

5

Tell the story. Use your creative tools -- pen, paint, computer, voice, musical instrument -- to capture your new insights.

4

Consult the MASTER CHART & have a conversation with your MUSE about the meaning in the cards you drew.

3

Shuffle the deck. Choose 3 random cards representing PAST (influence), PRESENT & FUTURE (risk or potential).

2

Open up to the guidance of the MUSE.

1

Alone. Surrender to the darkness and the quiet. Cross over into the trance, into the realm of the unconscious.



INNER JOURNEY (Night)

6

Decide what you need to do now.

Dawn Crisis

Wake up. It is time to turn the trance adventure -- the dream -- into action. Courage required.

7

Awaken from your trance and return to the world, with your Muse still guiding you.

8

Organize yourself. Gather what you need to transform your dream into action and change.

9

Go to work until your day's creative work is done.

10

Take note of your creative act, whether it is a nano-event (like writing a beautiful sentence) or a major breakthrough.

11

Look forward to new challenges tomorrow.



WORLDLY SOJOURN (Day)

UNDERSTANDING THE MISSION

GETTING READY FOR THE WORK

REFLECTING ON THE CHALLENGE

DELIVERING TO THE COMMUNITY

Midnight Crisis

Stick with it. Don't be scared. Don't turn back.

Noon Crisis

What have you gotten yourself into? Change is hard. The world resists. Keep at it.

Twilight Crisis

Face change and renewal. Discomfort and restlessness to be resolved.

