

## How To Select Cards

*“How much is free choice and how much is predetermined?”  
The Coaching Game Page 35*

There are many options when it comes to selecting your cards. You can even allow the cards to choose themselves!



### Preparation

Whether you approach the cards face up or face down is your choice. If you work best from your intuition, the face down can be a great way to connect with cards. On the other hand if you are a left brain kind of person you may choose to connect with the image or the topic.

No way is right or wrong, good or bad, it is what you want it to be!

### Selection

So here are a few tips on how you may approach the selection of cards.

- Shuffle the cards a few times and set the deck down on a table. Select the cards by cutting once, twice or several times. Each time the deck is cut, take the facing card
- Shuffle the cards once and lay them all out face down. Intuitively be drawn to 1 or several cards
- Using the last method, you may choose to hold the card in one or both hands (1 hand underneath, the other hand on top). Tune into the card before revealing it. If the card doesn't feel right, put it back and start over
- Shuffle the cards a few times, fan them out and select your card or cards
- Shuffle the cards a few times, take one card and process it using your favourite layout. Replace it in the deck, shuffle again before selecting subsequent cards
- Shuffle the cards once and lay them all out face up. Connect with an image or topic from a conscious perspective. As you view the cards, think about the issue that you have in mind and see what connections you make from this perspective
- Use a combination of all of the above to select different cards
- Lay the cards out on a table where they won't be disturbed by anyone. Each morning, select a card and meditate on the meaning to bring positive intentions for the day ahead
- When working in a pair or as a group, use one of the methods above and select a card that represents someone other than you. Play a game that involves "whose card is this". Have some fun by trying to figure out what cards represent which person and in what way. What message do you get that is meant to be passed on?