

Practice Cards for Establishing

Balance
and
Empowerment



Kim Marie

AWAKEN YOUR INNER WISDOM

AwakenYourInnerWisdom.com

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Balance and Empowerment

Thank you so much for being a part of my community!

I'm so glad you're ready to find your middle way through establishing balance and empowerment to navigate life's extremes. I'm excited to share the supportive tools I've prepared for you.

At the end of this document, you'll find six pages of two cards each that you may print and cut out. These cards contain practices that help you to achieve true empowerment and balance. Each card details one of twelve Balance Points of Empowerment inherent within each of us. The backs of the cards show how we get out of balance, and what's needed to rebalance so that we can sustain our middle way of fulfillment.

Getting Started with the Cards

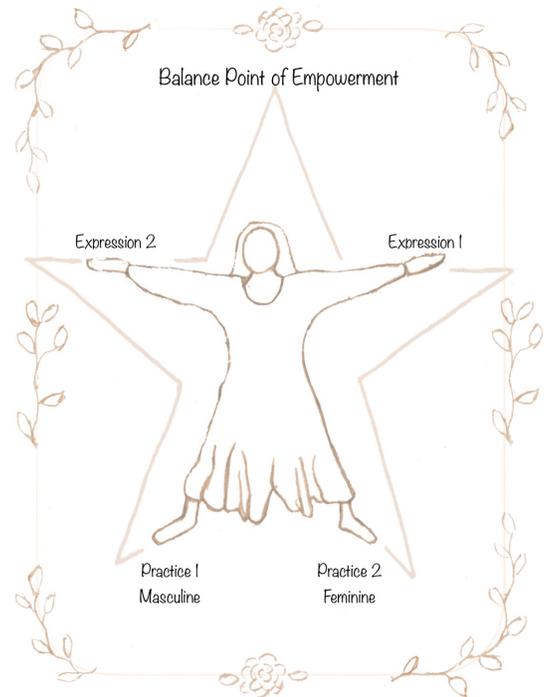
First, print the cards, ideally on firm card-stock paper, though any regular printer paper will do. Fold the paper in half such that the star women are on the front, and the descriptions are at the back. Cut down the dotted line between the star women, and cut the corners on the dotted lines to round them. Now you have twelve cards that can be used for your practice. There are images below for your reference if you need them.



Each card shows a woman in the form of a star on the front. Her two feet are planted firmly on the ground, her arms are balanced, and her head is focused forward.

At each limb, there's a word or a phrase. The phrase at the head is the balance point of empowerment we're striving toward.

The words at each foot are two practices that you can work to "stand in" and find the balance that brings you to the middle way of empowerment, each practice bringing balance to the extreme of the other.



Internal Tug of War

Do you ever notice what seems to be an internal tug-of-war in which you feel two extremes of your being tugging at your Soul?

Our Soul is constantly seeking balance and harmony. We have two sides within us, masculine and feminine, one of which goes to an extreme, and eventually triggers the other to do so as well in an effort to create inner balance. Think of a pendulum. When it's pulled to a certain height on one side, it swings to that same height on the other side, proceeding back and forth, until it eventually settles to rest in the middle.

I call these two extremes false-power (out of balance masculine), and false-powerlessness (out of balance feminine). We are in false-power when we're somehow dominating others, or seeking situations in which we perceive that we are in control or powerful. False-powerlessness is prevalent when



we have a perceived sense of helplessness, or perhaps overcompensate for our insecurities with false bravado.

Each practice supports you to find a middle way in the balance point of true empowerment, which is the essence of your Highest Self. When you can center in these points, you feel true empowerment that radiates from the center of your being, rather than false-power or false-powerlessness in reaction to external circumstances.

How do you know if you're working both practices such that you are moving toward balance?

This is what the expressions at the hands represent.

Expression 1

False-Power as Expression 1

Consider how you might be expressing a false sense of power, or seeking it in someone else. Are you tempted by the false “angel” on your shoulder to follow a delusional path of truth, power and light?

Extreme Practice 1

Expression 2

False-Powerlessness as Expression 2

Consider how you might be expressing false powerlessness by not believing in yourself, or perhaps by covering up your true feelings with false expressions. Are you tempted by the false “devil” on your shoulder to believe you are not a strong, spiritual being?

Extreme Practice 2

Contemplations on the Balance Point of Empowerment

Consider examples of how the balance, or imbalance of this particular Balance Point of Empowerment shows up in your day to day life? Which side do you tend toward? Is there one side that causes you to feel stuck more than others? Can you consider that each side within you is actually needed to help you find balance in the world, and find the gifts in the challenge? What can you do to strengthen the practice that will bring you balance? Bring creativity to these contemplations. Embrace, play with, and allow all expressions of you!

If you find yourself in either of the expressions shown at the hands of the woman, you're out of balance. Pay attention to what others are reflecting back to you as well, as we often don't readily see when we're out of balance. However, your star is always radiating within you, waiting to shine! You need only take a deeper look and tap into your inner radiance.

The back of the card shows how the practice might be out of balance, going into false-power or



false-powerlessness, and shares a bit about how you can bring each expression into balance.

For instance, as you see in the image above, if Practice 1 is taken to extreme, Expression 1 presents itself, and the center of the woman's being is focused now on that expression. Similarly, if Practice 2 is taken to extreme, Expression 2 presents itself.

