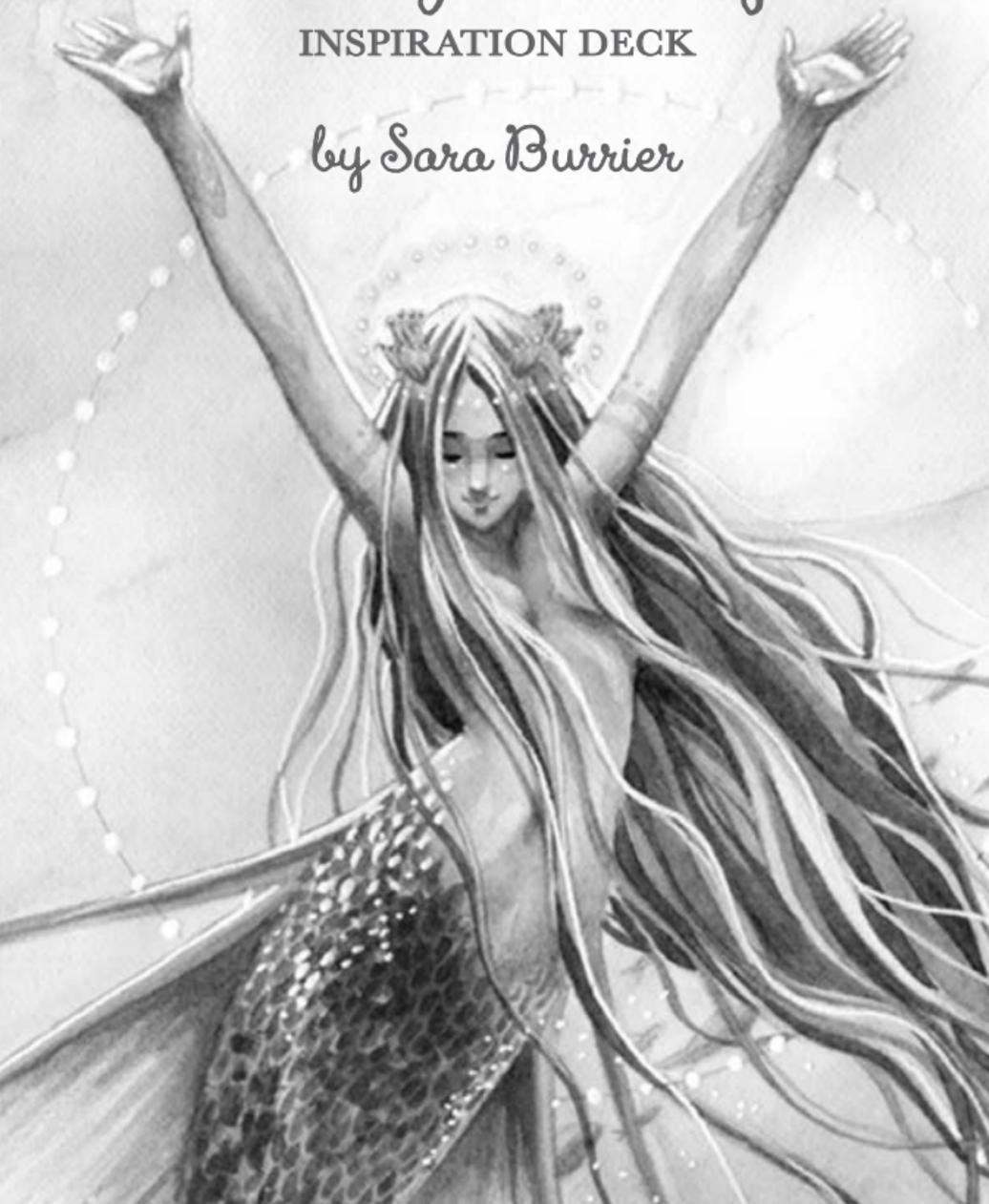


Find Your Light

INSPIRATION DECK

by Sara Burrier



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Introduction

In the journey of life, we all have three parts that are in constant rotation and reflection: Who I Am, How I Feel and What I do. I personally have struggled greatly in these three areas of my life, finding that they do indeed work in a rotation as I live out my years. I did not find my true identity until my late twenties and early thirties. I did not understand the role my emotions played in my day-to-day life until I had my first child in my early thirties. It is now time for me to apply what I have learned in my identity and newfound control of emotions through what I do outside of myself. This deck is a reflection of what I have discovered in my exploration of these foundational statements using my three favorite subjects: Faeries, Mermaids and Angels. I pray you will find growth and reflection through the art I have created during my personal journey, and the words that have inspired me to keep living for the Light.



