and Emotion/Intellect. Each element connects directly to all the other elements, and the three complimentary pairs exist with Essentia as a shared intermediary. The Essentia element connects directly and equally to all other elements.

Think of all the elements as separate, self-contained worlds integrating together into a complete whole, with the Essentia element being the unifying element. Each element maintains its unique meaning, and it's the relationship of the elements to each other that creates the meaning of the spread. A card placed on an element should be interpreted entirely in the context of that element. This contextual meaning is what you will use when comparing the relationships between cards placed on each of the elements of the spread cloth. The meaning of a card on an element can give you insights, as can the total overall card spread.

Cosmos



Foundation - Embodiment - Manifestation



Structure - Substance - Dimension



Grounding - Sustenance - Nourishment



Limits - Actuality - Universal Reality



Multiplicity - Diversity - Ancestry



Fertility - Potency - Abundance



Material Existence - Physical Reality - Natural Laws

Potential



Intention - Purpose - Destiny



Concept - Dream - Vision



Desire - Hope - Wish



Aspiration - Higher Self - Apotheosis



Inspiration - Paragon - Ideal



Creation - Expansion - Life Force



Opportunity - Capability - Fortune

Other



Emergence - Symbiosis - Growth



Communication - Mindsight - Discovery



Communion - Reciprocity - Solidarity



Interaction - Attunement - Interdependence



Interconnection - Organization - Gathering



Change - Evolution - Progression



Gaia - Nature - Heritage

Self



Volition - Free Will - Self-Mastery



Observer - Witness - Judge



Character - Personality - Behavior



Sanctuary - Security - Autonomy



Persona - Identity - Individuality



Choice - Freedom - Self-Determination



Philosophy - Beliefs - Ethos

Emotion



Temperament - Disposition - Attitude



Sentience - Sensibility - Body Wisdom



Feelings - Sentiment - Mood



Soul - Kardia - Introspection



Empathy - Humanity - Receptivity



Intuition - Precognition - Gut Feelings



Instinct - Nativism - Embodied Cognition

Intellect



Cognition - Rationality - Knowledge



Thought - Reason - Logic



Emotional Intelligence - Contemplation - Lucidity



Psyche - Personal Truth - Self-Knowledge



Perspective - Learning - Insight



Imagination - Conception - Revelation



Information - Facts - Data

Essentia



Integration - Unification - Synergy



Enlightenment - Understanding - Realization



Stability - Coherence - Composure



Centering - Wholeness - Oneness with All



Experience - Synthesis - Gestalt

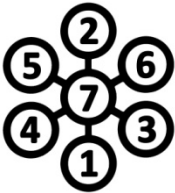


Transformation - Transcendence - Accession



Holism - Homeostasis - Sustainability

Using The Deck: The Progression of the Elements



The seven elements of the Essentia Atom follow a set sequence in which pure potentiality acts to express itself. This sequence begins with *material existence* and ends with the *synergistic integration* of all the elements. The progression is powered by a life force seeking to express its full potentiality and the potentiality contained in each element. This progression can be compared to Kundalini ascending thru the chakras, and to Élan Vital acting within matter as an impetus for growth and evolution. When the final central element is reached, this life force transforms into the power of integration and unification, and actualizes the Atom. How this potentiality manifests is represented by the cards placed on the spread cloth. The Essentia® Atom sequence is:

- 1 - **Cosmos** is the world of material existence. It is the totality of what physically exists and is tangibly real within our universe.
- 2 - **Potential** is the world of possibilities. It is anything and everything that can possibly come into existence within our universe.
- 3 - **Other** is the world of life manifesting in individual stable forms, and as the countless sentient beings living in the universe we experience.

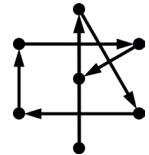
- 4 - **Self** is the world of personal identity and individual being. This inner world is the conscious observer who experiences the universe.
- 5 - **Emotion** is the world of sensations and feelings. It is the reality we experience through our physical existence, creating states within our consciousness that we recognize and understand. Body Wisdom.
- 6 - **Intellect** is the world of thoughts and ideas, and where concepts have their own reality. Consciousness is expansive and can be free.
- 7 - **Essentia** is the world of integration, balance and unity where all the elements combine together to form a single emergent element.

