










Intrinsic Universe




awaken · explore · play
a card deck for transformation created by
angie k. millgate


| | |
|---|--|
|  | 7th Chakra – <i>Sahasrana</i> (Crown Chakra) connection to Source; receptive area of spiritual messages and communication from higher self; place of the Spiritual experience and Being; emotion: happiness |
|  | 6th Chakra – <i>Ajna</i> (Third Eye/Brow Chakra) space of psychic awareness, mental telepathy and various "sixth senses;" place of the Metaphysical experience and Dreaming; emotion: acceptance |
|  | 5th Chakra – <i>Vissudha</i> (Throat Chakra) the doorway to the higher realms; place of the Emotional experience and Expressing; emotion: sadness |
|  | 4th Chakra – <i>Anahata</i> (Heart Chakra) transitional space between Above and Below; from where you connect with other humans; place of the Internal experience and Balancing; emotion: grief |
|  | 3rd Chakra – <i>Manipura</i> (Solar Plexus Chakra) house of will power and gut instincts; place of the Mental experience and Thinking; emotion: anger |
|  | 2nd Chakra – <i>Swadhisthana</i> (Sacral Chakra) seat of power; house of relationship to sex, money and others; where you hold your deepest secrets; place of the Relational experience and Relating; emotion: rage |
|  | 1st Chakra – <i>Muladhara</i> (Root/Base Chakra) our connection to Earth and our ancestors; place of the Physical experience and Doing; emotion: fear |



The *Intrinsic Universe* deck was created by Angie K. Millgate as a tool for playing with your Guides to raise your own vibration, answer your own questions and to receive the messages awaiting you. The creator of this deck is not a medical professional or psychologist. Therefore, this is not a means of diagnosing you. It is provided to assist you in exploring your inner world.



All artwork in this deck is the original creation of Angie K. Millgate. The textual information is based on her foundational training as a Licensed Massage Therapist, Reiki Master Teacher and body-centered Life Coach and has been updated through channeling information from higher dimensions.




For more information about Angie's work, you can visit her website: www.angiemillgate.com

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Welcome to the *Intrinsic Universe*...



The table on the inside of the front cover is a short description of the basic chakra system. A chakra is a three dimensional, spherical center of energy. There are seven of them aligned in a column through the center of the human body from the base of the trunk to the crown. The words in italics are the ancient, Sanskrit names of each chakra. The image of "Celebration" on the inside of the back cover is a representation of how the chakras line up in the human body.




For each chakra, there is information about what human experience happens within it, as well as the emotion that is best processed through that energy center. Fear, anger, sadness and happiness are the four core emotions of the human experience. Between each of them are emotions that are a combination of the surrounding core emotions.




Emotions are able to shift to other areas and become stuck when not allowed to process in easeful ways, which can result in discord, illness and pain. As humans, we have one vehicle - the body - for experiencing this lifetime. Your body works like a faucet, through which passes all of your





experiences, emotions, thoughts and creativity. When you stop the flow of one aspect of your life, it creates a dam in your system and affects all aspects of your life. When your life is in balance, you experience flow. Balance comes through fully expressing your emotions in healthy ways.



The *Intrinsic Universe* deck was designed to be a tool for sparking your intuition and creativity to find clarity regarding areas where you may be causing dams. While you have been given this accompanying channeled text for the intuitive images, it is only a small part of the vast message available to you from your Guides. Starting with a question opens the channels of communication and allows answers to show up. Whether you choose to do a full spread with many cards or simply draw a card to meditate on for the day, play with intention to tap into the full power of the *Intrinsic Universe*.




Each section of the *Intrinsic Universe* deck is associated with a specific aspect of the human experience. These realms begin developing at key points in your life. Within the description of each realm there is a span of time indicating the height of development for that realm. Although there is a span of time listed for each area, these realms




continue to develop and evolve over your lifetime. How your life flows, depends on how you were raised and how embrace these aspects of yourself.

Upon conception, every part of you begins forming. All of your cells knew what they were meant to do and each cell did their job as part of a perfectly orchestrated miracle. You are a human being, which is a magical combination of Light and Love - a masterful creation.



Your presence here on Earth is necessary and purposeful. You were created for significant purposes and have been designed to fulfill these tasks. Your life is hugely significant - remember that always. This deck is one of many ways to tap into the universal support that is available for you.



May you enjoy playing with the *Intrinsic Universe*.


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masters





The Masters are your Guides, Guardians and Higher Powers. Since many of them have traveled with you for several lifetimes, they know you intimately. They are not entangled with the human experience so they are able to see more clearly that which relates to your purpose here. They are able to guide you and send you messages through intuitive nudges, as well as through all forms of media. The Masters are lovingly interested in your wellbeing and will direct you to experience that which is for your highest good while here on Earth.




