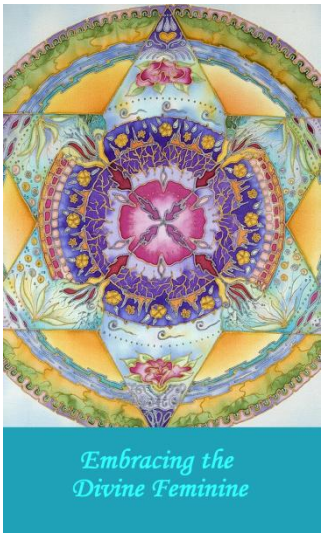


‘A Sea of Calm’ –a Mandala Oracle Deck

by Fiona Stolze: Guidance Booklet

Thank you for buying my mandala oracle deck ‘A Sea of Calm’. I created this little booklet which contains descriptions of each of the cards to give you some initial help in starting to work and play with this deck. So whether you’ve had lots of experience with cards before or this is the first time you’ve bought some, you will be able to use them with confidence and complete trust in the process.

For many years now I’ve known that I would be creating my own mandala oracle deck. I collected cards published by other artists and would read the booklet included with them before jumping in and intuitively using them extensively, both for private use and in working with those who came to me for readings. I always had visions and inspirations of new cards I could create and loved receiving my own spiritual guidance when doing readings.

Although I talked about this for a very long time, it was only in the past two years that I realised I had reached a point where I could fully give myself to birthing my own deck. I sort of got out of bed one day and said ‘Now’.

The journey that began was fascinating and I’m sure I’ll be sharing that story some time in the near future to help inspire others of you who have been playing with the same idea. It all really expanded my horizons and took me out of my comfort zone again and again.

But I’d like to share with you here how I got into combining mandalas with silk painting. I’ve always been a very arty creative person and had explored various media in my spontaneous artwork over the years before I discovered silk painting.

I painted my very first mandala on silk after having been inspired by a workshop I had attended a year before on the origin and meaning of mandalas. Mandala is a Sanskrit word and means ‘sacred circle’. You can find mandalas all over the planet from earliest times up until the present day, prevalent in many different cultures. So the important thing to know is that they are not tied up with any particular religion or belief system.

There are many examples of them in churches and other places of worship, beautiful works of art as a focus for meditation and contemplation. In more modern times the mandala has been incorporated into different types of therapy as a tool to draw out the voice of the subconscious. Patients can use this art form to express what has remained buried beneath layers of conditioning or trauma. I was amazed to see this in action for myself. At the workshop I originally attended, one very lovely woman had just lost her beautiful daughter. The mandala she created clearly expressed her grief and flowing love. It was very moving to see how the image and colours told the story and set the blockages free.

On a very day to day level mandalas are also the perfect image for stilling the mind and allowing deep meditation. Just hang one in your sacred space and gaze at the centre, letting your mind slowly

empty and surrender to what is deep within. The focus will allow the shapes and colours to touch you in whatever way you are open to receive.

My very first silk mandala painting was created in 1999. It was a very geometric piece, created using compasses and a ruler. I remember having a very clear image in my mind's eye of how it was to look and so set about recreating it on the fabric. At that time I used a pencil to draw quite thick lines on the silk and they were still a bit visible after I had completed the painting. Unthinkable for me today. Thinking back on it now brings a smile to my face as today it would hardly be recognisable as mine, but it was the foundation stone for my work to come for more than a decade following that.

I moved on from there and began painting completely spontaneous images, allowing my creative expression free flow on the fabric, abandoning the tools, drawing the symbols free hand as they emerged. And over the years my collection grew and my style changed as I played and experimented with the dyes and light effects. With every mandala I painted, my style evolved effortlessly.

The auras that I painted around my mandalas became my hallmark, as well as the very vibrant colours I chose. I loved the way the light emanated from the images and how many of them seemed to move all by themselves.

And most of all I've always loved how the mandalas sort of announced their own arrival. I was never able to decide just to paint. I had to show up when the painting was ready to start. I also didn't use templates unless someone wanted something that had specific symmetry and then I had to get out my measuring tools and mark out the fabric. The few paintings that contain stars were created using compasses and a ruler.