When the woman is off center, only one foot is grounded while the other is not, her head is not balanced and is only viewing a one sided perspective. Her hands are not balanced in their action, having too much energy being placed in one direction. Her heart is off center, unable to be an effective messenger because of mis-focused thought and will.

Finding Your Middle Way: Working with the Cards

Understanding these imbalances is SO valuable to moving through circumstances that have us feeling stuck or trapped. The practices support you to be in true center, connected to your True Self, and in constant motion to find your balance and middle way as the radiant star that you are.

Consider the state of the world today, and how many people either have an unhealthy sense of power or powerlessness. If everyone could tune into True Power, there would be no people so filled with false-powerlessness such that the people filled with false-power can manipulate and control them!

I invite you, as you review these cards and the primary words for each of the practices, expressions and points of empowerment, to consider which elements are showing up or not showing up in your situation. Are you feeling a lack of courage? Are you experiencing too much impatience? Are you struggling to find clarity or self-discipline?



Look through the cards, trusting what catches your eye as something to work with. Then, work with the card to more deeply understand where you're out of balance, and what would allow you to come to a place of empowered balance and effectiveness, i.e. your middle way of fulfillment.

Begin a practice around embodying this power and balance. Practice being less of one expression and more of another. With this practice you'll become better able to meet life's challenges and create the life and relationships you long for.

An Opportunity for Creativity

To add some more fun and creativity to the practice, I designed the cards so that you can color them.

Yes! You get to bring your crayons, markers, colored pencils, paints and, of course, your inner child out to play! Take time to color them in your style. Allow the coloring time to be contemplative, connecting to the balance point of empowerment and its practices as you bring artistic expression to the cards.



I also noted in the contemplations on the backs of the cards the time of year, using dates determined by sidereal astrology, during which these cosmic gifts present themselves most strongly. Work with them anytime, or work with them through the cycle of the year.

Use your colored cards as reminders. Post them on your bathroom mirror. Stand them on an altar or dresser. Make copies of them in wallet sizes and take them out anytime you need an extra boost of empowerment. Write notes for yourself on the insides of the folded cards as you practice and contemplate. Laminate them for longevity, as these practices will serve you for a lifetime.



Your Inner Wisdom Is Ready to Guide You

These balance points of empowerment are within you, waiting to be realized and to support you in traveling *your* unique middle way toward *your* unique destiny. They only need to be practiced. Practice them in whatever way works best for you. Make them your own and enjoy!

These cards offer a wonderful tool to balance your inner feminine and inner masculine so they're working harmoniously.

If you have any questions about working with the cards, or would like additional support with creating personalized practices for yourself that allow you to finally break free from negative patterns and limitations so that you can confidently rebirth yourself into the life and relationships you long for and deserve, please [schedule a time to chat with me](#), and we'll explore what your middle way might look like together.

I'd love to support you in finding and sustainably traveling your middle way of fulfillment!

With Love and Awakening Inner Wisdom,



A Bit About Me



I'm Kim Marie, and I know all too well what it's like to get thrown out of balance, and struggle to find my way back.

Whether in the domains of leadership, health, relationships, parenting, business or spirituality, this challenge of finding our middle way of balance and connection is becoming ever more difficult. But there are ways to make it easier.

I'm on a mission to support women to find the middle way of empowerment between success at the cost of selling their Soul or playing small at the cost of success. Finding our balance points of empowerment is a great catalyst to get us started on that journey to our middle way.

If you'd like to continue on this journey, I invite you to explore my *Solace* program for women, *Sacred Nights of Winter Journal*, personalized mentoring, nourishing nature retreats, and/or online courses. Each of my offers supports you to remember who you are, reconnect to what matters, and rebirth yourself into the life and relationships you long for and deserve.

I look forward to staying connected via my *Awaken Your Inner Wisdom* newsletter, where I share guidance and inspiration, as well as events and programs to support you.

It's time to awaken your inner wisdom, and bring forth your most balanced and empowered self!

Much Love and Gratitude,

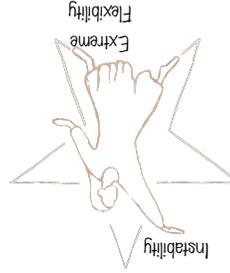
Kim



We must hold to the integrity of who we are, and yet be flexible to others, and to life itself, in order to make progress. Do you feel that you're making progress on your journey? Do you find life meaningful and joyful? Do you feel like you're making a contribution in the world through understanding yourself and others? Are you able to see yourself in others and in the world around you? We are constantly shown our reflection in what is around us. If we have the flexibility to meet what life brings, and the capacity to learn who we are along the way, honoring what works and letting go of what doesn't, we will move forward on our path. The Power of Progress is connected with Taurus (May 15 - Jun 16).

Contemplations on the Power of Progress

Do you try to be so flexible that you allow everyone and every thing to enter your field? Does it become overwhelming, with so many options and choices that you find life seeming very unstable? How could you be flexible, while recognizing and honoring your own unique needs and boundaries?



Are you so focused on maintaining your own inner balance and integrity that you've become rigid in your being? Does it make you feel strong to feel you are staying true to your ways, such that perhaps you have lost flexibility? How can you soften?