Ancient

The words from many of the ancient civilizations are now echoing through time and space to alert us




of things that may come, what we may experience and ways in which we can ensure our survival and eventual thriving.

At this time, there are many ancient Beings walking with you. The appearance of *Ancient* signifies that you are being surrounded and guided by these Beings. They have messages for you. Listen with your heart to the sounds, the words, the songs and the rhythms that are around you at all times. You will begin to pick up on their guidance.



Ancient invites you to prepare yourself in all realms - physically, mentally, emotionally, spiritually and financially for the evolution that is upon you. You may need to support you and your loved ones through ways and means that are new to you. Remain in a curious state, with an open mind and heart so you are able to understand the subtle guidance they impart.



Arrivals

Beings from other dimensions, other planes and other planetary systems dwell amongst us and are here to support humanity in raising its vibration.



Their presence is sometimes deemed as frightening, but it is meant for our benefit.

Arrivals is letting you know that you have the opportunity to embrace the presence of these Beings as they become acclimated to our planet. This card speaks to your ability to work with these Beings, tap into their knowledge and learn of their ways, which will assist you in your own life. They have their own language and are willing to teach you, if you are willing to learn. Understanding their language will expand your skill set for the future.

These Beings are your allies and they carry information that will be of benefit to you. When you first start working with them, be patient with yourself and go gently. Give yourself plenty of room for error, as you best learn through errors.



Daemon

Long ago, those who did not understand the daemon's purpose twisted it into evil. However, daemons are not wicked. They are really guardian spirits of a specific place or person and they are all around us.



Daemon is a clear message that your daemon is trying to get your attention. Their presence is something to be cherished and honored because they are beatific demigods focused on your protection.



It is possible that something in your life is of threat to you. By drawing *Daemon*, you have physically opened the channels of communication that were strained or blocked before. Holding this card in your hand has triggered an awareness within you and opened your mind so that you are able to hear the communications of your daemon. Take time to go within through breathing exercises and meditation. Be alert and open for the guidance that will be coming for you.



Divinity

The presence of divine Beings in your life is a gift. With them, comes unique understanding and knowledge that can be gained only through experiences across the millenia.

Divinity indicates you are ready to work with these Beings. You may have already sensed their presence and have grown open to the possibility of



being partners or perhaps this is new to you. Either way, this card states that the Divine is surrounding you and you are ready.

There are things you can do to more easefully work with the Divine. It is necessary that you focus on balancing all areas of your life, especially your physical health. The energy of the Divine vibrates at a much different rate than human energy. To welcome it in, make sure you are well rested, hydrated and moving your body regularly so you can accommodate the shift as your energy rises to meet the Divine.



Gateway



In life, we go through gateways of change and, at each one, there is a Guard that protects the realm and a Guide to help the travelers through. Frequently these gateways are experienced as frighteningly intense because, for most humans, change is terrifying.

Gateway indicates you are facing such an event. Study this card closely. What do you see that others have not? Are you viewing this transition as a battle



or as a journey? Are you resisting the change? Or are you accepting and allowing?

Gateway is alerting you that you may be making this experience more distressing than it needs to be. Rather than reaching out to the Guide that is there to support you in the crossing, you are facing off with the Guard. You have a choice in how you experience this period by shifting your perception of it, thereby shifting your approach.

God


The Supreme Being known traditionally as “God” has a variety of attributes, dependent upon the religious or spiritual construct we are raised in. Malevolent or loving, harsh or kind, frightening or embracing, “God” is many things to many people.

God is a reminder that you are connected most intimately with your creator, as well as with all who are around you. You are asked to look closely at your beliefs about “God.” Do you feel supported or defeated by these beliefs? This card asks you to strengthen your supportive beliefs and release those that are sabotaging your life.




No matter what you believe about “God,” you are asked to refine your definition of your higher power. Whether you believe God dwells in heaven, in another realm, here on earth or within you, it is important that your conviction is strong and wholehearted. The energy of this card supports strong, forward movement.

Goddess





Throughout the ages, Goddesses have played many different roles. In some cultures, belief in a female deity is forbidden. In others, belief in the Goddess is embraced.



Goddess is here to invite you to open your heart to the Divine Feminine energy and embrace the powerful, nurturing, creative force that is the Goddess. This card is asking you to look at your beliefs in masculine and feminine roles to clear any archaic and dysfunctional programs so that you are better able to embody the truth of the Goddess.


This card refers to the life-death-life cycle of energy and invites you to recognize it in yourself and the world around you. It indicates that the Divine




Feminine is particularly strong in your life and the benefits of that nurturing energy are yours. The energy of Divine Feminine will help you focus on creation from within, whether you are focusing on creating a life, a project, a dream or a relationship.

Jester

In the 1300's, jesters were hired by kings to entertain the lords and ladies in their courts. Jesters came from all walks of life, but were able to rise through the ranks and break through societal boundaries.



