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The Key Workbook and Journal Companion Guide

Welcome to The Key journal and workbook companion guide. The intention for this healing tool is to help you discover what areas of your life that need to be shifted to help you step into your awakening and healing process, or to feel more balanced and aware. By awakening, I mean, by you releasing all that is holding you back from you being in alignment with your higher self (soul self). When we are “awake,” we live in a higher vibration and our awareness is expanded. The Key is to help you unlock what may be contributing to feeling stuck or out of sorts. The Key Oracle cards and workbook are a great way to help identify the challenges you’re having, but also seeing the opportunities that can be attained once the challenge is healed, or shifted just by you putting focus on releasing it. You hold The Key to your healing and happiness.

How to use with The Key Oracle deck:

Open your oracle cards and divide them in two piles of gold and blue. You’ll notice the blue or gold color on the inside of the cards. Put your energy into the cards by touching each one and shuffling them very well. At the beginning of the month (recommended), you can start by taking the Challenge cards (Blue) and set your intention. An example would be, “It is my intention for these two months to be shown the areas of my life that need to be healed, so I can become a better version of myself by unlocking my wisdom. I ask for guidance and protection as I pull my three cards.” How you pull the three cards is up to you. You may want to shuffle then pull the top three cards, or shuffle in between each card and see which one pops out at you. Don’t turn the card face up until you have drawn all cards. Take the first card you pulled and set it face down (Key image up). Draw the next card from the same blue deck and place it below the first one. Do the same with the third. Take your gold opportunity cards, hold them and set your intention. An example would be, “It is my intention to be shown what opportunities are available to me. I know I am worthy of great opportunities the universe provides for me. I ask for guidance and protection as I pull my three cards.” Shuffle them well and pull the first card. Place it face down to the right of the first card you pulled from the blue deck. Repeat with the second gold card and place it to the right of the second blue card. Do the same with the third card and place it to the right of the third blue card.



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You should have two rows running vertical of six cards in total.

Open your journal to the page that says Month One and Two. You will see the six empty boxes. Turn over the top blue card, write it down in the top box labeled Challenge Card 1. Write the Keyword that's on that card in the space provided. Turn over the top gold opportunity card that is next to the first blue challenge card that you flipped over. Turn it over and write it in the box labeled Opportunity Card 1. Do this until all of your cards are turned over and written in all six correct boxes along with all the Keywords that are on the cards.

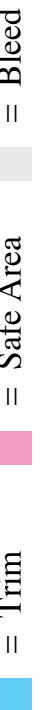
The challenge cards in the first vertical row show what you're needing to look at to shift or release. The opportunity cards in the second row show you what can be attained once you clear, heal and release your challenges. Each row running horizontal relates to each other. The first challenge (Blue) card on the left relates to the first opportunity card (Gold) on the right. For example, if your first challenge card labeled #1 is the card Inflexible and the gold opportunity card labeled #1 is Love Redefined (Romance), that gives indication that possibly you or the person involved is blocking themselves from finding a relationship because of a stubbornness to change that is clouded with fear.

Those are the six cards you need to work on for two months, or longer if you choose. You need to set your intention based on the cards you drew. Please use the first cards you pulled, don't keep on putting them back or pulling new ones because you don't like what they say. You need to feel into ways how you can shift, heal and release the challenges. Answer the questions on the Month One and Two page along with the suggested meditations and healing techniques.

On Month Three and Four, you have the option to pull four new cards (two challenge and two opportunity) or bring four cards over from the first card pull, if you feel you still need to work on them. Answer the questions, journal and do the meditations for those two months.

On Month Five and Six, you have the option to pull two new cards (one challenge and one opportunity) or carry two cards over from the previous pull. This challenge card reveals what is the main issue you need to release, or the last thing you need to work on in this six-month period. If you have done the work in shifting out of fear and developing new tools to heal, these last two months should be easier to navigate since your awareness has expanded, and things have been brought to light.