How to Use the Deck

In the morning, before you begin your day, shuffle the deck and pull a card. This is your reflection card for the day, so meditate on what it says. Take a picture of it with your phone to keep with you, write down the statement and stick it on the mirror or dashboard of your car. Based on the card's foundational statement, Who I Am (Faeries), How I Feel (Mermaids), What I Do (Angels), ask yourself how it applies to you and your current point in life, then reflect. If the card does not seem to apply to you, think about someone else it may relate to. The motivation behind the card is to build a stronger relationship either with yourself, or with someone else.



Fairies
symbolize the
ground, our
foundation upon
which we stand.
These are the truths
of who we are.

*I am...*CAPTIVATING

Although I feel I must be hidden up within a tree, I remind myself that I am sought after and my presence brings light. I was made far more beautifully and with more joy than the tree I sit in.



*I am...*BEAUTIFUL

When I look into the mirror today I will smile and say “Ta Da!” I am beautiful because I am one of a kind. I am beautiful because I was made out of light. And I am beautiful because I am loved by the one who made me.



*I am...*WORTHY

Without question I am trusting my purpose and my heart, that I am worthy of being in this moment. I have been given the gift of stardust and the heavens.

*I am...*TREASURED

Today, I will look into the mirror, and as I adorn myself in jewels, I will remind myself that I too am treasured, shimmering like gold.



*I am...*A VOICE

My voice is small but does not go unheard. It is a vehicle to share my light and love to the rest of this world when it is needed most. I will share it balanced with confidence and humility.



*I am...*BONDED

I am not alone. I will choose to not be still, yet to seek out the relationships I need to keep moving forward. I seek out the relationships already formed that may have been taken for granted. I will choose not to be alone. I am loved.

*I am...*AUTHENTIC

I have been afraid to remove my mask and expose the truth I hide. Today I am called to be free and to let go of the fear. I choose to step into the light and walk boldly as my authentic self.



*I am...*A CHILD

I remain a child inside, seeing the wonders of imagination and giggles of pure light dancing about me. I will approach this day open and willing to receive the simple gifts it brings.



*I am...*CHERISHED

In a quiet moment I will breathe in nature as I witness dancing light from a cloud. As I listen to the buzzing of insects and the music of wind through the trees, I remind myself that this symphony is a gift. It whispers how cherished I am by the creator, and how I was created to cherish back.

*I am...***LIGHT**

I carry the lamp of love to light the way for others. I will choose to show them the garden made for us, where hope and peace reside. There is much light in this dark world.



*I am...***DESTINED**

I will choose the destiny set before me as a light upon the hilltop. I will play my song of hope and my soul will sing. I will overcome the obstacles to reach eternity through flight.



*I am...***CROWN OF CREATION**

I am the jewel on top of creation's head, and I shine in the darkness, full of strength and beauty. I am the daughter of the king, the wife of the son, and the mother of the garden I am within.

*I am...***CONNECTED**

I was born to place my hands and feet into the soil. Connected, I share this garden together with all life, tending to it and nurturing its growth.



*I am...***FREE**

I won't allow this world to define me. I am free to be who I am designed to be. I was given the light, ignited to shine. I will fly above my circumstances and choose to see my part in the full story of life.



*I am...***ROYALTY**

I watch the dawn with wild awe, resting in the truth that this was created for me to dwell in, to care for, and to rule over. I am a royal heir to the king and to his kingdom.

