



**ENLIGHTENED**  
**SPIRIT ORACLE**  
— GUIDE BOOK —

Rev. Jennifer Matteo-Holtz B.Msc, C.Ht.

*Enlightened Spirit Oracle*



**Rev. Jennifer Matteo-Holtz, B.Msc, C.Ht.  
&  
Hallie Holtz Illustrator**

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## ETERNAL GRATITUDE

**My heart is full with loving appreciation for my daughter Hallie Holtz.**

**Thank you for helping make my dreams a reality.**

**You are truly a skilled artist.**

**In Loving Gratitude to my Magnificent Husband Martin Holtz, Sydney Holtz, & Brylee Holtz.**

**Joy fills my heart with eternal love for my oldest daughter and her family**

**Machon Halbe, Brad Halbe, Jayson Halbe and Aubery Halbe.**

**I am forever grateful to the Lord God Almighty for this opportunity, and all of life's gifts of glory. I am grateful for all the love, abundance, health, wealth, and joy circulating in my life today and forever!**

**Thank You for lifting us up on high, Lord.**

**“Divine Love as me blesses all that I am,  
all that I have, and all that I circulate.**

**Amen, Amen, Amen.”**

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## Preparing Your New Deck of Cards

After opening your new card deck, it is important to bless your cards with deliberate intentions of love and connection. Touch each card and fan them out, hold them to your heart and give your deck a name. Choose any name that feels good to you, and remember this name forever as it is very important. This name will now bind the deck to work for your personal heart's vibrational energy. Much like when you love and own a beloved pet, you must name pets, children and even items in spiritual law. All that you name now works for your highest good.

This is why sailboats, ships and even sports cars are always named for good luck. It binds the energy to work for your success.

Once you have chosen the name of your deck, you should bless the deck by giving a declaration of thanks and praise. A prayer of Intention before it is ever used for Divination, Inspiration or Guidance.

“Universal Source I ask that I be connected to the highest positive power of clarity: knowing, feeling, hearing, seeing, and being. The message of your divine light energy meant for me and others to be guided here by your infinite wisdom and grace.”

“Amen, Amen, Amen” or “OM, OM, OM” or

“Sat Nam, Sat Nam, Sat Nam.”

## **Should Other People Touch Your Deck**

Every person holds energy. Other people's energy could affect your deck and future readings. If you give a card reading to others you may ask for them to draw their own cards or you can draw the cards for them whichever you feel is best. However, if other people do touch your deck, it is very important to clear the deck between readings by saging or crystal clearing the deck. You can do this by burning Palo Santo or White Sage and running the deck through the smoke for four passes, or you can place a clear quartz crystal gem stone on top of the deck. This will draw out lower energies from the deck, perhaps derived during shipping and handling.

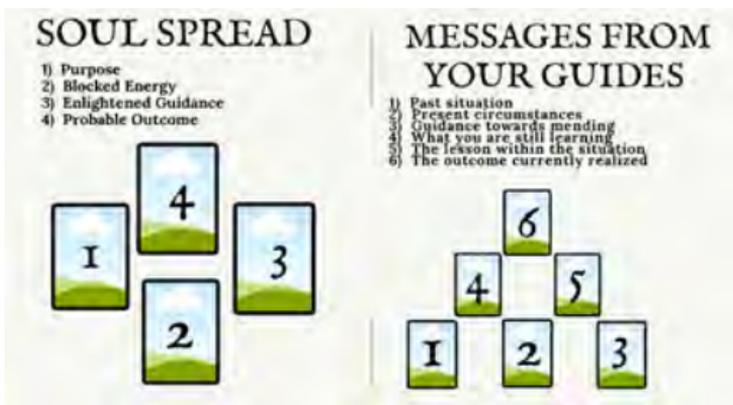
## **Instructions for Operating** *Enlightened Spirit Oracle Cards*

**Enlightened inspirational cards are best used intuitively**

1. **Relax and center yourself:** I like to light a candle and burn incense or Palo Santo. Allow your eyes to close softly and take in three nice deep breaths holding at the top for the count of three and exhaling slowly and deeply through your mouth. Imagine or visualize divine white light being breathed into the top of your head and down into the center of your body, resting in your heart. Experience the loving light energy illuminating and expanding to every cell in your body, creating a cocoon of safety and enlightened protection as you now connect with your higher self, your soul's subconscious intuitive energy.
2. **Feel the deck of cards in your hands:** Begin to recognize each card as its own entity and shuffle the deck with care. Loosely allow the cards to flow from one hand to the next and find its place in the correct location for the card's energy and your energy to be linked with the personal power of intention.
3. **Say a prayer, blessing or set power of intention:** Mentally ask the Universal Source, your spirit guides and loved ones in the Spirit Realm to assist you in the divination. You will soon develop your own preference for spiritual connection and enlightened intuition when working with the cards.
4. **State your questions:** For example, "Please show me anything I need to know that would lead me to the highest vibrations of Inspiration and Enlightenment in my life now."

5. Spread the deck out in front of you: Allow your Intuition to stop your hand due to the feeling of the card below your sensitive fingers. Perhaps you feel heat, cold, vibration, sounds, smells or a knowing to stop and choose that card. Trust your instincts. Don't worry, you can not make a mistake choosing a card for your reading. Just calm your mind, breath slowly and soft, and enjoy the process.
  
6. Laying out the cards: Your intuition will guide you as to how many cards you must lay out. You will experience the instructions either by feeling a sense, hearing, seeing, or a deep knowing where to lay them out and in what pattern.
  
7. Look at the card's story: Each card spread tells a story. Look at them individually and as a whole. Recognize how each card relates to each other and together as a story.
  