There are many personal stances that can be taken when you are doing a reading with the cards. Play with the cards and see what they tell you.

Using The Deck: Card Spreads

Note: Before doing a card placement, fully shuffle the deck to dissipate any biases that remain in the deck after the previous placement.

1) Atom Sequence Spread (Beginning) - Shuffle the cards while thinking of something you wish to know more about. With that idea in mind, cut the cards and place a card on each element following the Atom Sequence. Once all the cards are placed, contemplate and interpret the meaning of each card in the context of the element it is on. Then contemplate the meaning of the entire placement and what it is telling you about your original idea. You can do this alone, or with a partner who will either hear your interpretation or tell you their interpretation of the spread.



2) Mandala Spread - Go thru the deck and pull out cards that seem the most significant to you. From these, select between 7 and 23 cards for building your mandala. Place a card on each element, and between the elements if desired, changing any of the placements and cards until you have a final mandala you're satisfied with. Contemplate the overall spread and recognize the thoughts and feeling you are having. You can

do this alone, or with a partner. Both of you will benefit when you share and discuss the mandala, and what it means to each of you.

3) Centering Spread - Search thru the deck and pick one card to focus all your attention on. Place it on the Essentia element at the center of the spread. Choose cards from the deck that promote and expand the concept of the central card, and together reinforce its meaning. Place six selected cards on the remaining elements so that you have a good representation of what the central card means to you. Using the deck, make any changes to the spread so that you feel it is balanced and well integrated throughout its entirety. Contemplate how the concepts and relationships of the spread work together to strengthen and actualize the central concept, and be aware of what you can do to promote your own well-being and stability.

4) Focused Meditation Spread - Pick a card from the deck to meditate on and place it on an element to define the context of the meditation. Contemplate what the card and its placement is telling you.

5) Divination Spread - While shuffling the cards, focus your thoughts on something you would like to understand or experience. When you feel the cards are well shuffled, and you have formed a question to ask in your mind, cut them once while thinking of the question and place the cards on the table. Place one card face down on each element in any order you feel is right. Following the Atom sequence, turn the cards over one at a time and interpret how it relates to your question. Once all cards are face up, describe what the cards have revealed about the question. You can do this alone or with another person. With two people, one person will ask a question and place the cards, and the other person will turn over the cards and give the reading.

6) Discovery Spread - This spread is designed to help two people better understand each other and the world they share. The first person (the Composer) builds a symbolic representation of an idea by placing cards on the spread cloth and the second person (the Interpreter) describes the idea that the spread represents. Each card is chosen and placed on

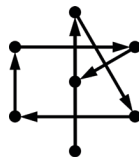
an element (or link) using any method that seems best for constructing a representation of the idea. After the cards are placed, The Interpreter then examines the spread and describes what they believe this idea is. After hearing the interpretation, the Composer tells the Interpreter what the idea is. Either person can make comments at any time, and are both welcome to follow up with a discussion if they would like to.

7) Partner Collaboration Spread - Two people together share in placing cards on the elements in whatever way they decide. They collaborate to build a spread which satisfies both of them and contains a meaning that resonates with each individual. Once the spread is finished, both people discuss what the spread means and anything else that they feel is important. The objective is for each person to better understand their partner, the meanings of the cards, and to explore new ideas.

8) Three Card Spread - This spread explores what can happen over time. This can be a fate that lies ahead as determined by fortune, or a chosen destiny and what will help you to reach it. For the divinatory reading, shuffle the cards, cut them once and place one card on Cosmos, Essentia and Potential. Interpret the meaning of the spread and the fate it leads to. For the planning reading, select a card to define the past situation, and a card to define the desired future outcome. Choose a Present card that will make the outcome possible.



9) Expanding Consciousness Spread - Relax, clear your mind, and meditate on the primal energy of life that arises in the material world. Think of how this energy empowers all living beings and allows them to thrive. Contemplate the numerous opportunities that allow all living beings to expand their consciousness and reach their highest potential. Following the Atom sequence, select a card for each element that best embodies this energy at that stage of the sequence. Create a progression that shows an expansion of this energy from one element to the next that leads to a



greater level of awareness and understanding, a sense of connection to a higher power, and an appreciation of the unity of all things.