I encourage you to meditate often on your intention and affirmation and asking your spiritual team (Source) for guidance. Don't do this lightly, really feel into and visualize the results you want. See it, feel it,



be it! I encourage you to write your affirmation(s) on your mirror at home and put it as your screen saver on your computer and phone. If you really want to step into a new way of being and into a higher vibration, you must put in the effort. An example of an affirmation can be something like, "I am worthy of all things of my highest good. I am choosing to heal old wounds to step into my power and magnificence. I will be successful and happy."

For you to shift, you need to believe and feel into your affirmation daily and meditate as recommended. Choose an affirmation that resonates, better yet use your own words and take ownership of them.

The Key workbook/journal asks you to check in at the end of each week to write down your experiences for that week by answering a few questions, meditation suggestions, and gives you a space to journal. Write it all out! Journaling is a great tool for reflection and therapeutic to get your feelings out. What we focus on expands. By you putting your attention to see new ways to bring the power back to you, you can create a better way of living that results in change. The cards are there to help you see by revealing your challenges. Even the things you have been putting off, not aware of, or choosing not to deal with. By narrowing it down every two months helps to focus in, and it gets to the root cause quicker. Keep your focus on your opportunity cards too! Put them on a vision board if you wish, or in your eye sight to manifest them into reality.

If you want to continue after the six months is up, I encourage you to us this format or develop your own way to use the cards moving forward and to continue to journal.

Enjoy the journey with patience and grace,
Michelle Mocerri, B Msc

The Key Oracle deck and workbook are great compliments to other forms of therapeutic healing. This process is to assist and bring clarity to situations, but in no way is a prescribed form of medical treatment, nor should be the only way to heal.

MONTH ONE

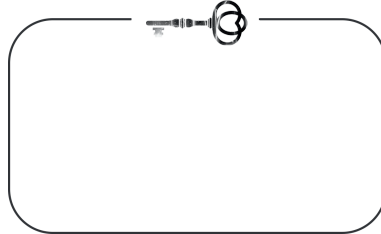
Choose your cards, and write down your 6 key words in the allotted space.

Challenge Card 1



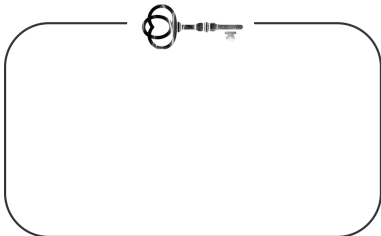
Key Word: _____

Opportunity Card 1



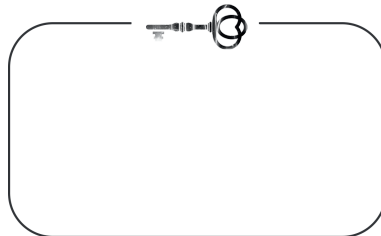
Key Word: _____

Challenge Card 2




Key Word: _____

Opportunity Card 2



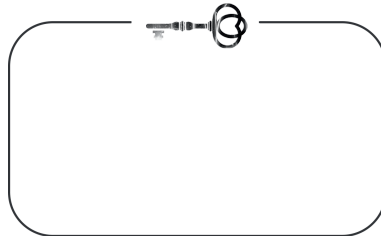
Key Word: _____

Challenge Card 3

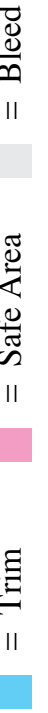


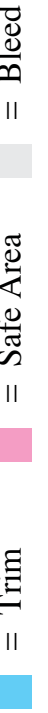
Key Word: _____

Opportunity Card 3



Key Word: _____





Based on your 6 cards, what is the theme and message?

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This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.

What is your affirmation for this process that embodies the energy you want to experience that fosters growth?

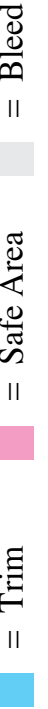
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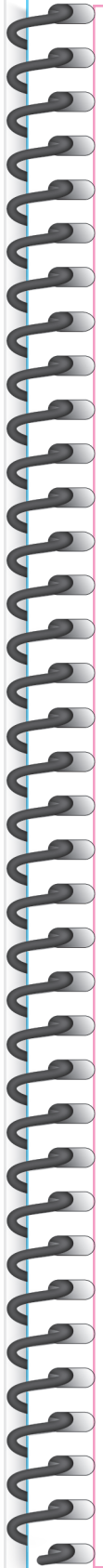
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Workbook and Journal Entry Week 2

1. Write down your thoughts and insights from the last week regarding the challenge cards, and the one you focused on shifting.