False-Power as Rigidity



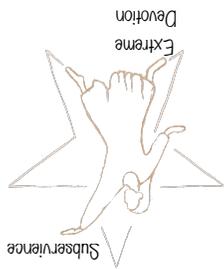
False-Powerlessness as Instability

Do you ever find yourself being accused of arrogance? True self-confidence is often seen as arrogance, so be careful not to automatically assume you're being too confident. However, be sure you are also not over-compensating for insecurities, or being so focused on yourself that you forget about others.



False-Powerlessness as Arrogance

Are you so devoted to someone or something that you've become subservient to it, perhaps projecting your divinity upon another and seeking power through them, rather than owning it within yourself? How might you be more devoted to your true, shining Self and the power of Creation?

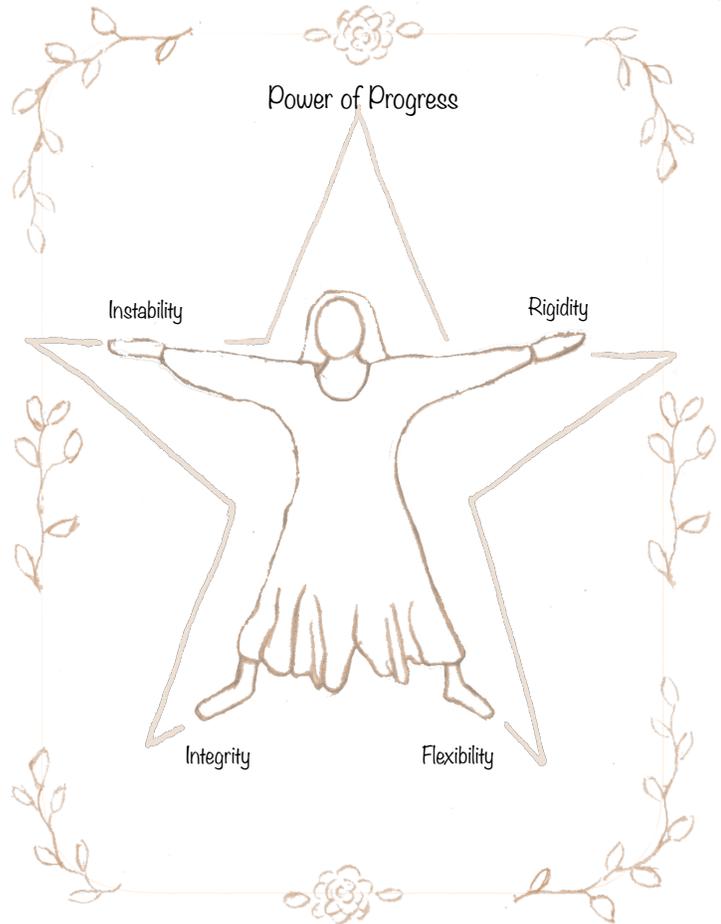


False-Power as Subservience

Power of Self-Sacrifice



Power of Progress



Faithfulness comes as we persevere in our progress, even through what is not get transparent to us. We persevere in service to our true destiny, and the Power, as well as in ourselves, others, and the world around us. With the Power of Faithfulness, we don't feel so stuck when obstacles present themselves. We know there's usually a purpose to everything, and we feel more accepting and engaged with life. Can you stand dependably in your own Soul, and persevere to new heights such that keeping the faith becomes easier and easier? The Power of Faithfulness is connected with Gemini (Jun 16 - Jul 17).

Contemplations on the Power of Faithfulness

Dependability



Have you become excessively passive or stoic, perhaps even resigned or resentful? Has everything lost its color and vibrancy? Perhaps you are a bit too dependable or predictable in your life, and it's time to change things up a bit. What can you do that is a bit more spontaneous or creative to keep you moving and put a spark back in your life?

False-Powerlessness as Fatalism

Are you a bit over zealous, or excessive in your enthusiasm? Do you tend to want everyone else to join you in your views? It's great to share with others, and press on strongly, but be sure you are not over doing it such that you are losing the forest for the trees or pushing your views on others.