I was asked a few times if I sold my templates and I had to smile and explain that I didn't work with them. Each design just organically emerged from the nib of the gold liner bottle. But in response to those earlier requests I created some mandala line drawings that I offered to budding artists to trace onto silk and paint.

I can't help but feel that I was being guided all the way. That this was the deeper purpose all along. That I was creating a collection of silk mandalas that I would bring together to form this deck that you now have in your hands. I had no idea of this when I first started out.

This deck truly is a tribute to the paintings that were birthed over the years. And it naturally weaves together various aspects of the work I do: the silk painting, intuitive readings and the creation of a 'sea of calm' deep within through my commitment to digging deeper and being moved by what I know is true.

This 52 card mandala oracle deck can be used as a stand alone without the booklet pack as each of the cards contains an illustration from my artwork as well as a specially designated name. You can meditate on both the name and the mandala image to see what emerges from your subconscious helping you to gain insight into any issues that you'd like clarity on.

You will find a brief summary of each card here, giving you some main themes and key words that are intended to aid you in shedding light on the question you have asked. Please also trust your own intuition in this. Whatever comes up for you and rings true is what you should go with for interpretation.

It is significant that these cards bear the title ‘A Sea of Calm’ as each of the cards is intended to bring you back to the quiet space deep within, no matter now noisy and chaotic your life seems to be. As you drop deeper within, the stillness will anchor you and allow you to see the truth of any situation.



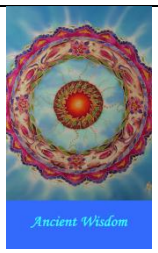
One of the simplest ways to work with them is to take the deck in your hands in the morning after waking up, and as you gently shuffle them, close your eyes and ask for a message to give you guidance for the day. Intuitively pick out the card that wants to speak to you. Sometimes that card sort of sticks to your fingertips, or seems to light up or even falls out of the deck at your feet.

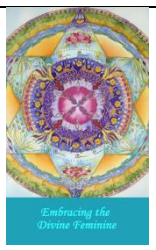
You can look at both the card theme as well as the image on the card, allowing them to convey to you what you need to know in that moment. Read the description for the card in this booklet and then just still your mind further and see what arises for you. At the end of the day it is always very useful to journal and see how the message you received in the morning reflected the unfolding of your day.

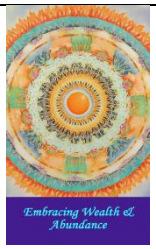
Another way you can use them is to answer a specific question. While you are formulating the question in your mind, shuffle the cards and then close your eyes. Draw out 3 cards and lay them out in front of you. The left card will give you insight as to what is going on for you in relation to the question or situation. The central card shows you what the underlying theme of the situation really is. And the right hand card will give you insight as to how the other or others involved are affecting what is happening. It will also help you to understand the dynamic between yourself and the other(s) involved.

It can be useful to go through the deck, card by card, and get to know the images and their messages. The more you get to know the mandalas, the more they will ‘speak’ to you. You will find that they whisper their own messages to you with time and then you can just put this booklet gently to one side. So the quieter you become, the more you will see and hear.

I hope you enjoy using these cards on a daily basis as a guide for more clarity – a sea of calm in a life full of storms.

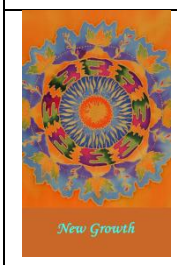
	1 – **Acceptance** Being okay, going with the flow, non resistance, opening your heart, allowing. Not needing to change anything in any way. Not reacting to what life is seeming to serve up. Ask yourself where you can turn a no into a yes in your life right now and dissolve the issue. Know with certainty that you are always exactly where you are meant to be. There are no mistakes.
	2 – **Alchemy** Personal transformation, visual change, shifting of energy in an unexpected way in your life. Look at your life to see where you can make space for the new to emerge. Be honest about what hidden gifts you can bring to light and share with everyone. Relationships with others can blossom and allow collaborations, teamwork, new projects. Encourage this and explore.
	3 – **Ancient Wisdom** A sudden alignment of energy, integrity, having access to great inner resources. People may organically be drawn to you for advice and healing. Incorporate ancient techniques into your energy work. Ask what tools you carry in your backpack that you are unaware of? Where can you trust yourself to step into a role as a healer?
	4 – **Break Through Resistance** Holding onto something that has already run its course, being in denial, unwilling to grow, closing to change for fear of imagined loss. Where are you sticking your head in the sand? Where is inner constriction holding you back? You are on the verge of a breakthrough. Soften, allow and see the energy shift. Don't let temporary discomfort hold you back.
	5 – **Connecting with Source** Nurture communion with the source, maintain spiritual practices that will nurture you, open to a spiritual path. It is time to deepen your surrender to the Divine. Consider doing regular meditation; plan in plenty of alone time. Stop seeking answers outside of yourself. Don't give your power away to others. Minimise outer distractions and become still.
	6 – **Conserving Energy** It's time to let things settle despite how chaotic things may feel right now. Make time to go within and let the brain noise die down: focus, prioritise, use your resources wisely. Don't chase after too many butterflies all at one time. Bring awareness to what drains you of energy and be prepared to let it go. Start to prepare for challenging times ahead by taking necessary steps.