2. Go into meditation and visualize the words of your affirmation taking hold in your body. The energy and visualization of your affirmation replaces any stuck or negative energy. Visualize the flow of Divine light running all through you and around you creating space to heal and release. Bring in your spirit guides (Source) so you can get to know them better to co-create what it is you need on your healing journey. Tell them what you need, and ask for signs to give clarity.



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3. Go into meditation with the intention to bring clarity to understand the challenges you had this week. Visualize yourself overcoming any challenges or resistance while you bring in beautiful colors and high vibrational energy. See the words of your affirmation infused in this light as you bring it in and around your energy field. Taking deep breaths in and out as you release any resistance or old patterns.

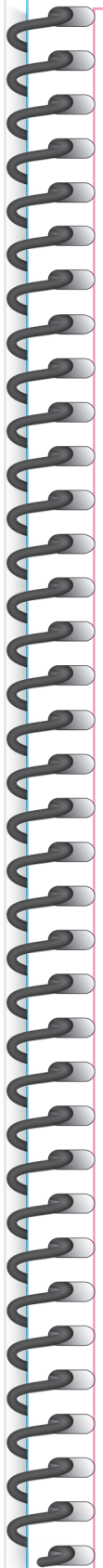
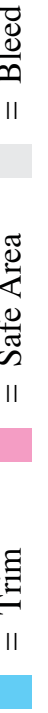


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2. Pull out your three Opportunity cards. Use your intuition to feel into three ways you can manifest them. Write that in your journal. Leave the actual cards out so you can see them every day as a reminder.

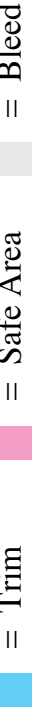


Workbook and Journal Entry Week 5

1. Go into deeper detail about what happened this past week and progress thus far.



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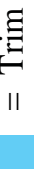


4. Go into meditation with the intention on forgiveness. Visualize yourself and the other people/person/ or event in front of you. Surround yourself and the others in beautiful white and blue light. Call in the angels and your spirit guides to help let go of any energy that is not of your highest good. Visualizing any blame, shame or guilt leaving and surrounding yourself and others in forgiving white light. Say the words, “I choose to forgive myself and others for past mistakes. I am letting go of the negative energy and only keeping the love and lessons. I AM STRONG, I AM LOVE, I AM FREE.”

[illegible]

5. Write down what happened during that mediation and what you took away from it.

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This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Workbook and Journal Entry Week 6

1. Write down what's going on since you started this healing journey. Have there been any emotional triggers?

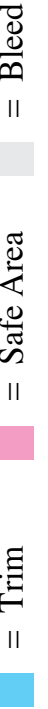


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Handwriting practice lines consisting of 20 horizontal lines. The first 10 lines are on a light gray background, and the next 10 lines are on a white background. Each line is preceded by a small vertical line segment.

4. Go into meditation with the intention to be shown what your soul and body needs in this moment. Be open to new ways to release by letting your body tell you where the stuck energy is.



2. Write down the tools and techniques you are using to shift and heal. Which support system are you using? What things or people in your life that needs to be let go of or shifted into a higher vibration?



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Month Three and Four (Week 8)

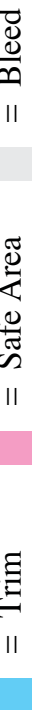
Four New Cards

Now is the time to pull four new cards (two blue and two gold) to start to narrow down the things you need to still look at to heal. It's also a chance to pull in two new opportunity cards to add to what can be attained by shifting to a higher vibration. The way this method works is this, once you reached this eight-week mark, you have developed a consistent meditation practice and you're getting familiar with seeing what works for you on your healing journey. Just by having awareness alone creates opportunity to heal and let go of old patterns.

Going forward in this workbook and journal, the prompts, meditations and questions will get more in depth to support your progression.