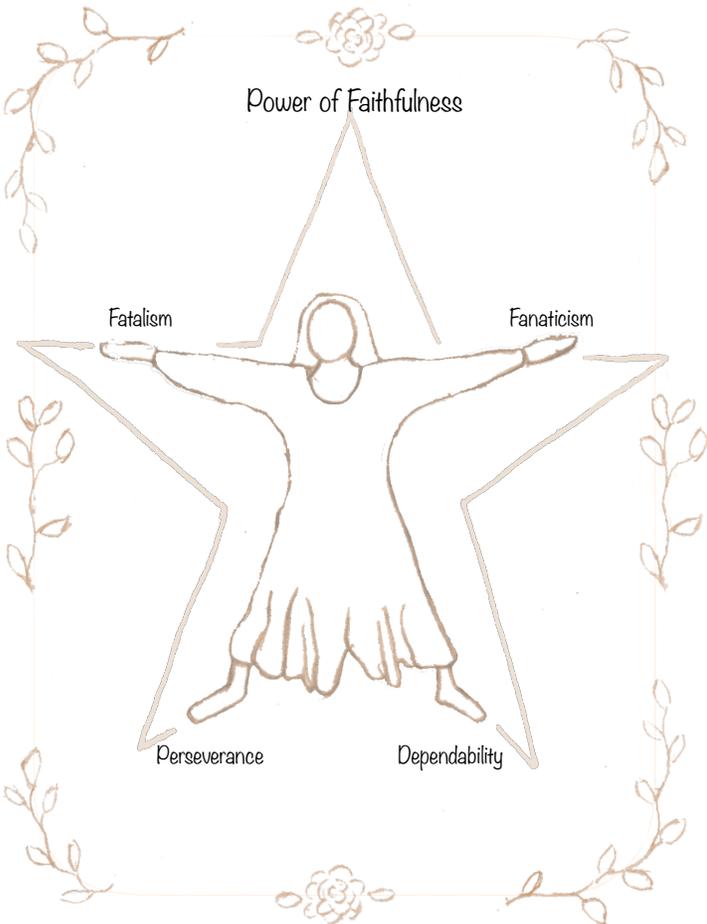
False-Power as Fanaticism



Perseverance

Extreme

Power of Faithfulness



Can you work with true selflessness, the kind that doesn't get caught in the narrowness of your own personal experiences and expressions, and also doesn't lose itself in other people or circumstances? In this selflessness, along with a strong sense of who you are as a unique individual, you allow yourself to be seen, share your gifts, and make mistakes, and are like a child willing to learn and grow without the worry of embarrassment. Our failures are never failures. They are only opportunities to teach us, and support us toward a more purified and aligned Soul. How can you allow yourself to be this vulnerable? The Power of Catharsis is connected with Cancer (Jul 17 - Aug 17).

Contemplations on the Power of Catharsis

find balance?

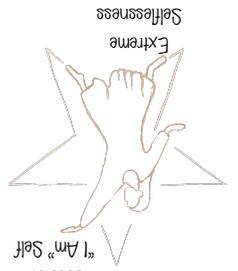


Are you so focused on your own struggles and successes that you forget to take interest in others? Do you feel powerless in the overwhelm of your challenges, or perhaps cover up your sense of inadequacy with a false presentation of strength? Can you place your interest outside of yourself to

False-Powerlessness As Egotism

Do you find yourself not sure of who you are anymore? Are you constantly giving to others without giving to yourself? Do you believe you are a good person only if you focus on the needs of others? It is important to be giving, without losing yourself in the process.

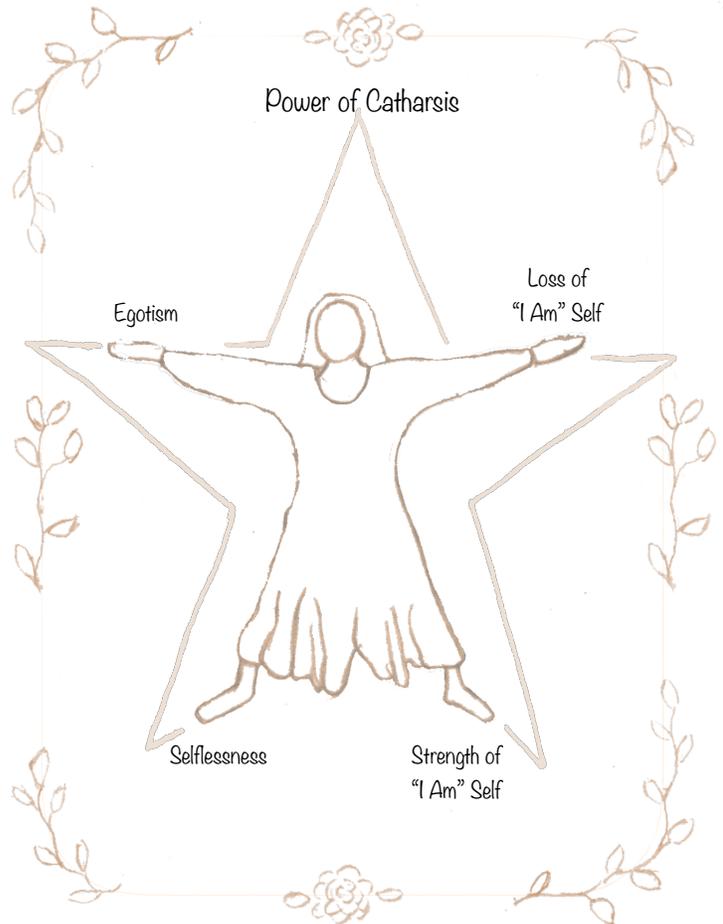
False-Power as Loss of "I Am" Self



Selflessness

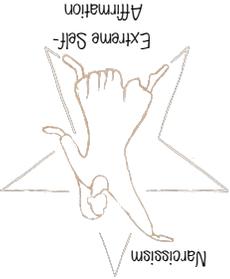
Extreme

Power of Catharsis



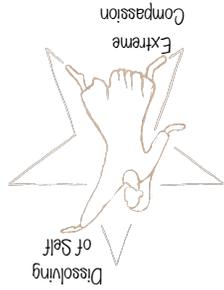
In true compassion, we allow suffering to be, while lovingly feeling for those who suffer. We feel the suffering as our own, while remembering it is not ours to "fix". When one suffers, we all suffer, yet we can do more harm than good for the growth of another by trying to take away their experience. We can experience greater freedom by being a model and advocate of strength and justice that supports another in their time of suffering. We also must believe ourselves worthy of compassion when we are suffering, lest we get caught up in the wheel of self-deprecation and entrapment. The Power of Freedom is connected with

Contemplations on the Power of Freedom



Do you ever have someone tell you that you are "full of yourself"? This is tough to see, but also often a cover up for insecurity. In that insecurity, we try to convince ourselves of how great we are because we don't believe it. Or, we are self-focused in victimhood. Can you believe in your greatness, without self-aggrandizing?