Jester reminds you that you have the ability to break through the boundaries you hold yourself behind. You have the power within you to laugh with life and bring laughter into the lives of others.




Jester teaches you to take what may be painful or a trait you judge as ugly or deformed and turn it into a strength. Examine your life because there may be something for which you have been judging yourself harshly. You have been using this against yourself, but it could be turned into a strength. Lovingly look at your mind-set and see where you can add light to an otherwise dark situation.




Mates

The word “mate” has many definitions: one of a pair, a spouse, a counterpart or an associate. In general, the importance of mates is that they are two separate entities that make up a whole unit. Throughout history, mankind has had romantic misconceptions of relationships with the thought process of, “You complete me.”



Mates invites you to look into your beliefs regarding this fallacy. Are you holding to this archaic belief? Any relationship - familial, romantic, business or friendship - is healthier when based on a solid foundation where each person is 100% whole from the beginning. This card asks you to clear out any old relationship beliefs to make way for the truth.



When you are in a relationship, it is imperative that each partner is 100% accountable for their own experience, feelings and emotions, as well as their own actions, words and thoughts. *Mates* is bringing to your attention that there is some belief work needing to be done in your relationship programs. Make sure you are clear and accountable.



Protector

Each person has at least one assigned Guardian known as a Protector. Protectors inspire you to take actions in ways that will avert danger.



By pulling *Protector*, you are receiving the message that your Protector is very near and guiding you. It is important you follow any impulses, even if they don't make sense, because these impulses are messages from your Protector. If you are not listening to these promptings, your Protector can only intervene under extreme circumstances.

Additionally, there are times when you may look at a specific situation in hindsight and judge it to be dangerous and wonder why your Protector abandoned you. In moments of high emotions, stress and danger, your Protector is the closest to you, guiding you so you are able to get through the circumstance and learn the lesson within it.

Records


The Akashic Records are a recording of all of time and contain the history of the universe and all






knowledge from human experiences. They detail the desires and reactions of every human and chronicles of the animal kingdom.

Records asks you to bring awareness to the information contained within your records. Each decision is recorded and effects your life going forward. There are certain choice points along your path wherein certain decisions will greatly alter your path. While the destination is generally the same, the way that you arrive is entirely up to you.



You are asked to reflect on the eternal nature of who you are and become more aware of your actions, thoughts, words and emotions. Your experience affects not only your path, but also the paths of those around you because we are all intertwined. You are facing decisions of great importance. Consider them thoughtfully and be open to the promptings of the Beings that are here to assist you.



Them

This world is filled with entities that many people can sense, some can see and most ignore. These entities are put into a collective category of “Them.”



Often misunderstood by the general population, anything unexplainable is attributed to “Them.”

Them has shown up to alert you to the presence of the beneficent Beings in your life that you may be unable to see or sense. If you are able to see them, or sense them, it is time to begin interacting with them regularly. If you are unable to sense them, it is time to open yourself to the possibility of doing so.

These Beings possess information you are meant to bring the world. People are waiting for it. Being open to the training of Them and the support they offer will expand your abilities, talents and gifts.



Universe

Origins of the word “universe” are traced back many centuries and, when translated, mean “all together” and “turned into one.” Nowadays, we define the Universe as all that is known in space. However, that limits the Universe to all that is known, whereas, in truth, the Universe is everything known and unknown.



At this time in history, mankind needs those with intentions of growing love and peace in this world. The *Universe* card has shown up because you are doing things that are having ripple effects throughout the Universe.

The message of *Universe* is that we are all one and this is something for you to focus on for the next phase of your journey. When you are aware that you are connected to each person, place and situation in this world, it helps you to have a clearer understanding of the impact you are creating. Focus on loving yourself first and projecting that into the Universe.



Unseen



The realm of the Unseen is a magical space filled with Beings made popular by fairy tales and folklore. It is a dimension parallel to ours where creatures dwell that help, and sometimes thwart, humans. Believing that anything is possible opens this realm to you.

Unseen has manifested to let you know that the realm of the Unseen is all around you. Study this




card to uncover the magic within it. Meditate upon its shapes and shadows to reveal what is available.

This card invites you to open your secondary vision to see the Unseen. Open your heart and believe that it is possible. These new beliefs and vision will support you in creating a magnificent life. You are able to enlist the support and assistance of the Beings that dwell in the Unseen. Be specific in your requests because, without clarity, your assistance may show up in ways that feel less that helpful. If this happens, strive to find the humor and appreciation in the situation.






physical



Conception-age 7: The Physical realm is where you “do” your life. The Physical aspect begins at conception and strengthens through age seven. Through the process of developing this center, you develop trust with an emphasis in self-trust first and then trust of others second. This center contains all the biological information and knowledge from your ancestors. From here, you are grounded to the earth. All physical activity comes from this space, as well as the physical aspect of how you “do” your money. This is where fear resides and can process through easefully.