If you still want to focus on any of your original six cards you pulled, please do so, but pulling four more may give deeper insight as well. A way to know if you still need to keep any of the original cards, is if you're not feeling confident that you have developed a way to release it or manifest it. This process takes time and encourages you to continue your healing journey well after the six months has ended.

Remember how you held each card deck (blue and gold) in the beginning, and you set your intention? Do that again, but be even more specific. Put the previous six cards back in their piles shuffle and draw again. Remember, it's about narrowing things down to work on the root causes of things. As you reach month five and six it gets even more specific, so honor the progression of the layering process to your healing.





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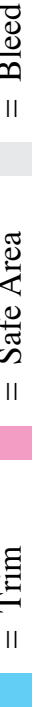
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How to these new cards fit, or don't fit with the original six?

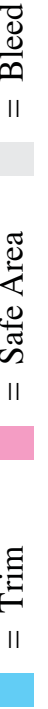
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2. This next week I want you to work on feeling energy in the mind heart connection. During the week before you start your day, set the intention of your energy. How do you want to show up in the world? When questions or dilemmas arise, ask yourself, “Is this a fear-based choice? Or a heart-centered choice?”



4. Do a meditation that opens up your heart center and releases anything that is holding love back from yourself or others. Bring your intention to your unique Key that is in your heart. Access your special key code that will open you up to get connected deeper to your inner guidance.



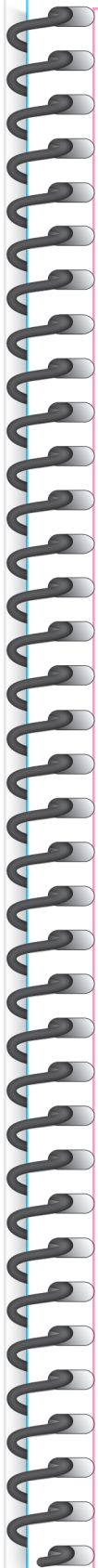
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3. Do a meditation where you visualize your beautiful energy anchoring into the earth spreading positive vibrations throughout. Your energy matters so much to make a change for all of us. Start to realize your power and importance in how you show up into this world.



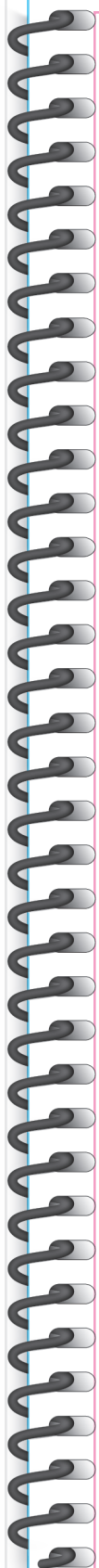
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Workbook and Journal Entry Week 12

1. Record your experiences from the previous week about anchoring positive light by being mindful of the energy you're putting out and what, or if you manifested anything.

[illegible]



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Workbook and Journal Entry Week 13

1. Start off your journal entry with asking yourself if anything that happened this past week had to do with old conditioning. Are there old patterns that are attached to your parents or your upbringing that could be interfering with moving forward?