*I am...*SEALED

I have been sealed through sacrifice and my heart is protected through the one sealed within me. I will walk through this day with strength, knowing all darkness has been conquered, on the outside and inside.



*I am...*A WARRIOR

I take up my arrow, shielded to protect my heart, protecting my mind, and my soul from the enemies surrounding me. I will not fear, as I was born equipped for this battle. I will be victorious. The spirit within me guides my feet. I am a soldier.

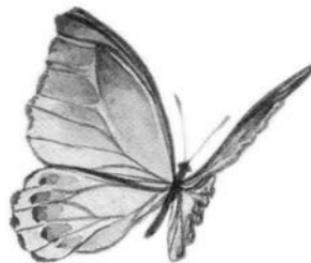


*I am...*CHOSEN

I will not fear who I am. I was chosen to be free, to fly above and beyond what this world offers me and says of me. I will not fear who I am called to be. I choose to love and forgive those in my path today, and every day.

*I am...*GIFTED

Today I give praise for the gifts, simple and big, that I have been given. I am thankful there is no other like me. I alone was created to do what I alone can do. I make an impact to this world through all I give it.



A decorative border of stylized leaves and branches in shades of gray surrounds the text on the left page.

Mermaids
symbolize the desires
of our heart and our
emotional response
to life. These are
the deep, wavering
feelings within
our soul.

*I feel...*NURTURED

I am embracing the love given to me, and am tending to it like it was a child. With compassion, grace and a healing touch, I am filled with warmth.



*I feel...*OPEN

As I search for answers deep within, I feel vulnerable and exposed. Yet I am keeping my mind and heart open to receive truth, testimony and inspiration.



*I feel...*ALONE

In this lonely moment I am keeping my head raised and my eyes on the horizon. I know this time will pass, and the sun will rise again in the morning with a new day.

*I feel...***BRAVE**

Lifting high in the challenging waters of circumstances, I am strong, steady and balanced. I am not alone. Elegant and flowing, I am equipped for the battles ahead.



*I feel...***PEACEFUL**

In this time of peace and tranquility, I effortlessly drift to sleep as the joy of life sweeps around me like a blanket.



*I feel...***TRANSFORMED**

I am awake and renewed! Refreshed and energized, I rise up toward the sunlight and share this energy I have found. My old self is gone, shed off, and my new skin lifts me higher.

*I feel...***LOVED**

The actions of my kindred fill my heart with love. The light they share when mine is dim helps me grow, and reminds me that I do not swim alone in this vast ocean of life.



*I feel...***SENSUAL**

Created for beauty, I am a muse, radiating enticement with interludes of poetry. My song is sweet, luring my love close, sharing and connecting.



*I feel...***BALANCED**

All is calm and serene. Everything is balanced and in its rightful place. I pause to listen and center myself before I swim on.

*I feel...*DESIRED

My heart has been rescued and swept up in eternal love. My spirit is desired, needed and shared with the one I was created for. Our love is everlasting and pure.



*I feel...*GRATEFUL

I am surrounded by so much light and love, filling my heart to overflowing! I have been given so much, I am grateful for the many who may be far from me, yet are my support.