Collapse

Collapse warns of an impending breakdown. You have been pushing too hard and are invited to consciously choose to slow down before you develop an illness. Provide water, rest and meditation to avert the possible collapse.

Expand



The *Expand* card indicates that you are in a time of great expansion. With energetic expansion, there is a requirement for your physical body to be stable and strong. As you go through this expansion, nurture your physical body to help integrate the energy that is on its way to you.



Follow

Follow remind you to sometimes follow another person to get where you are going. Some lessons do not need to be learned by reinventing the wheel. Rather than carving out a new path, you are invited to follow the footsteps of someone who successfully walked the path before you.



Lead



Lead indicates that people are waiting for you to lead the way through uncharted frontiers. As a leader, you will be asked to answer questions for which you may fear you have no answers. Trust yourself and be open to your intuition.

Push

Push is a representation of the buttons everyone has. When these buttons are pushed, there are results - pleasant and unpleasant. You are invited to look at your button play. Are you pushing other's buttons unfairly? Are your buttons being pushed, resulting in unpleasant reactions? If you answered "yes" to either question, the Universe invites you to clear the programs and create healthier patterns.


See

See shows up when there are things you are refusing to see. When this happens, you can be staring at something without seeing the obvious, as if it blends into the surroundings. The Universe invites you to become present with what is happening




around you so that you are able to see clearly. If there is something you are avoiding, examine it closely. There is something you need to uncover.

Speak



Speak is a reminder that, for a healthy life, it is imperative that you speak your truth in all things. There are times when speaking your truth may feel scary because you think others will judge you or leave you because of it. At these times, especially, it is vitally important that you speak clearly and with accountability. Practice claiming 100% responsibility for your actions, emotions and thoughts and when you speak, come from there.




Touch


Touch is a reminder of the importance of healthy, nonsexual, human touch. Your physical self is craving this kind of gentle, nurturing touch. Seek it in relationships with people you trust. Initiate the nurturing touch and find ways to incorporate nonsexual touch into your daily life.



RELATIONAL



18 months-age 7; and age 15-17: The Relational realm is where you “relate” to your life. Your beliefs about relationship with money, sex and other people are stored here. It is the home of “connecting the dots,” or how you link things together. This center begins strengthening around age 18 months and continues through age five. Additionally, there is another burst of strong development around age 15-17, as you begin developing the constructs for your long term, intimate adult relationships. In this center, you house your self-confidence and your ability to make decisions. This is where rage is stored and lies in wait to be released.







Alone

The *Alone* card has two messages to choose between. You may be feeling overwhelmed and are in need of quiet, alone time. If this is the case, provide yourself some sacred time away from people, tasks and electronics so your system can unwind. Or perhaps you are feeling alone, even in a crowd. In that case, you are invited to get very present with yourself so that you can feel the Divine within and know that you are truly never alone.

Blame



Blame reminds you that blaming another is often a projection of your own wrongdoings. When you are mad at another and blaming them for the situation, it is an opportunity to get clear with yourself, being 100% accountable for your experience, words, actions, thoughts and emotions. If you find yourself blaming another, take a deep breath and step back from the situation to provide yourself the space to get clear about your part in the circumstance. As long as you remain in blame, you cannot heal. Forgiveness is the key to releasing blame.







Elegance

Elegance is a reminder that the quality of your life begins within your thoughts. What goes on in your mind appears in your relationships. For each person, the word “elegance” means different things. You were designed to live an elegant life and this card is inviting you to clarify what elegance means to you. Build a foundation of elegance in your thoughts and manifest the life that is your divine right.

Feel





Feel has manifested to bring to your awareness that there is at least one person who is waiting for you to reach out to them. This card invites you to open up to the guidance of the Universe so you can be led to the person who needs your presence. By doing so, you too will be touched.



Gathering

Gathering invites you to gather your loved ones about you – physically, if possible; if not, do so energetically. In these times, it is important that you stay in touch with those you love. Express your




love for them each time you communicate. Make time and space for them in your life.


Listen

Listen indicates you are neglecting an aspect of relating. Communication can make or break a relationship. Many believe that talking is the most important part of communicating, but it is listening that creates strong communication. You will hear and understand the messages better if you practice listening more than talking.

Romance





The *Romance* card shows up when romance is in the wind and on some level, you are longing for romance. It is time to appreciate who you are on your own and embody the essence qualities of what you want in a relationship. Like energy attracts like energy. If you want romance, *be* romance first.