False-Powerlessness as Narcissism



Do you feel better worrying more about others than about yourself? Do you get so concerned for others that you take things on rather than taking them in? Consider that true compassion feels the pain of another, while also allowing it to be.

False-Power as Dissolving of Self

In heartfelt understanding, we allow the expression of the souls of others, while holding back our own emotions from overpowering another person or situation. We allow others to be, while also allowing ourselves to be. We speak with candor and transparency, while meeting people where they are in kindness and respect. Do you find yourself holding back when you really long to share something? Can you find a way to have the needed, difficult conversation that can bring greater understanding between you and another? How many missing conversations in your life might have brought heartfelt understanding? The Power of Heartfelt Understanding is connected with Virgo (Sep 17 - Oct 18).

Contemplations on the Power of Heartfelt Understanding



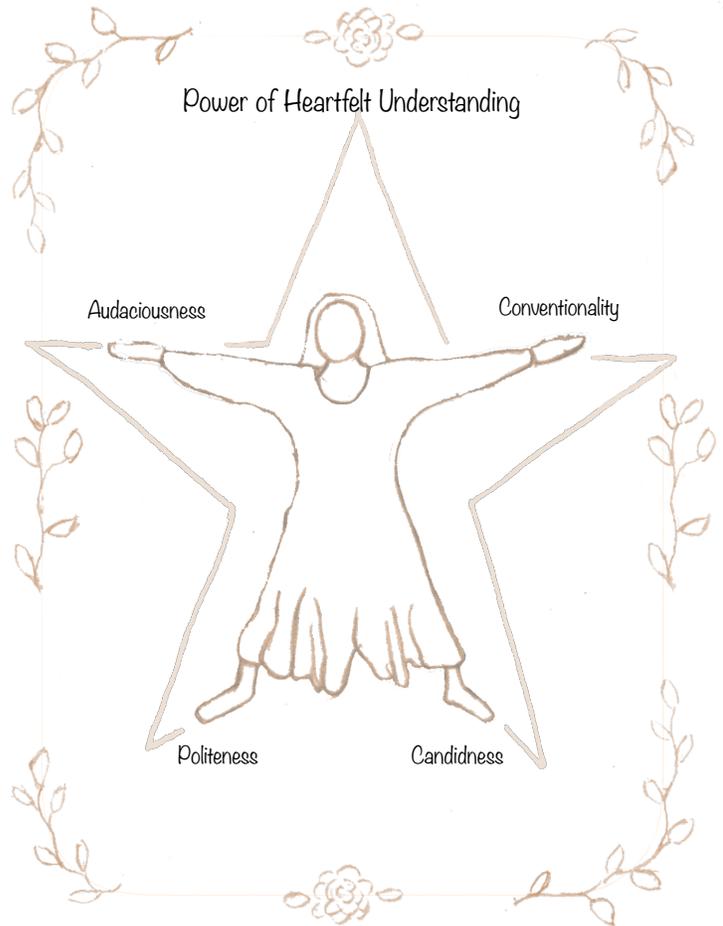
Do you ever notice how children can be so easily candid, and often appear audacious or bold in their statements? That boldness is needed, but not to the extent that it disrespects another. There is often a lack of self-respect lurking behind behavior that is overly audacious.

False-Powerlessness as Audaciousness



Why are you being polite? Is it obligatory, or what you are "supposed" to do? Do you feel more accepted in doing so? Kindness is needed, but if you do so without also naming what isn't ok for your soul, you deny the opportunity for growth and understanding.

False-Power as Conventionalty



What would be possible if you could be patient and unconditionally present to your journey? How would that help you to address the perceived barriers you face? Can you allow yourself to be where you are, without becoming resigned to the situation, or obsessed with the fact that it's not what you want in the moment? Can you curb your passions and impulses enough, without judgment or premature action, to allow the experiences and emotions you have to slowly unfold within your being, and to see what they wish to become or bring forth? The Power of Insight can be very supportive in helping us to move forward, and is connected to Scorpio (Nov 17 - Dec 17).

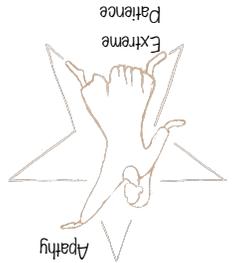
Contemplations on the Power of Insight

Too much focus on any one thing can generate tension. Do you find yourself overly present to certain people or situations such that you can't relax, or perhaps feel edgy or irritated when your focus is interrupted? How can you be present to the situation, while not getting so immersed in it that you aren't accepting of other ideas?

False-Powerlessness as Tension

Do you find yourself giving up on things that don't seem to happen when you would like them to as a way to feel better? Perhaps you've waited a long time for something that just isn't happening. Patience is great, but if you check out, you cannot see opportunities as they present themselves.

False-Power as Apathy



Being content with what is, without being resigned to it, requires your will force. How can you be willing to birth the visions you see for the future while accepting what is here in the present. Can you do it without blaming others, even if they aren't as willing as you to see and create the vision you know is possible? In accepting what is, while also being willing to work with it, you allow your emotions to be messengers, not judging them or trying to remove them, but feeling them unconditionally. In doing this, your emotions are integrated, and you are able to stand in equanimity. The Power of Equanimity is connected with Libra (Oct 18 - Nov 17).

