



The Reenchantment Challenge

Special for those who live with chronic disease or many other challenges

I've chosen to use the Everyday Enchantment Tarot deck for this challenge for many reasons! It is modern, rich, connects us to empathy in our everyday lives, to oneness (have you seen the green lines in every card ?) and finally because I admire the creator, courageous and creative, she suffers from some physical condition yet she is connected to magik and shares it with us through her work, I sincerely hope you will enjoy using her deck, as every purchase you make will also support her financially...

But of course, you can use any deck you have with this challenge, all you need is the courage to look deeper and ask these questions to your cards ☺

📄 Day 1

Let's start with the heart of the matter! When we are sick our thoughts, emotions, truths are distorted, the world becomes hostile and we lose confidence in everything. We begin to Survive instead of living, to defend and protect ourselves, to separate ourselves from others including ourselves.

How is reality when I am happy and healthy?

How is reality when I am sick, burnout?

Day 2

We are afraid to bring out repressed emotions, because of the distress that the disease or difficulties implies, we cut off all sources of life and joy, we think that everything is collapsing or will. We even cut ourselves off from our sexuality, from the joy of being with, of connecting with others.

This disconnection from Life does not only happen in illness but in any stressful situation.

How does the cut of Life manifest itself for you? What are you cutting yourself off from concretely?

Day 3

As we have seen above, the disease leads to a separation between the body and the emotions but also a separation with the mental and spiritual levels, we do not know what to do, we feel less connected to the Universe. But it would be interesting to explore this separation, does it occur before illness or during ... is it possible that separation leads to illness and distress?

"Illness/distress is separation", explore this theme with your cards ...

Day 4

The origins of the disease can be varied, and I am exploring this topic so far because I am intrigued!

- Why are some babies born sick?
- Why do some people inherit physical dysfunctions from their parents / ancestors?
- Why do accidents happen?
- Why does the body give up at some point in life?

The answers may be different for each person and situation, but explore this question with your cards... What is the origin of the disease?

Day 5

Certain physical dysfunctions can come from our resistance to an interior call which is made more and more pressing until we stop physically, or from the resistance to an external event which requires a great adjustment or adaptation: for example to resist the will to changing a job, leaving a relationship that no longer works, changing careers, moving, resisting the death of a loved one, etc.

Resistance can be built over time, and gradually ... crossing one level at a time: spiritual, mental, emotional, to arrive at the physical level ...

What call / event are you resisting right now?

What call is your soul calling you but ignoring right now?

Day 6

Have you been educated about the disease? No ! How can we avoid talking about things that happen in life in schools: colds, cancer, car accidents, paralysis, viruses, ticks... etc.? I'm not just talking about the technical and mechanical side of "how these accidents / diseases" happen, but of:

- What if they arrive?
- How do you get out of it?
- How to help those who suffer these accidents / illnesses in the short, medium and long term?

We take health for granted, but we are an organic being who is promised biological decay, and this is quite normal, we are taught the protocol to follow in case of fire in buildings but not the risk of decadence in our own bodies! So don't wait any longer, ask your cards these questions, involve your children, your nieces and nephews ...

Day 7

As we are not familiar with the disease, we are afraid of it! A blue scare in reality! living the paradox and duality between on the one hand: the dream of eternal health and all that it allows us to do, and on the other, the terror of disease fueled by the media or horror films. But by facing what scares us we can understand it and dialogue with it. It is in the darkness that we discover the light ...

Face the fear of illness and its consequences ...

The soul has come to live an experience on Earth ...

In suffering, we think that God turns his head ... that the Universe is insensitive ...

Sometimes it is in distress that we hit the bottom, the optimum of connection, of merging with life ...

What are your expectations regarding health?

What can help you cope with the fear of Illness?

Day 8

In today's society, the cult of eternal health pushes the people to avoid future and probable illnesses, so they are offered:

- Preventive tests for cholesterol, diabetes, blood pressure, etc.
- Vaccines and supplements, to prevent future illnesses
- Cosmetic surgery, treatment to maintain healthy skin and prevent aging. Etc ..