Union

You have pulled the *Union* card because you have a Union in your future. Unions can be in business,




friendship or romance. The energy of this specific card is directing you toward a Divine Union that is built upon sacred contracts and it is of great importance. Clear your mind and physical space of clutter to make way for the Divine Union in your life and get clear on your intentions in partnerships. The strongest unions are able to stand the longest because of their united convictions. It is important that you choose your partners wisely; being certain that their integrity matches yours on all levels. Follow your heart and be aware that everything you see on the surface is not always the truth.






mental





Age 4-7: The Mental realm is where you “think” your life. This center begins to develop around age four, prior to your ability to think with logic and reason, which doesn’t kick in until around age six. Therefore, the core of your mental processes is rooted in the illogical. As an adult, it is beneficial to examine your patterns and reorganize your thought processes in a more logical and empowering vein. This is the home of your “gut instincts,” your self-perception and where you process anger.




Directed

Directed has appeared as an indication that your brain is in need of some direction. As of late, you may have felt scattered and confused. Generally,




this is an indication that fear is present and, therefore, the mind gets cloudy as a way to avoid whatever is resulting in fear. Explore your life to uncover the fear, face into it and go through it so you can find clarity on the other side.

Empowerment



Empowerment is a reminder that being empowered begins in your thoughts. Pay attention to your thoughts and uncover threads that are sabotaging you. Replace these old thought programs with affirmations that will move you positively. You have within you the power to create anything.



Fascinated


Fascinated has appeared as a warning that you are obsessing about something over which you have no control. When you are fixated on an idea, going over it time and again without any resolution, you are spinning your wheels and wasting your energy. This is generally an indication that you are unwilling to face into something that is causing you fear. This card is an invitation to get clear and release yourself from the bondage of obsession.




Obvious

When you pull the *Obvious* card, it is telling you that the answer you are looking for is right there before you. You just are not seeing it. Often times, when we are in a problem solving process, we get so wrapped up in the problem we are unable to see the solution. This card is an invitation to be patient with yourself and take some physical space and time away from the problem. That way the solution can show up in the most surprising of places.

Perception



Perception has manifested to invite you to look at the situation another way. When attempting to solve a problem, it cannot be solved from the space in which it was created. The slightest shift can change your entire perspective, thereby changing your perception as well. Use questions that begin with "I wonder..." to open up other avenues for creative exploration. If you get stuck, physically move your body to get your energy moving, which will result in the shift of your thoughts.





Richness

Richness is a reminder that your life starts in your mind. Thoughts create the energy that manifests your life so it is important that you are clear. Examine your beliefs on abundance and then check in with your thoughts to see if they are in support of living a rich life or if they are a thread of doom and destruction. Set into motion belief structures that are a foundation for richness by filling your eyes, ears and head with information that means richness to you.



Shock



Many sources are shocking your system with incoming information. *Shock* invites you to eliminate these sources which can be, but are not limited to, newspapers, news reports and certain movies. At this time, your mental system is on sensory overload and needs less input of data that is founded in terror, destruction and corruption. Turn off the stream of media for awhile and give yourself a much needed rest from the onslaught.




Whimsical

Whimsical is a reminder that life is wonderful when it is filled with laughter. You are invited to increase your experience of the whimsical nature of life and find appreciation in giggling. By increasing the levity in your life, you increase your divine energy and your availability for love. This, in turn, increases the whimsical nature in your life in a perpetual cycle. Even in times that could be judged as "hard," you can find ease and flow by embracing the whimsical.






internal



Age 7-14: The Internal realm is where you “balance” your life. In adolescence, children begin an internal dialogue where they strive to determine their place in their small world compared to the world at large. During this time, the body is going through many physiological changes as puberty sets in. The onslaught of hormones and physical transformation can be a stage of great angst and misery or discovery and expansion. This all forms your self-esteem, depending on how it is experienced. This space is the fulcrum for your experiences of life on Earth and your connection with Creation. From this center, you access your intuition and connect with other people. Grief settles in this area and, when you are ready, can easily process through here.







Centered

With *Centered*, you are being reminded that it is time to get into balance. This is specifically referring to the balance between things of Earth and that of Above. You are invited to look at your earthly foundation to verify it is solid, as well as your spiritual connection to Source. Bring both in balance to find your Center.

Chrysalis





Chrysalis indicates that you are entering a chrysalis stage. This stage is a space of inward reflection and isolation wherein old patterns are decomposed so that a new form can emerge, bright and beautiful. Resisting the release of the old can make this process painful and drawn out, but this is not necessary. Appreciating the old and willingly releasing it will help you transition easefully.




Examine

Examine has appeared to invite you to closely look at where you are holding yourself. It asks many questions of you. Are you being a victim, hero or




villain in any circumstances? What sort of thoughts are you thinking about yourself? Are you in integrity in every aspect of your life? The answers to these questions will guide you on a path of self-awareness and transformation, if you are willing to be utterly truthful with yourself.