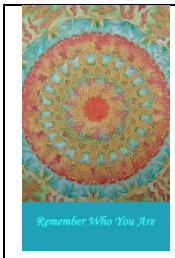
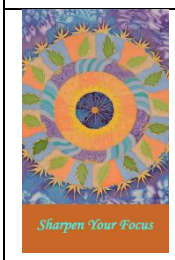
	7 – **Courage** Have deep trust, surrender, stay grounded, centred, know you're being looked after, stand your ground. It's time to take a step forward, knowing that you are on the right path. Don't be put off by naysayers, past experiences or future scenarios that only exist in your mind. Take a deep breath and do it. This is a great opportunity for growth.
	8 – **Dance of Creation** Find your rhythm amidst all the activity going on around you. Go with the flow of what is emerging from deep within and resist the temptation to battle upstream. There is a right time for everything so start listening to your inner beat. Let yourself be moved from deep within not by the mind. Be led. Watch for the green light going on and then step out with joy.
	9 – **Dawn of a New Way of Being** A time of new beginnings. A fresh start after some challenging times. Seeing light at the end of the tunnel when you had almost given up. Letting go of old patterns and stepping into the new. Lots of changes coming into your life. You may find that people and situations look completely different. And you will discover that you respond in new ways to everything around you.
	(10) – **Deeper Knowing** You are being moved by what you know is true. Moving towards a goal against all odds. In tune with deep inner guidance. Don't be open to discussing with others and defending why you have chosen in this way. Reaching this space dissolves the issue in hand. The clarity enables you to move forward with ease. Recognition that you are a divine servant.
	(11) – **Divine Order** It is important for you to trust completely in the way things are. You may not see the bigger picture right now, but there are no mistakes. Everything is unfolding exactly the way it is meant to. Know that there is a greater plan to things and be graciously in acceptance of how things turn out. Give up the mind's need to understand the situation and surrender to how things are.
	(12) – **Embracing the Divine Feminine** There is a returning sense of wholeness in your life. Time for letting your inner beauty shine. Move and live as a goddess whether you are male or female. Increased fluidity, creativity, dance, sensuality. Play much more with colour, aromas and music in all you do. Allow balance in every area of life. Be spontaneous and let organic movement emerge.