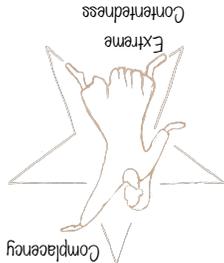
Contemplations on the Power of Equanimity

Do you find yourself blaming others for situations gone wrong? Do you constantly get frustrated by the behavior of others? If you impose your willfulness on others, you are not able to see or benefit from their unique gifts. Can you see the beauty in others, even if they don't do things the way you do?

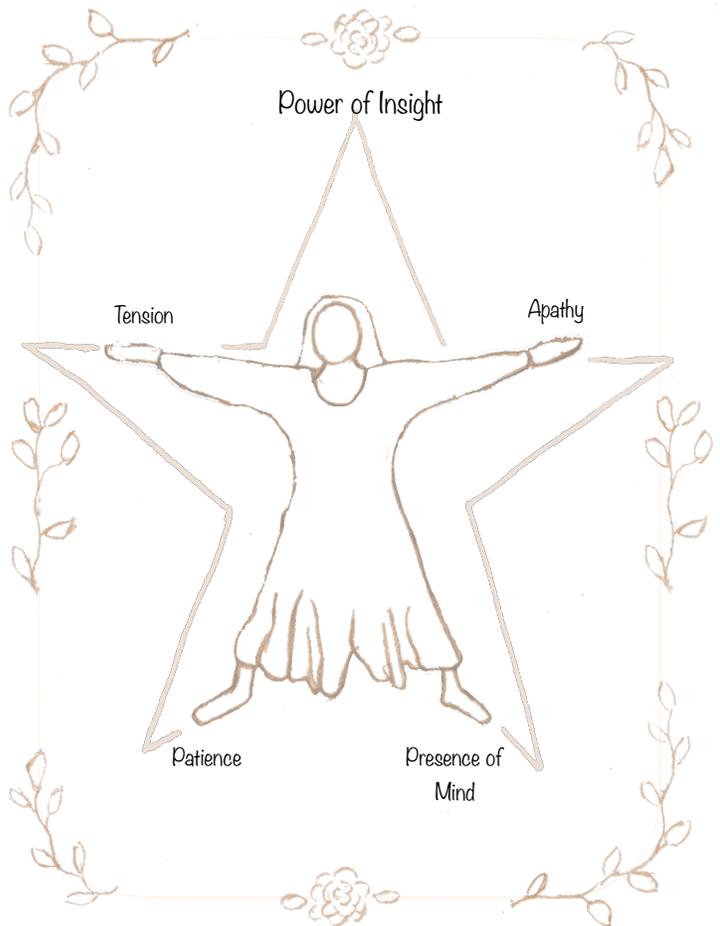
False-Powerlessness as Fault Finding

Do you feel more in control to simply be satisfied with what is? Do you try extra hard to be content with your situation such that you find yourself a little too accepting of things as they are? It can be scary to do things differently, but only in doing so, will you find the movement you are seeking.

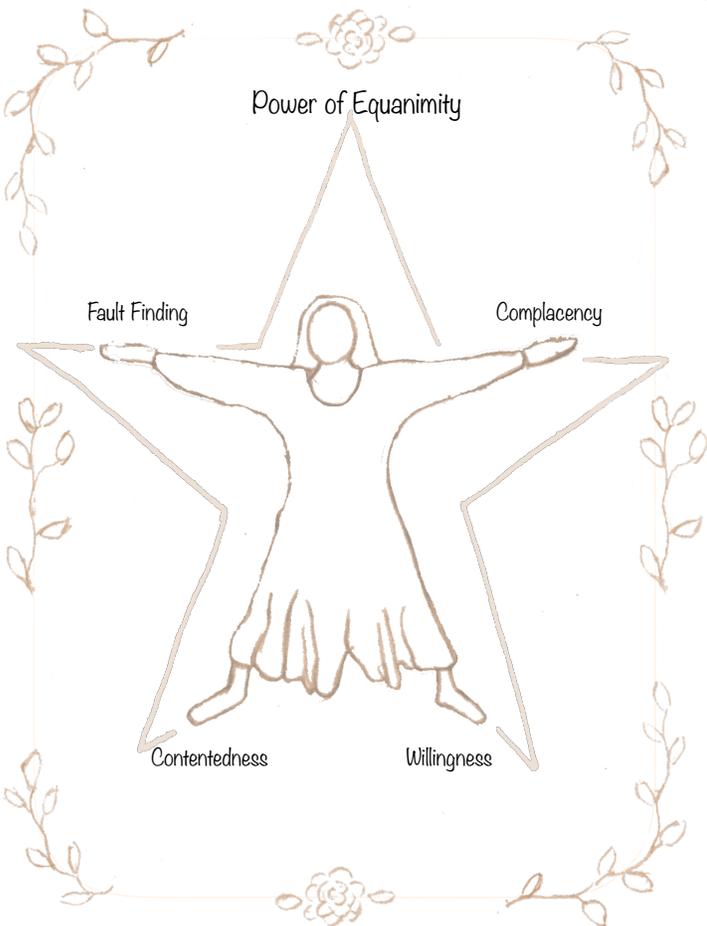
False-Power as Complacency



Power of Insight



Power of Equanimity



Taking interest in the world, from a place of listening and curiosity, can bring so much learning and wisdom. While we all have judgments about things, the practice of withholding judgment and simply observing in neutrality can be so helpful in bringing ideas, thoughts and insights that may never have come otherwise. Practice listening out as far as you can hear? What do you notice? Does it open you up to other possibilities or bring curiosity to learn more? Can you stay connected to your own thoughts and feelings, while being open to those of others? The Power of Clarity is connected with Sagittarius (Dec 17 - Jan 15).