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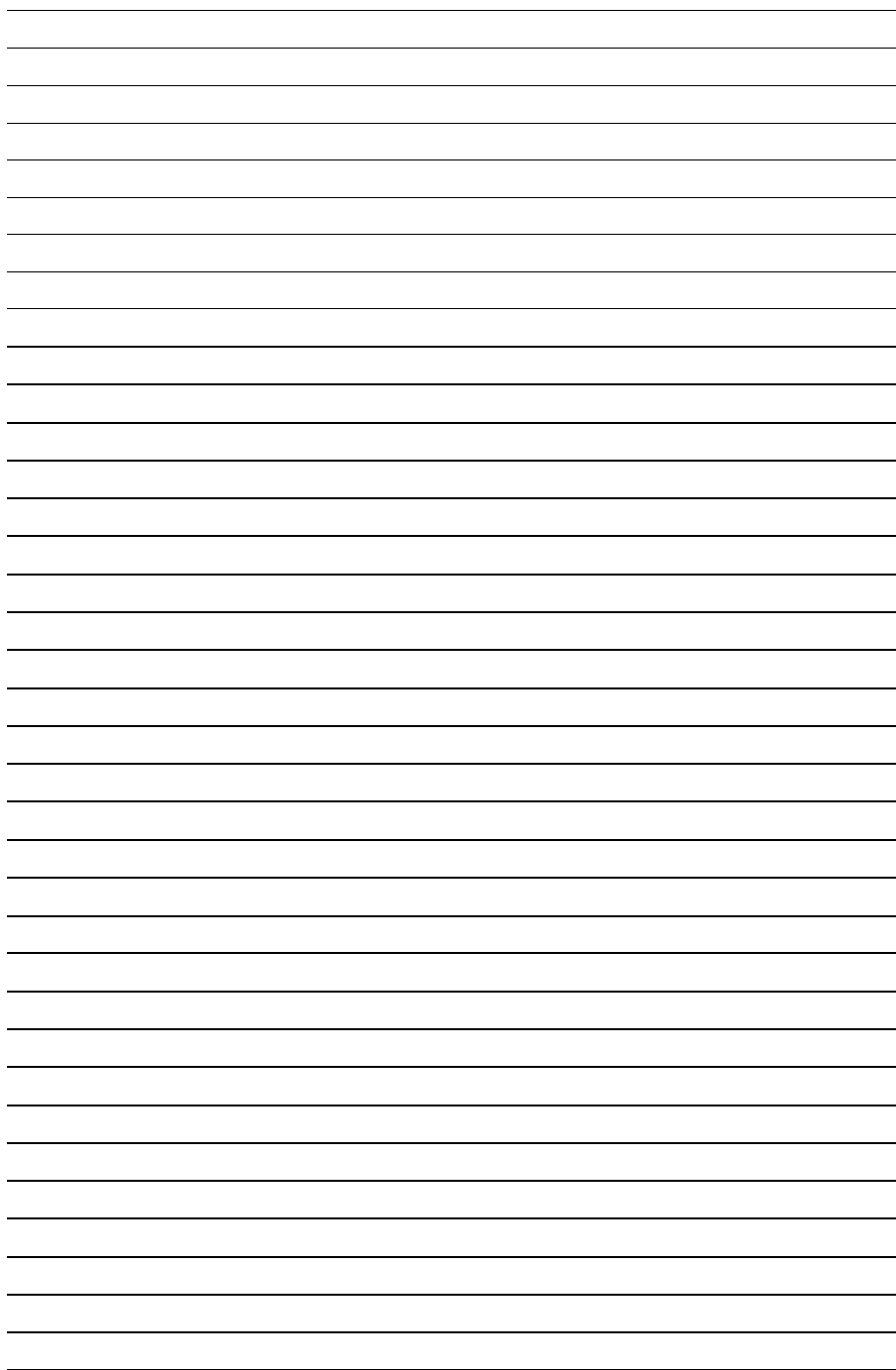

2. Do any of your cards reveal anything about that? If not, are there things you need to shift or no longer carry that isn't yours?



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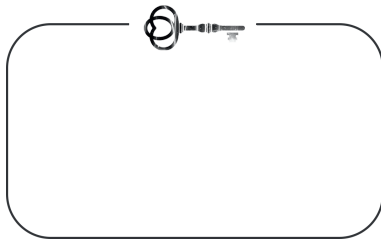
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Two New Cards

Challenge Card 1

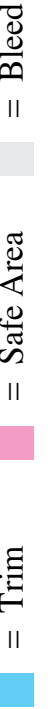


Key Word: _____



Key Word: _____

[illegible]

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Do a meditation with the intention of completion. Visualize things coming full circle so you can see the negative or painful things are behind you. Bring in the healing divine light as you stand in your power and sovereignty for your well being. Carry this energy forward for the next eight weeks.