Freedom





The *Freedom* card reminds you that when you are in balance, you are free. There are specific areas the Universe wants you to look at right now: finances, integrity, priorities, communications, relationships and commitments. If you are out of balance in any of these areas, do whatever it takes to clear up the imbalance so that you can experience freedom.




Gift

With the appearance of *Gift*, you are receiving the message that one of your divine gifts is awaiting activation. Be available for the Divine to receive it, even if you believe you are unprepared. The Divine views the grand scheme and knows clearly what we are and are not capable of. You are invited to




get out of your own way and willingly receive. Humble yourself. Open your heart, your mind, your eyes and your arms. Be in gratitude. And, most importantly, trust yourself.

Sacred



Sacred reminds you there is a sacred space within you that is meant to be cherished. Your heart is the conduit between your earthly experiences and your connection to Source. This sacred space requires you to be 100% accountable for your actions, thoughts, words, emotions and experiences. Spend time meditating and resting so your sacred space can be strengthened. *Sacred* also asks of you to commit to being 100% accountable for your life.



Soaring



The *Soaring* card is an invitation to experience soaring from within. Your life is a manifestation of your internal world and you deserve to fly, unfettered and free. Create within you a space that is clear for take off and landing. This space should be clutter free and possess only positive energy.



Once this space has been created internally, your external atmosphere will match it.


Suspended

The *Suspended* card is a warns that your system has been thrown off balance and many aspects of your life are suspended in the ethers, awaiting a solid foundation. It is important that you take time to rest and rejuvenate. Eliminate relationships that are toxic. Renegotiate commitments. Take accountability where you have been unaccountable. Doing these things will bring your system back into balance and out of suspension.






emotional



Puberty-age 21: The Emotional realm is where you “express” your life. The development of this area begins with the onset of puberty as your physical body goes into great upheaval. During this time, you experience another burst of rapid physical growth and changes which mimic the physical experience you go through from conception to age two. This realm is the doorway to the higher dimensions and the channel through which you express your emotions. When you choose to block emotional expression, you can experience chronic throat, chest, neck, jaw and thyroid problems. This is the home of self-expression. Your sadness inhabits this area and can most easefully be released through this energy center.





Anger

Anger invites you to look into your personal beliefs and practices around this emotion. One of the most misunderstood emotions is anger. Anger is a healthy, naturally occurring emotional response. It is what you do with the emotion that determines the outcome. It is time to make friends with anger and understand how it works in your life, why it shows up and what message it has for you. Find healthy ways to express it so you can free yourself from the bondage caused by unexpressed anger.



Fear



It has been scientifically proven that fear is a learned response. The *Fear* card has appeared to remind you of this fact. Since fear is learned, it can be reprogrammed to release the strangle hold it has on you. Often times an unexplainable fear is attached to something in our childhood. To release yourself from fear, face the current situation and fully go through the emotions attached to it. Allow yourself to experience the waves so that they can ebb away and leave you washed clean. It will eventually end



if you choose to face into it. If you do not, it will grow larger and never stop haunting you.

Happiness

The *Happiness* card is a call to happiness. It asks you to embrace your happiness and increase it. There is at least one area in your life where you feel you have lost your happiness. It is time to be with that experience and find the blessing within it so you can release its hold on you. You can increase your happiness by focusing on the times when you feel happy, memorizing the feeling and inviting the Universe to send more experiences of the same.


Implosion

Implosion is a warning that you have held back far too much of your emotional expression and you are ready to implode. An implosion is dangerous for you and those around you because its impact is far-reaching. Even though it destroys you from the inside, it ripples outward, taking down your loved ones in its wake. This card is an invitation to take some time to yourself and gently, slowly, let out the backlog of emotional expression in healthy ways.




It is advised that you do this in a safe manner and with a partner or professional who is capable of honoring your experience.

Rage



Rage is a combination of fear and anger. The Rage card has appeared to invite you to look into where you may be harboring rage. Often times, rage finds its roots in unresolved experiences in childhood. Allow yourself great space for moving through the emotions that are locked in the rage-laden memories. Be gentle and patient with yourself. It may be beneficial for you to do personal work with a professional trained in releasing rage.



Sadness


Sadness has appeared to call to your attention some unexpressed sadness. When unexpressed and allowed to fester, sadness turns to depression. It is natural to feel sadness at times and the expression of it does not have to include tears. You can move sadness through laughter and dancing, as easily as crying. Find your natural, true expression of sadness and allow it to gently flow.




Tired

Pulling the *Tired* card is an indication that you have dammed up a huge reservoir of emotions that are threatening to burst out. There are fissures in the barriers and it is draining your system of energy and vitality. It is time to look behind the dam and begin siphoning out the emotions that you have not allowed to flow freely. Do it in controlled, small amounts and they will flow easefully.