Contemplations on the Power of Clarity

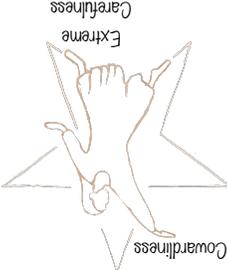


False-Powerlessness as Confusion
 Do you try to be so open to all that you see and hear that you end up struggling to know what's true? Are you seeking answers everywhere but inside yourself? Consider staying open, while trusting that Truth will come from there.

False-Power as Dogmatism
 Clarity can be hindered by trying too hard to find the answers, and then clinging to them such that they become the "only" answers. Where are you clinging to truths or being overly opinionated for the sake of feeling in control? What might it look like to believe you know nothing?



Control of Thought

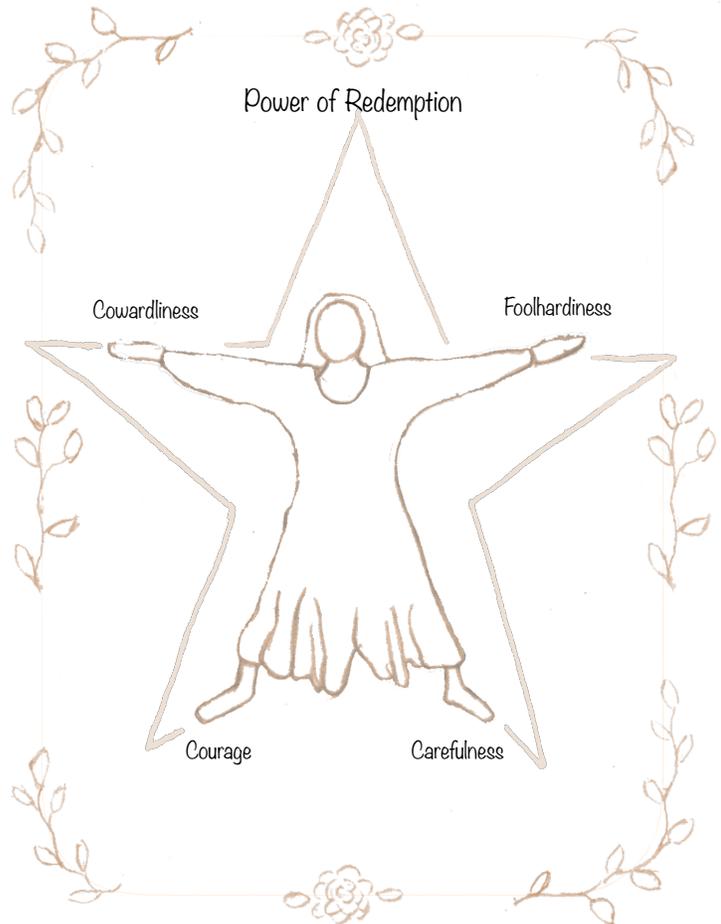
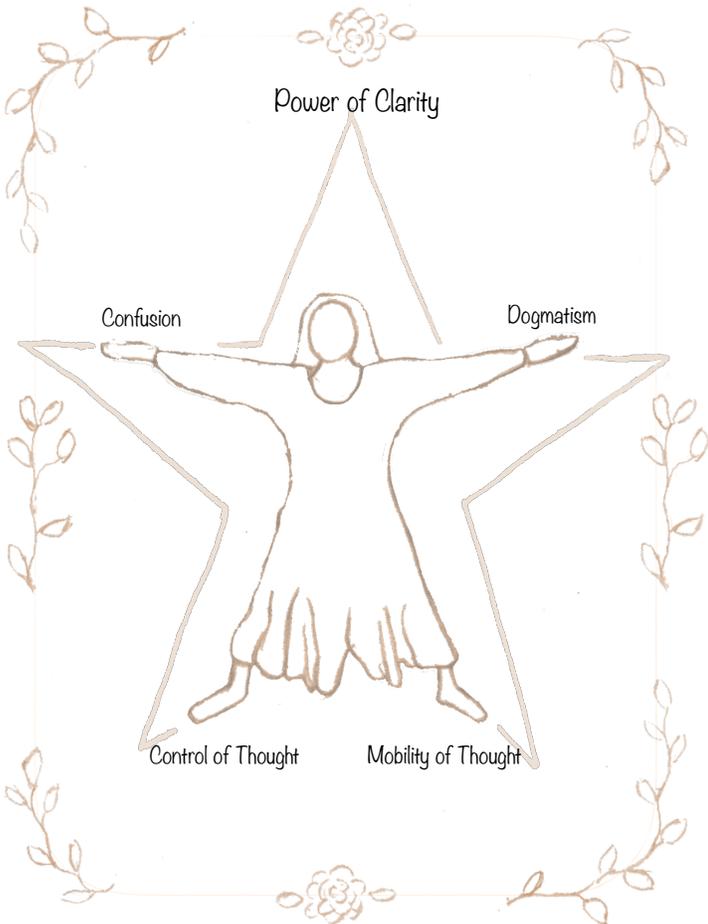


False-Powerlessness as Cowardice
 Are you so overly calculating about things that you never get anywhere? Are you always waiting for the "right" moment or circumstances to line up in order to act? How might you throw caution to the wind a bit more, and take a chance on yourself or that thing you keep waiting to do?

