



engi

This **engi** journal
belongs to _____

Start date _____

engi cards can be a first step toward
being able to master your mind and help you
reveal your unlimited potential in a tangible way.



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Journalling with engi

Writing a journal is a therapeutic way of capturing thoughts and insights, which often spring to mind but are rarely recorded. Journalling can be as simple as writing a few words and, when combined with insights revealed using **engi** cards, it can be a powerful journey of discovery.

When journalling, remember you can write, draw or even use your journal like a scrapbook, inserting cuttings or even pressed flowers, i.e. whatever is meaningful to you. Whilst technology can be seen as a great leap forward, the act of sitting and writing by hand uses different parts of the brain and helps you connect in a deeper way with your thoughts and observations.

Whether you keep a daily, weekly or occasional journal does not matter, just remember to put a date on the page, so you can reflect back over time. However you use your journal is entirely personal and we wish you great joy as you embark on your **engi** journalling journey.

For more on journalling with **engi**, please visit our website - **www.engicards.co.uk**

Beautiful pictures, which provoke thoughtful messages and insights. Kate S.

Example page

Journal Entry: Monday, 1st August 2016

Today's cards: Reflections, Pottery, Come Closer.



*I can't believe I had the pottery card again,
feels like the universe is telling me something!*

*I used to love doing pottery, maybe I'll see if
there are any classes I could go to locally -
I need some more creativity in my life!*



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Ways to use your engi cards

Using your **engi** cards is as individual as you are and there is no right or wrong way to use them. However, here's a few ideas to get you started. After shuffling the pack, hold an intention in your mind or a thought for which you would like to have some insight. Spread the cards out or just randomly pick three cards from the pack and lay them out in front of you.



PAST



PRESENT



FUTURE

A simple idea is to imagine that they represent time, so the first card is past, middle present and third card is future (you can also use five cards in a similar way). They are not fortune-telling cards, it's a way of tapping into what's already in your mind and helping you clarify your thoughts, think of it as a tool.

When you look at the cards, do they trigger any memories or bring up any thoughts? Can you relate it to the question you had in your mind? It doesn't matter if they don't, just enjoy looking at them and contemplating.



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Alternative ways to using
PAST • PRESENT • FUTURE as a concept,
could be thinking of the cards as an opportunity to
REVIEW • REFLECT • RENEW

Review – look back at your past tendencies, do you see a pattern of behaviour, way of reacting to situations or continually attracting the same type of problem, situation or person?

Reflect – what impact does this have on you, your life situation, your happiness or well-being?

Renew – what new determination, action, direction or attitude will you take to move your life toward greater happiness, fulfilment & empowerment.

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www.engicards.co.uk

Sitting quietly in the 'Home' Kitchen, just turning cards by myself, I found myself with two young people sitting down with me, engaging in conversation, sharing emotion with peers as well as staff, without having to force the issues. Children's Home worker

I have used my engi cards for a few groups now as an icebreaker and people love them! Can be used in so many ways. Lesley G.



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52-card/icebreaker Layout

Another alternative way to use the **engi** cards is to lay them all out in rows in front of you, e.g. four rows of 13 and then turn one over at a time, as you contemplate or look to gain insight. Or, you could do the same thing and use them as an icebreaker, if you are in a group and each person picks a card and says a few words about what pops into their mind.



Use engi with someone else or in a group

Another great way to use your **engi** cards is with another person. Doing a regular **engi** reading with someone close to you can be extra-beneficial and give even deeper insights as you can discuss and share thoughts together.

There are myriad ways to enjoy these cards, and whichever way you choose or develop for yourself, we hope you enjoy using the **engi** cards.

For more ways to use your **engi** cards, visit our website -

www.engicards.co.uk