Waves




Emotions have a natural ebb and flow, just as the ocean does. When you pull the *Waves* card, it is a reminder of that fact. One thing to note is, when the valleys and peaks for the waves are extreme and terrifying, as though you are stuck in an emotional tsunami, you are no longer in the true experience of emotion but are, instead, stuck in the stories you have added to the emotion. A full expression of an emotion can be as short as six seconds and is no longer than twenty minutes. When you find it dragging on “forever” then it is time to check and see where you really are.






metaphysical





Puberty-age 35: The Metaphysical realm is where you “dream” your life. Although the metaphysical realm is on from the moment of conception and there are many young children who are psychically aware, the strengthening of this center kicks in as your body goes through the physical changes of puberty. This center continues to strengthen throughout your life if you tap into during its developmental stage. If you do not, it has a tendency to shut down around age 35, although it can be reawakened with effort later in life. From this center comes your psychic awareness and dreaming abilities. Any psychic gifts and abilities are activated here and it houses your self-efficacy and your emotional experience of acceptance.





Awaken

Pulling the *Awaken* card is a call to wake up your power from within. At this time in history, it is imperative that mankind embraces its true essence and that begins with you. It is time to start questioning your old beliefs about the Divine. Do you still agree with them? Is it time to create a new belief construct? It is also time to question your beliefs about yourself. Do you hold yourself as a cocreator with the Universe? Do you know the strength of your divine power? It is time for you to embrace the grandness of your universal design and go forward with a purpose.




Enraptured

To be enraptured is to be delighted beyond measure. The *Enraptured* card is a reminder of this. Being psychically aware has the potential of being delightful beyond measure. Embrace the gifts of which you are currently aware and open yourself to those that you believe you do not possess. Make yourself available to experience rapture on an ongoing basis.



Fractured


When *Fractured* appears, it is an indication that you are not honoring your abilities or are denying them. Whether you are a healer, a visionary, a psychic or a messenger, you have blocked yourself and this block is creating fractures in your energy. Energetic fractures are dangerous in that it creates openings where your vitality seeps away. It is time, now, to muster the courage to face into the truth of who you are and your abilities. Your gifts are greatly needed at this time. Embrace them. Welcome them. Appreciate them. Share them.



Imagination



Your brain does not know the difference between imagination and reality. You have pulled the *Imagination* card to remind you of this. You are being invited to practice radical accountability for all that happens in your life. When you begin to understand that everything you experience is of your creation, you are released to do amazing things that you once thought impossible. If you can imagine it, you will create it. One of the greatest ways to tap into



this power is to ask yourself questions that begin with, “I wonder...”

Inspiration



The original definition of the word “inspiration” meant to be under the immediate influence of God. *Inspiration* asks you to look at this word and return to its dawning description. You are under the immediate influence of the Divine. Whatever your belief is in your higher power, you are in concert with it. Embrace the inspiration that comes to you and act upon the impulses that flow from it.



Mysterium




The Mysterium is the realm of mystery and magic, where all things are possible and where the unknown is made known. You have pulled *Mysterium* at this time because this realm is fervently calling out to you in an attempt to get your attention. Dreaming during this time will be very important for you. Practice intentional dreaming and recording of your dreams. Study the messages of your dreams. Listen to the awareness that will be




threaded through them and act upon any guidance you receive during the night. If you find yourself waking suddenly in the middle of the night, rise and ask, “What would you have me know?” Be still and listen, the message will come. Journaling these messages will be beneficial.

Vibration



Vibration appeared as an invitation to consciously raise your vibration. You must be willing to interact with the metaphysical realm and embrace your gifts therein. As a healer, psychic, messenger or visionary, you are needed to help also raise the vibration of mankind. By embracing your essence first, you will help others do the same. You will learn how to quiet your mind and be still in the darkness while allowing your vibration to emanate outward and calm those around you.



Wavelength

The *Wavelength* card is a reminder that messages will come to you through different wavelengths. These days, there is a constant stream of




information inundating our senses. Get clear with your intentions of receiving information and make yourself available to the guidance that will come to you in surprising ways. You may hear it in snippets of a distant conversation, lyrics of a song or lines in a movie. You may see it on billboards or in advertisements or photographs. You may feel it brush past you or gently bump up against you. Commit to being willing to learn from all experiences and it will be so.






spiritual



Conception-age 2 and age 14-35: The Spiritual realm is where you “be” in your life. Your job upon conception is to simply “be” and that is your focus until you are able to move about on your own. It is at that point that “being” gets set aside for all the things you are able to “do.” Later in life, around the same time you turn to your Internal experience, you begin to open to the spiritual aspect of who you are and look for remembrance of your connection to your Higher Self and your Creator. You receive messages from the Universe, God and your Guides through here. Your self-realization and your experience of happiness is housed here.