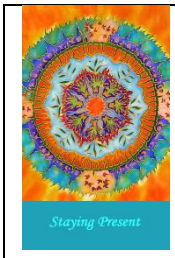
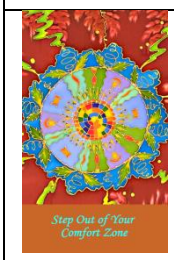
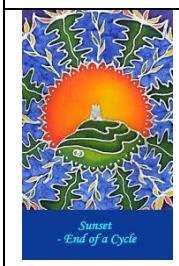
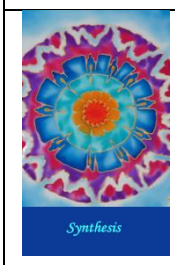
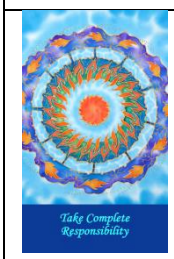
	(13) - **Embracing Wealth and Abundance** Take a good honest look at how wealth is present all its forms in your life right now – friends, family, work, location. Find appreciation for everything you already have. Non attachment to results allows a greater flow. Tap into the multitude of unused resources available to you right now. Creative, original thinking will help. Go deep and ask if you really need anything at all.
	(14) - **Explosion of Creativity** Start right now to prioritise creative projects. Explore new creative avenues and have fun in life. Things are definitely too serious. Allow free flow of creativity with no judgment or restriction. Trust the inner child and let it out to play. This will help to break a stalemate in other areas of your life. Much needed relief and breakthrough.
	(15) - **Finding the Balance** Don't burn the candle at both ends as this will surely bring burnout. Temperance is called for in all areas of life. Learn when to stop and recalibrate. Know when to lovingly say no. Be love and kindness towards yourself and others. Giving up control will allow a natural return to balance in your current situation. Trust. Be prepared to see another's viewpoint.
	(16) **Follow Your Joy** No more doing things out of obligation. Have more spontaneous fun in life. Feed your senses with essential oils, delicious foods, relaxing baths, etc. Connect joyfully with like-minded people – sing, dance, go for walks. Follow what makes your heart sing and make your dreams come true. Bring your awareness to being in uplifting and mutually supportive relationships.
	(17) - **Giving Birth** Reaping rewards of something that was sown many moons ago. Shedding old skin and revealing new aspects of yourself that were hidden until now. Moving beyond inner contraction to a new opening and birthing of yourself. Discovering talents you didn't know you had. Taking the risk of being vulnerable out in the open. A process of maturing.
	(18) - **Go into the Stillness** There's too much brain noise right now. Find time to get into a quiet space of nurture. Let go of preconceived ideas, let conflicting thoughts and ideas settle. This is a time for seeking truth. Take each step as it comes. A time of surrender and letting go. Confusion and distraction will not lead you to the truth. Let the answers speak to you from that quiet space deep within. Wait.

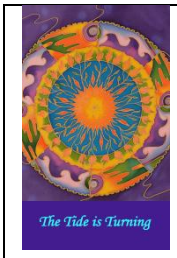
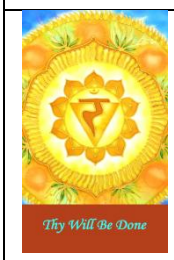
	(19) - **Grace** The Divine is smiling upon you right now. Allow yourself to be moved from deep within. You are a pure expression of god's love. Perfect flow, effortless and easy. Others are drawn to you now like moths to a light in the darkness. Let your words come from your innermost and trust. And humility guides every step. Recognise who you serve and be the light for others.
	(20) - **Gratitude** There is a softening within your heart towards everything and everyone around you. See the perfection of life exactly as it is. Know that all is exactly as it should be. See the silver lining in every moment, knowing that your soul is evolving. Express heart-felt thanks for everything and everyone in your life right now.
	(21)- **Heart Connection** Connect with everyone in your life on heart level. Go deep and be vulnerable no matter what. Be the light that you are for everyone near and far. Reach out to those calling for help both directly and indirectly. Let your open heart touch theirs, going beyond the apparent pain. Bring your awareness to who is calling out for love and be that for them without any limitations.
	(22) - **I AM** Pure being. Not trying to do, to change or to fix. No need to impress your personal agenda upon the world. Never doubt that you are an extension of God's love. And being that radiates out and touches everyone around you. Only false perception can distract you from the truth of your presence on this planet. Nurture a strong clear connection with your divine heritage
	(23) - **In Harmony with Earth's Rhythms** There is a time and place for everything. Know when it is right to move and when it is right to remain still. Having issues and trying to prove a point does not serve. When in doubt about what direction to take, take no action at all. Honour and respect the ebb and flow of life at all times. Bring awareness to where you are trying to fight upstream and lose sight of the love.
	(24) - **Initiation** You are moving into a new phase of your life. You may be acquiring a new set of skills. An important project is being set in motion. There are sudden and unexpected shifts and changes in your life. A mentor enters your life to lead you into a new arena. Receiving teachings that will open up new abilities within you. New studies that will be far-reaching and impact your life.