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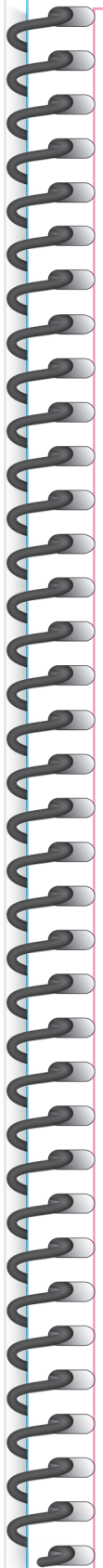
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[illegible]

Workbook and Journal Entry Week 16

1. Journal about your previous week and how your last challenge card comes into play with your day to day life.

[illegible]

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3. Expand your meditation to create and visualize a scared space. A place you can retreat to, to gather information, messages, and to reconnect with your higher self and spiritual team. This is you connecting to a higher dimension and learning how to consistently tap into that frequency. Record your experience.

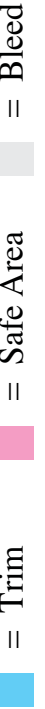


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1. This is an opportunity to vent if you need to. Writing things helps to get it out of your emotional body. An option is to write it on a separate piece of paper so you can burn it afterwards. Practicing letting emotional things get released is essential on your healing journey.

[illegible]



2. In what ways have you practiced acceptance? Are there areas in your life that you are being too stubborn to shift out of?

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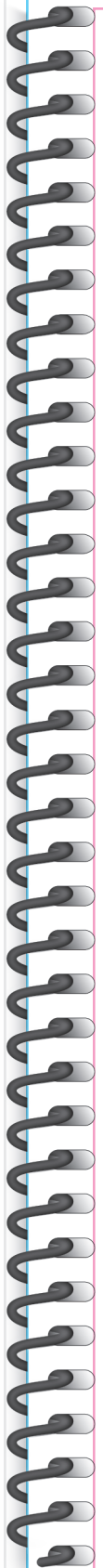
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3. Meditate with the intention to give permission to receive all the abundance and opportunity for your highest good. Visualize your body and energy field free of anything blocking you from receiving. Center in on your heart chakra and picture it open and ready to experience a joyful life.

[illegible]

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Workbook and Journal Entry Week 20

1. Start your journal off with “I am powerful because....”

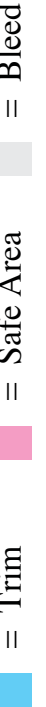
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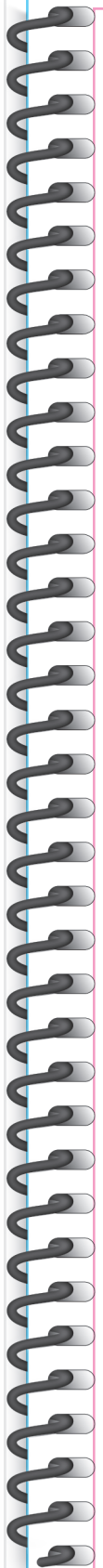



3. During meditation, visualize a mirror in front of you. Talk to yourself that uplifts you and is the truth of who you are. I suggest starting the statement off with “I AM,” and fill in the blanks from there.



Workbook and Journal Entry Week 21

1. Go back to your first card pull from the first month. Which challenge card(s) did you heal and let go of?

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook paper. There are no margins, text, or other markings on the page.

3. During your meditation, set your intention to be shown anything your ego is hiding from you that needs to be healed. Bring the divine light into your heart center that is filled with compassion. Call in your spiritual team to give support as you choose to let it go.