Aliveness

Aliveness is a reminder to fully commit to your aliveness. When making this commitment, you may be unprepared for the fallout, but know that, in the end, it will all be as it should be. Your aliveness is of the utmost importance to the Universe and you are asked to make yourself willing to step into it fully.

Bubbly





When you are strong in your spiritual convictions, there is a sensation that can only be described as “bubbly.” *Bubbly* asks you to check in to see where you stand in your convictions. Are you fully connected with Spirit? Are you in communication with your Higher Power? Exploring these questions can help you uncover places where your connection may be waning and in need of reinforcement.




Creative

Creative invites you to find your full creative expression. Many people misunderstand the word “creative” to mean artistic abilities. That is not the whole truth, however. While artistic abilities are an expression of creativity, so is being a mother, a




teacher, a doctor or a cook. You can express your full creativity, your Divine power of Creation, through everything you do and how you live. This card asks you to commit to living fully in your creativity.

Dynamic




Dynamic holds a message of vast movement. At this time in your life, you are stepping into great change and may be feeling fear of equal proportions. As you look down the path, break it down into tiny, do-able chunks of progress and focus only on the nearest chunk. This will help you to go through the fear that would otherwise stop you. When you are living a dynamic life, you will be constantly facing into and moving through fear. Get used to it and learn to understand that fear is simply a signal that you are on the move again.



Joy

In partnership with Love, *Joy* is the highest expression of the Divine. When the *Joy* card shows up, you are being asked to increase your joy in every aspect of your life. With this card is also the message that Joy can be found in the mundane,





in the heartbreaking moments and in the trials. Choosing into Joy transforms every experience of your life and raises your spiritual connection to the Divine exponentially, increasing your Joy and feeding the perpetual cycle of it.

Love

With Joy, Love is the highest expression of the Divine. You have pulled the *Love* card as a reminder that Love is the highest healing power on the face of the earth. You are invited to commit to being fully in love with you and with your life, thereby generating an ever-building cycle of Love. When you are in Love, you shine with magnificent brilliance and attract those to you who are seeking to increase their own Light. Bringing the Light of Love into this world is what is needed at this time. You are invited to willingly increase your Love and transform the world in the process.


Trailblazer

Trailblazer has shown up to inspire you. At this time in your life, you are prepared to lead the way




for those who have been waiting, specifically, for you. Many a trailblazer has faced battlefields and catalytic events with great fear trembling in their bones. However, they went forward anyway. Courage is simply the act of facing into fear and knowing that the only way around that fear is through it. Remember this as you are presented with situations, decisions, choices and relationships that ask of you to blaze new trails.

Unified




When the *Unified* card shows up, you are being asked to confirm your partnership with the Divine. When you stand unified with the Universe, you enlist the unstoppable force and unlimited possibilities available to you. This powerful card brings the message that you are ready to step fully into your purpose and unite with all of Creation to bring the evolution of yourself and mankind.






spreads



As you become familiar with *Intrinsic Universe*, you are invited to create your own spreads that delight you and spark creativity in your card play. Take note of when cards show upside down in a spread. This can indicate there is a blockage to the information coming through the card.



Also, while working with the *Intrinsic Universe* card deck, it is useful to be very familiar with the information held within each of the eight categories. At the beginning of each section, there is a general description of what goes on in that realm of the human experience. Knowing this information is beneficial, especially when you pull many cards from the same section.

1-card draw:

One card as a message for the day.

3-card spread: Conflict, Support and Resolution

- 1) Where the issue is creating conflict; 2) The support available to you; 3) How to resolve it.

4-card spread: Past, Present and Future

- 1) How the issue has affected you in the past; 2) How it is affecting you now; 3) How it will look in the future if it is not resolved; 4) How to resolve it.

6-card spread: As Above, So Below

- 1) Conflict; 2) Where you are defeating yourself; 3) Where you are supporting yourself; 4) Universal support; 5) Earthly support 6) How resolution can show up.

9-card spread: On Many Levels

- 1) The issue; 2) How it affects Physical; 3) Relational; 4) Mental; 5) Internal; 6) Emotional; 7) Metaphysical; 8) Spiritual; 9) What you can tap into for resolving the issue.

12-card spread: A Year of Messages

- Good for annual readings; provides information on what to expect for the upcoming months.



"Celebration"



Angie K. Millgate has been fascinated with words and has had a profound love of stories for as long as she can remember. As a Reiki Master Teacher and body-centered Life Coach, she has discovered that some of the deepest healing comes through the honoring of her own stories and the stories of others.

The *Intrinsic Universe* card deck came to Angie as she played with creating computer graphic art. While doing so, the incredible images you will find within this deck - and many more that have yet to be released - began channeling through her and onto her electronic canvas. Along with them, came the words that formed the message that accompanies each image. Using this card deck is a way of looking at your own stories, gently opening up to their truth and healing from within.

For more about Angie, visit her website at: www.angiekmillgate.com