	**(25) Inner Vision** You begin to see things with new eyes. You have great insights about things around you that others don't. Time to put your trust in the knowing that comes to you from deep within. You are starting to develop new clairvoyant skills, seeing where you didn't before. Learn to discern when to share and when to remain silent about what you 'see' relating to others.
	(26) - **Labyrinth** Slow down and take things one step at a time. Develop great trust and bring your focus to where you are right now in the present moment. Don't try to cut corners. Know you are being led slowly but surely home. Take action without being able to see what is round the corner. Don't try to work things out with your head but wait until the next step reveals itself.
	(27) - **Laying Foundations** Bring focus to getting really grounded for what lies ahead. Put a solid base in place on which to further build. Gain basic skills to help you in future projects. Don't try to skip any steps or cut corners. Be very thorough in everything you do now. Give it your all. Pay attention to how you nurture yourself on every level and make changes.
	(28) - **Let Go Now** Time to release your grip on what no longer serves you. Face your fears squarely and move on through them. Consider walking away from a relationship or situation that has outlived its purpose. Give up control and become vulnerable. Where are you trying to use sheer willpower to enforce something? Where are you in complete denial about an aspect of your life?
	(29) - **Listen to Nature** Time to clear your head and get outside into nature. The brain noise is holding you back from seeing the truth in your current situation. Let nature really speak to you from a deeper level so you can be honest about what is going on. Tune in to themes of laying roots, blossoming, etc. Look at what nature is telling you right now. Move with the themes of this season.
	(30) - **Living Your Truth** When you know what is true then live by that. Be aware of where you are deceiving yourself. Look at where you are compromising out of fear in your life. Always walk your talk. Bring awareness to aligning thoughts, words and actions in your life. Don't be distracted by chaos around you. Keep complete focus on what is deeper. Make decisions from a space of clarity.

	(31) - **Look in the Mirror** Time to be completely honest with yourself and others. Look at what is being reflected back to you in the present moment. Stop side-stepping what is next for you to take care of. Don't look away from what is uncomfortable for you. Acknowledge what you see in yourself, both the positive and the negative and be at peace with this. Let your relationships reflect what you are blind to.
	(32) - **Love and Appreciation** You don't have to do anything right now – just be in your heart, bring your awareness to the present moment and let it all in without exception. Don't forget that there are no mistakes and love this moment for all that it is. Everything is in the right place no matter what your mind may think. See where you are inwardly constricting and let that knot untie itself.
	(33) - **Major Life Transition** Your life is in upheaval bringing great opportunity for growth, trust in the great changes that are happening and flow with it all in deep trust, this is a spiritual crossing over on the physical plane – allow it and know that you are going deeper, breathe – no fear and move with ease. You may not recognise yourself in all of this. Discover new aspects of yourself. Major growth.
	(34) - **New Growth** This is a very delicate time. You have to trust in the unseen, nurturing and nourishing what is not yet visible. Practise tender loving care on a daily basis. Be very gentle with yourself. A time of gradual progress and expansion. Slight disorientation as so much is new. Trust and take those next steps. Move into the unknown without foresight. The seeds are sown and the way is paved.
	(35) - **OM** Deeply spiritual experience. Connection with source. Huge potential in seed form. Recognition that you are an extension of God's love. Resonance with all that is. Deep experience of Oneness. Receiving glimpses of the Absolute. Altered states of reality. Take some time out for retreat. Coming into a deeper understanding of your purpose.
	(36) - **Past Life Influences** Allowing things in your life to play out without attachment to them. Old debts being paid. See how certain things come very easily to you without previous experience. Feelings of déjà vue. Pieces of the jigsaw clicking together. Karmic influences. Reaping rewards for past experiences. Seeing how everything comes full cycle.