False-Power as Foolhardiness
 Sometimes, for the sake of that adrenaline rush of instant gratification, we can find ourselves rushing head first into something without thinking it through. It's important to take risks, and important to do so with wisdom. How might you take care to pause and tune into inner wisdom before acting?

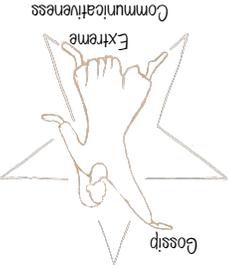


Courage



Contemplations on the Power of Meditative Strength

Meditative strength is the capacity to be in stillness. In the stillness of clear water, the heavens are reflected. If we are busy talking about things, or keeping too much to ourselves, there is not a flow that allows what is congested to move, or what is moving to come to stillness. How might you find a balance between expressing yourself productively, and doing so only in ways that serve? As we learn to still our thoughts, while also being with our feelings, we can integrate our experiences such that they become food for our Wise Self. The Power of Meditative Strength is connected with Aquarius (Feb 14 - Mar 15).

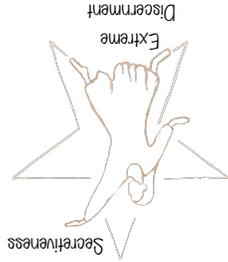


False-Powerlessness as Gossip

When we are feeling overwhelmed, and feel the need to share it with everyone, we are giving away our power. We get immersed in our own ideas about things, and look for someone to validate them. How can you take care to share only what needs sharing for higher good?

False-Power as Secretiveness

Extreme discernment or discretion can lead us to feeling there are only certain ways things are. We might feel powerful in "having the secrets" or "being in the know" about certain things. How might you share more and be less narrow in your view?

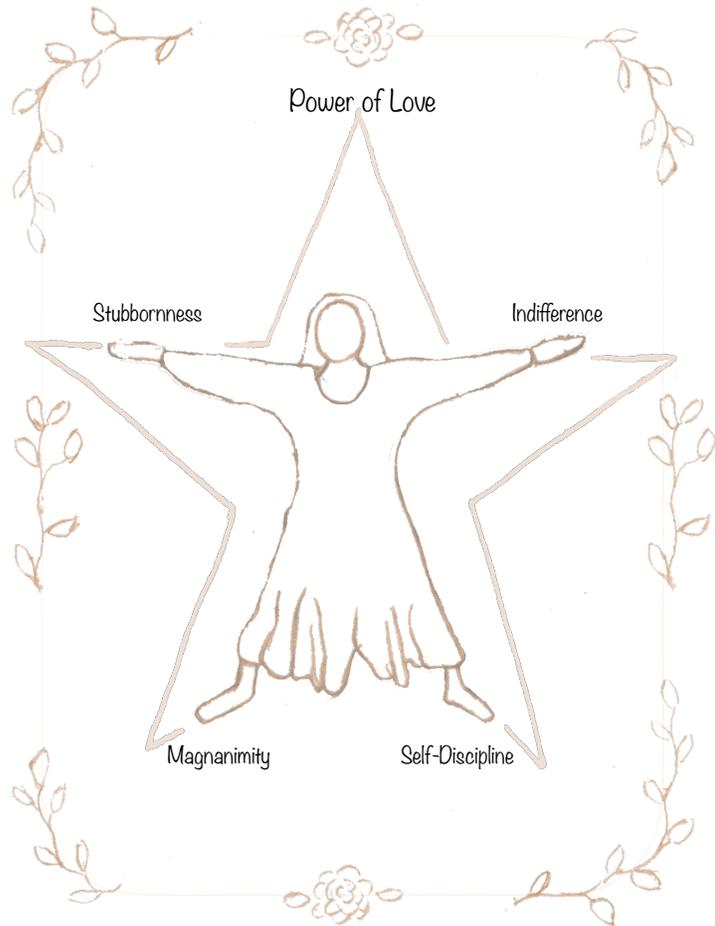


False-Powerlessness as Stubbornness

As we become determined to follow what is important to us, we might get trapped in narrow focus and attachment to outcomes such that we stubbornly push through, rather than accepting what is. How can you accept the struggle and embrace it, finding the worthy ends that bring Love?

False-Power as Indifference

Magnanimity is the ability to bear trouble calmly for worthy ends, yet if we keep bearing trouble with no attention to and have reverence for what's important to you at your soul level?



Contemplations on the Power of Love

We are frequently confronted with difficult situations that challenge us to the core. It can be difficult to find love in these moments. Yet if we can bear the trouble calmly in magnanimity, while still having the self-discipline to stand in our truth and values without pushing them on others, we often find something that shows us how to love. Sometimes it comes as a glimpse of the child self of the person challenging you. Sometimes it comes in the form of deep compassion. Sometimes, we don't get to see. We only know in our core that we need to stand in what is, detached, get committed, and trust that we will be shown. Can you practice tuning into love in moments of utter frustration and pain? The Power of Love is connected to Pisces (Mar 15 - Apr 15).