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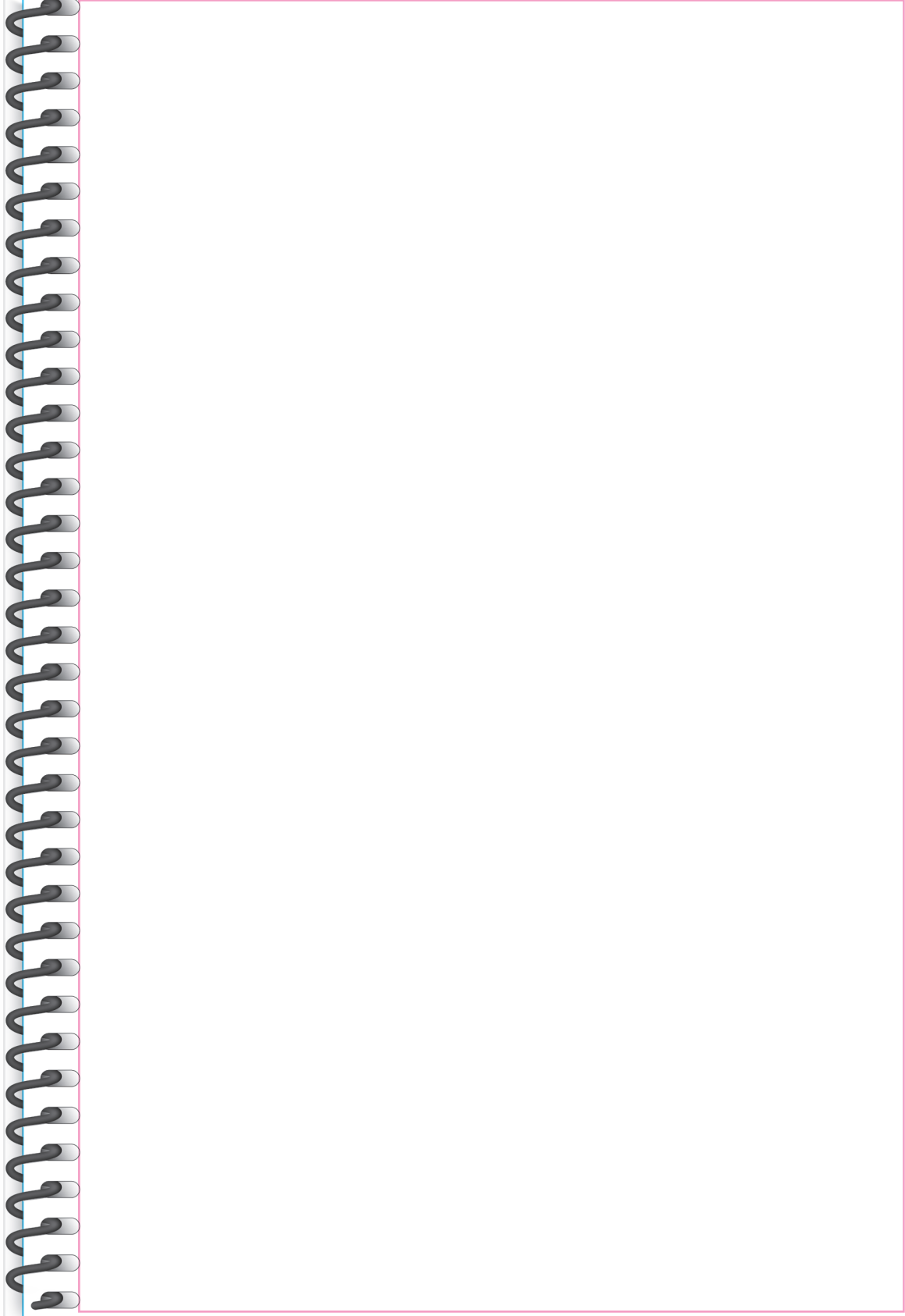
Thank you for YOU! I appreciate you and honor you.

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USA/CAN: \$13.00

SPIRITUALITY



The Key workbook and journal is a great tool to use while on your healing journey. Applying this method of journaling weekly helps to stay on course as you navigate this six month program.

I encourage you to adopt a meditation practice and devote time and energy for your self care and self discovery.

The more you are in tune with yourself and your body, the more your intuition

opens up to gain awareness to unlock your own wisdom.

Using this journal and workbook helps you see your progress and tools you are using to heal. Seeing what works and what doesn't is part of this process of narrowing things down to understand your unique way to unlock your answers. By answering the questions, doing the suggested meditations, and following the prompts with The Key Oracle Cards guides you to awareness.

It is important to work through the things that are blocking us, and just as important is having wonderful opportunities to work towards and manifest during this process. The Key Oracle Cards shows you both the challenge you may have and the opportunity that awaits on the other side of clearing that challenge.

Have patience with the process and trust in your self to develop ways to heal that work for you.

You hold The Key to empower yourself by stepping into your higher knowing.

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