	(37) - **Remember Who You Are** Strengthening your connection with the divine spark when under pressure. Reflecting your inner light in every situation. Rising above the stories of the mind. Not being limited by the illusion your self is creating. Staying still and deeply anchored within while experiencing pain and turmoil. Keeping complete focus on what is true inside even when your outer world would have you believe the opposite. Being a guiding light for others.
	(38) - **Rite of Passage** You are experiencing great external pressure on you as you move forward into new territory and grow, dramatically leaving one way of being behind you. A sudden opening of door to new insights and life changes. Unavoidable change for the better almost thrust upon you. Things turning upside down overnight. Dramatic and necessary reshaping of your life.
	(39) - **Sharpen Your Focus** A time for refining and focusing. Don't be distracted by what is going on around you. Be prepared to let go of what is not top priority. Get fully present and bring all your awareness to the task in hand. Ask where you are diluting your energy. This is a good time for cancelling memberships, relinquishing time-consuming duties and clearing out clutter.
	(40) - **Speak Your Truth** Don't remain silent for the sake of compromise. Align heart and voice before speaking to others. Discern between simply unloading opinions and grievances onto others and speaking from a deep place. Never hold back when you have a deeper knowing in your heart. But only speak of things that you really know not of things you only have second-hand knowledge of.
	(41) - **Star Awakening** You are able to see much more with eyes of truth. Things are beginning to click into place in your life. You can see the interconnectedness of things with great clarity. You are experiencing an awakening right now. Many things that seemed unclear have suddenly opened for you on a deeper level. You are much better equipped to navigate challenges and difficulties.
	(42) - **Stargate** There is something opening for you on a deeper level. Tune in to this – be receptive and respond in whatever way is appropriate. You may find that one moment you are in one space or state, and the next it's as if you are transported to a completely different space. This could be either very subtle, or very obvious. As if a coin is being flipped around. Parallel realities.

	(43) - **Staying Present** Resist the urge to start making a story out of this situation. Don't let your thoughts start to dredge up the past or escape to a non-existent future. Be still in exactly what is right now. Drop beneath the brain noise by going out into nature. Your ability to remain in the present moment will allow you to make clear decisions based on truth.
	(44) - **Step Out of Your Comfort Zone** Pressure is on you to take the next step. Take a course of action that makes you feel afraid or uncomfortable. Break the old patterns and move into the new. Dare to stretch and broaden your horizons. Do the unexpected in this situation. Explore exactly the issue your mind is trying to talk you out of right now. Choose something you are closed to and take a step to make it happen.
	(45)- **Sunset – End of a Cycle** It's time for something to naturally come to an end in your life. Gracefully relinquish and let go of whatever has run its course. Be honest - what person or situation is it time to release with love today? Thank them for what you have learned from the experience. Make way for the new in your life. Time to tidy up loose ends and do a clearing, either physical or energetic.
	(46) - **Synthesis** This is a time for all the parts to come together to form a new whole. You are gaining insights into how everything plays a part in the bigger picture. A weaving together of all the seemingly unrelated elements of the situation to reveal a solution. A time of calmness after difficult times where things start to make sense to you. And seeing that ultimately you aren't in control.
	(47) - **Take Complete Responsibility** Everything is a reflection of you – a reflection of what is in your innermost. The sum of what you are being is expressed outwardly in your world. Begin now by responding only to what is true and taking responsibility for every word, action, thought and emotion. Always take a deep breath before reacting with anger and blame.
	(48) - **The Cosmic Web** Remember that you are connected to all sentient beings on this planet. Don't be detached. Never think that you have to go it alone. Always ask and reach out for help. At the same time freely give of yourself to others in the same situation. There is no lack of resources. And don't restrict yourself to being physically present...community can happen through the ether too.

	(49) - **The Tide is Turning** A great sense of things easing after a period of great pressure. An opening and expansion of what seemed to be closed and restricted. An unexpected turn of events in your life. After a brief lull you will feel momentum gathering as things start to move out of a stalemate. Something is returning to you that you thought was gone. This too shall pass in a world of transience.
	(50) - **Thy Will Be Done** Humility is key. Remember that you are an extension of God's love. A spaceholder for the Divine to move and express itself through. Deep surrender will allow the truth to speak through you without you having to work it all out. Put spiritual arrogance to one side and respond the voice of spirit. Your needs and desires do not take first place. Stay with the love.
	(51) - **Total Surrender** No more holding on. Total surrender to what is will let you drop deep into the truth. Letting go of the heavy burdens you've been holding onto. Letting go of the stories you've been wanting to be true. Become light and transparent. Return to your natural state of being. Don't try to force a specific outcome. Let yourself be guided.
	(52)- **Transformation** There is a change of form of some aspect of your life. This transformation could be very uncomfortable as you are being asked to release something you have been very attached to and identified with. Graciously flowing with this change will ease it for you. Be ready to adapt, be open and receptive. Know that this is all bringing great growth even if you can't see it now.