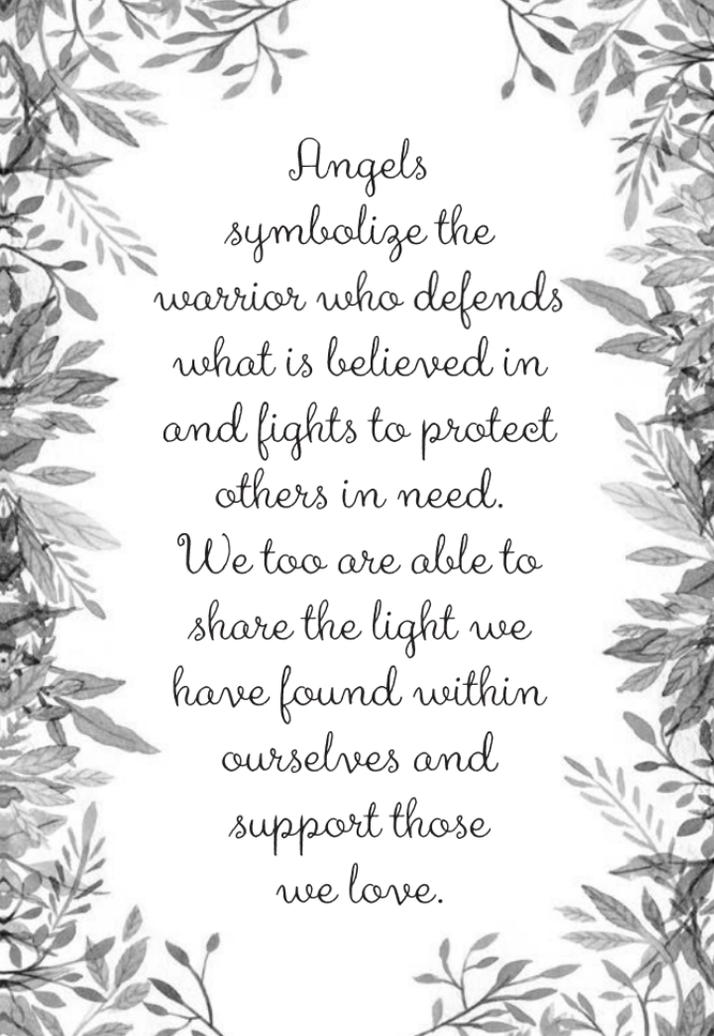
*I feel...*LOST

I am sinking, further and further, into the depths of my darkness. I feel so lost, but the light living within shows me how I have been found and rescued. It illuminates all the ones who love me.

*I feel...*CONFIDENT

I am not afraid to be who I am destined to be. I will live this day as if it were my last, boldly and confidently in my glow.



A decorative border of stylized leaves and branches surrounds the text on the left page.

Angels
symbolize the
warrior who defends
what is believed in
and fights to protect
others in need.
We too are able to
share the light we
have found within
ourselves and
support those
we love.

*I will...***PROTECT**

My wings protect the heart, and by the light shining through me the path will become clear.



*I will...***ENCOURAGE**

My light is warm and inviting, listening and encouraging in times of trouble and dispute.



*I will...***FIGHT**

Firmly I stand with sword and shield, not backing down but fighting for the light and for those who cannot fight for themselves.



*I will...***HOPE**

Looking up when everything appears dark I hold the lamp of truth to reveal the life worth hoping for.

I will...WORSHIP

Wings and hands are open, giving praise for all blessings in life and the fruitfulness to come.



I will...GUIDE

Walking in faith I shine my light and guide those who follow me with tenderness and support.



I will...INSPIRE

Dreams of the impossible manifest in the garden of creativity and faith.



I will...PRAY

In the dark of night, under the stars, I will not hesitate to lay my burden down and ask for help in prayer.

I will...HEAL

My wings are a shelter alongside the broken-hearted, sharing comfort, truth and light.



I will...SURRENDER

Too weak to stand alone, I will surrender my control and let go, allowing intervention to take its course. I trust in the good my creator has for me.



I will...REJOICE

I will shout and make music filled with thanksgiving and joy in what this day has brought and what miracles have taken place!

*I will...*FORGIVE

I will let go of control and forgive, so that I am no longer chained to the darkness, but reconciled to the weightlessness of light.



About the Artist

Sara Burrier is an award-winning watercolorist in fairy illustration, and a published instructor for drawing and painting. Inspired by florals, birds, faith, women and children, her work is created using watercolor, gouache, colored pencil and ink. Elements of nature and fantasy inspire her imagination and let her explore her relationships with the world in all its beauty.

For Sara, it isn't the beauty on the outside, but how inner beauty is projected outward, working in harmony with the world. Traveling throughout the Midwest selling her work, she finds the best parts about her job are connecting with her customers, listening to life stories, giving hugs, helping others discover their light through art, and teaching. When Sara isn't creating art, you can find her cooking, raising her two children and playing in the yard.

Learn more about Sara at: www.sarabillustration.com

Notes



Notes

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