10) Ideal Self Spread - In this spread you will construct a representation of the ideal self that you would like to become and maintain. This is who you wish to be, what you want in life, what is most important to you, your ideal relationship with others, how you would like others to think of you. You can use any method to select cards in the deck and construct the spread, and you can use any of elements and links on the Atom spread cloth. Create a representation of the person that would like to be, and a clear reflection of your ideals, beliefs and aspirations, so that you have it to contemplate and use as a guide.

11) Self-Other-World Spread - A spread using the Self, Other and Potential elements to explore interpersonal relationships and how this relationship dynamic relates to, and is influenced by, the overall world. Place cards on Self and Other to represent each individual. Place a card on Potential to represent the larger independent world that is directly influencing the two individuals, and what is possible.

12) Emotion-Intellect-Body Spread - A spread that uses the Emotion, Intellect, and Cosmos elements to explore how consciousness is created by, and influenced through, our physical existence. Our bodies are the direct connection to life, society, and all that exists, and it's through our bodies that we experience everything that is real. Place cards on these three elements to explore how thoughts and feeling emerge from our body, how our body determine our reality.

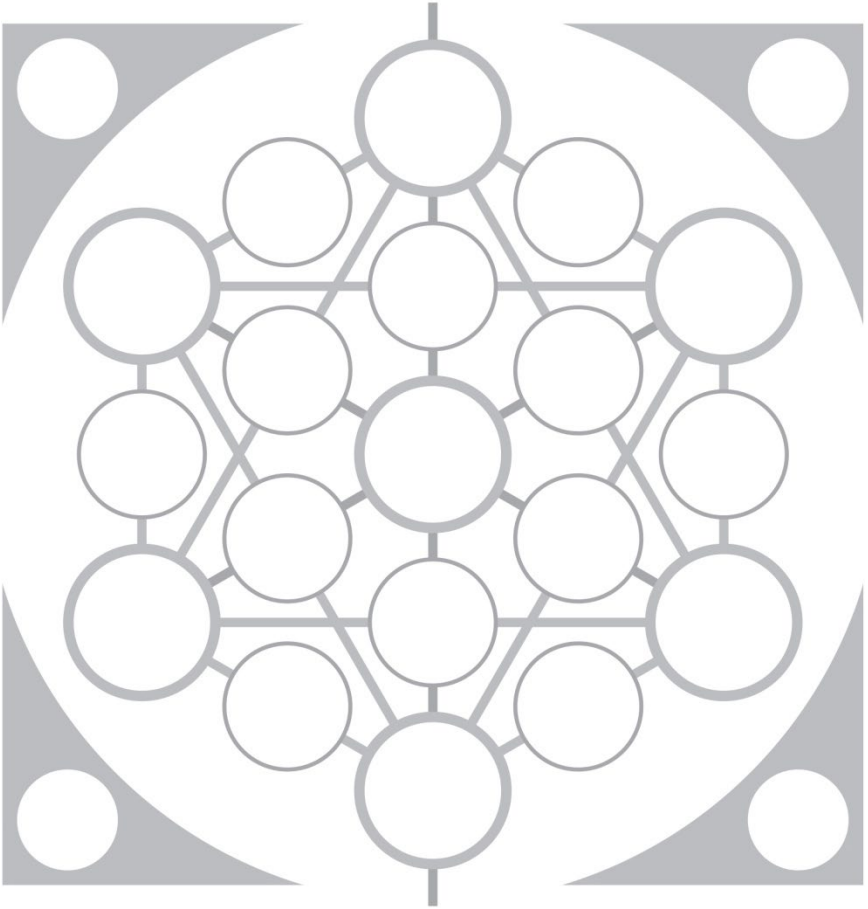
13) Earth-Sky Spread - For this spread, the Emotion, Intellect and Potential elements represent the spiritual realm. The Self, Other and Cosmos elements represent the material realm. Place cards on these elements to explore the relationships between the two realms.

Feel free to devise your own method for using the cards. They are a tool with many uses, and this booklet only describes a few of them.

The Four Corners of the Essentia® Atom Spread Cloth

In the four corners of the spread cloth are circles representing the four metaphysical principles that are the foundation of the Essentia® Atom. They are the independent source from which the Atom emerges.

Blank Essentia® Atom Spread Cloth Layout For Making Notes.



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