But... Can we really prevent all diseases? Can we protect ourselves against old age?

By focusing on these “future risks” we risk:

- Increase stress and anxiety related to the fear of falling ill, or even becoming obsessive
- Develop discomfort because of tests, vaccines and supplements taken for “prevention”
- Do not listen to our body while being projected into the future, we may be avoiding real risks....

Explore these questions:

What is the real effect of this "health cult" on your health?

Day 9

Knowing that you are, like plants, an organic, cyclical, evolving, responsible, wise being...
How can you prepare for your decline?

Day 10

Getting better when everything is difficult ...

I am not here to say that all will be well or that all will be bad, it will certainly depend on the condition, the choice of soul and a multitude of other factors.... but I know that as long as we have a breath of life, we can do everything to maintain and preserve it, not to stay alive but to transmit this breath to the next transformation, beings, living organisms ...

So, how to preserve this breath of Life while being, sometimes, in the suffering?

Day 11

Yesterday, during my discussion with my friend, we talked about the concept of freedom and that we are freer than our ancestors in our modern societies. That said, we have more interior and exterior factors that limit this freedom:

- The inner factors that influence our freedom may be the need to eat and sleep, illness, self-imposed choices and responsibilities, the intuitive guidance we receive, etc.
- External factors can be laws, medical indications, responsibilities imposed by others...

In reality, the concept of freedom is so vague and undefined that it is used in politics to influence votes, or to wage wars! So we are not in reality free, we are constantly aware of the frameworks, constraints, rules that influence our decisions and our lives. Having said that, we have the choice to “perceive our life and our freedom”

What is being free?

What can you free yourself from now? Why?

How can you transform your perception of your reality, to feel more free?

Day 12

In her Everyday Enchantment Tarot, designer Popy Palin shared that one of the goals of the game is to “reveal the wild enchantment inherent in all lives... we tend to seek” out there “for our sense of the numinous or marvelous yet it's here and now-omnipresent- and we just need our attention drawn gently back to it ”

Our challenge is indeed to find the magic regardless of the situation we are going through... For that we must find the aspect “crazy and innocent, let yourself slip by life and its enchantment, knowing that no matter where you go, you will come back. at home at some point.

Pick the fool card from the deck, put it in the center, look at the characters and pick a card for:

What does the cat want to say?

What is the worker behind thinking about?

What is the fairy communicating?

What flower is in the card and what is her message?

Day 13

One of the things we talked about previously is the feeling of loneliness in sickness; however, we are never really alone, many patients who loved a close death experience confirm it ... To regain the enchantment, we must regain that sense of connection, belonging, support and compassion.

Pick the world card from the deck, put it in the center, look at it then pick a card for:

What is the women's message for you?

Where are the animals heading to?

What is the fairy's message?

What is the message of the Green Color in this card?

Day 14

Poppy Palin in her guidebook specifies that "we have as much insight as any mystical sage from antiquity, we just need to give ourselves credence".

How many times have you doubted your wisdom especially when it comes to your own body and what it needs?

How can you find again credence and connection to your own wisdom when it comes to your body?

Day 15

If we desire to find Re-enchantment again in our lives when sick or tired, we need to create new scenarios of our lives that are not based on fear, but that are realistic while being dreamy too. Pick the King of coins: the man is opening his arms, showing that his

hands are producing abundance, sharing it with the world, look and connect with the happy faces in this card, how do they make you feel?

Now, choose consciously a card that will show a happy scenario for your future, a card that makes you feel happy.

Pick again the King of coins, look at the bees, and the two men in the background, working on the field... They are working to build the abundance of tomorrow, what are you doing today to manifest your happy scenario?

Day 16

In the 8 of wands, we feel anticipation of a result that we've waited long enough for. In the cards, look at the letter the woman just received, she looks very happy about it, ask your deck, what letter am I waiting for? What is it's message?

In the card, the boy is playing with a plane and carrying his luggage and companion, reminding us of the fool ... The plane might refer to a journey that is about to end or about to begin,... Ask your cards, if your life is enchanted again, what new adventure will you begin?