8. Notice any "jumping" cards: While you are shuffling the deck if a card happens to jump out of the deck, pay very close attention to this card. It is a sign from your guides, guardians, and angels to enlighten your path further. This card will play a special role in your reading as an amplifier. Place it off to the side to keep the importance of the card in your heart and mind.

## ENLIGHTENED CARD SPREADS

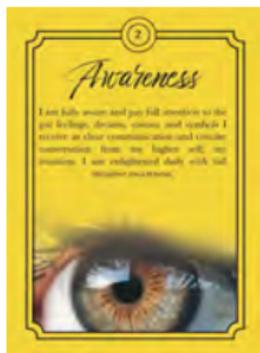


Simple Spiritual Spread. Pull one card a day for daily enlightenment.

## PRINCIPLES



**#1 ABUNDANCE:** “The Universe provides me abundantly with large sums of money, health, and happiness. I live an abundant life now! I am open and receptive to all that life has to offer me now.” See all the BIG and small abundance in your world and it will automatically amplify. Even a penny is a blessing. *The Principle of Abundance: Sufficient resources exist to accomplish anything you want to accomplish.* Recognize where your energy, intention and focus is stationed in your thoughts minute by minute. Is your focus on lack in life or luck and wealth? Understand that which you focus on amplifies in life. Ask yourself: How can I focus on all the abundance in my life today to create more growth of abundance for me tomorrow?

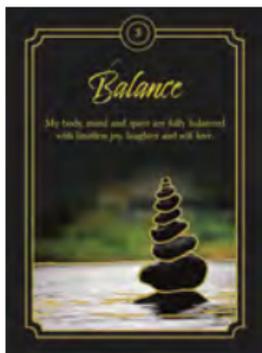


**#2) AWARENESS:** “I am fully aware and pay full attention to the gut feelings, dreams, visions, and symbols I receive as clear communication and concise conversation from my higher self, my intuition. I am enlightened daily with full intuitive awareness.” My own personal power phrase:

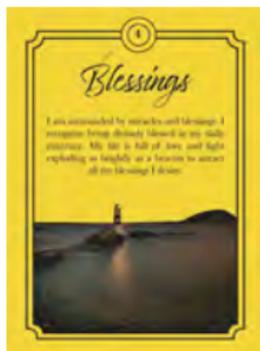
*“You must know yourself to grow yourself.” Jennifer Matteo-Holtz C.Ht..*

In order to achieve self awareness and strengthen your intuition, you must accept who you are and take the steps to achieve self awareness and personal growth by bringing your awareness inward regularly through meditation and self hypnosis. This exercise will ultimately create a greater awareness in your outward world.

*The Principle of Awareness: The illusion of separateness, such as the illusion of death and perceived limitations, is the awareness that all energy has vitality and strength necessary for growth and fruition.*



**#3 BALANCE:** “My body, mind and spirit are fully balanced with limitless joy, laughter and self love.” Achieving balance is an inner feeling and all feelings start with a belief. If you continue to perpetuate the thought you are not in balance in your life and body, you will always be chasing the balance you believe you lack. Stop still, breathe deeply three times, close your eyes and see the word *BALANCE* in your mind. Invision the balance as it becomes a color or a sound, feel the sensation of coolness and allow your personal balance to be in your body, heart and mind. Know that by simply doing this exercise of free will, you are now the owner of your balance. After all, you have had it this whole time, you just needed to recognize it was there. *The Principle of Balance: The experience of love and peace by maintaining harmony in thoughts, emotions and actions.*



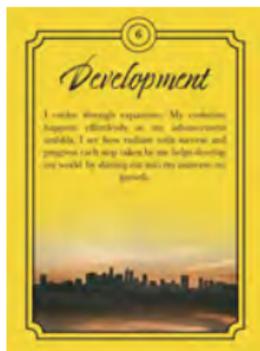
**#4 BLESSINGS:** "I am surrounded by miracles and blessings. I recognize being divinely blessed in my daily existence. My life is full of love and light exploding brightly as a beacon to attract all the blessing I desire." It is known that those that bless others are blessed themselves. So bless your work and it will increase the miracles you perform daily. Bless others often and bless all that you do. Your miracles can be big or small; recognize them all with a simple "Thank you." Thanking the Almighty Creator for your blessings will automatically increase the flow of more miracles in your daily life. Attitudes of gratitude bring more for you to celebrate in life.

***The Principle of Blessings:** Decrements of free will are blessings in the form of thoughts, prayers or actions directed through intention for divine energy love correction. The most powerful universal energy vibration directed towards the intended for the purpose of dissolution of lower vibrations for the outcome of harmony.*



#5 CELEBRATION: “I enjoy glorification of the big and small accomplishments in life. I feel powerful when I celebrate all the fruits of my labor. When I am dynamic and proclaim bliss, others follow my lead and the Universe responds with more to celebrate.” *Celebrate every smile, accomplishment, person and place. If they are a challenge in your life, understand the lesson involved in the challenge to evolve and grow. This way you can celebrate the lesson learned with pride and peace in your heart.*

The Principle of Limitless Expression: *Everything is a limited expression of a much larger version of itself. Choose to celebrate this expression of learning, love and joy and it will be felt by you and experienced by all around you dramatically.*



**#6 DEVELOPMENT:** “I evolve through expansion. My evolution happens effortlessly as my advancement unfolds. I see how radiant with success and progress each step taken by me helps develop my world by shining out into my universe my growth.” Your development is endless just like your spirit. Nothing ever stays the same. You can choose to experience every person, place and situation as a lesson to develop your soul and evolve endlessly.

***The Principle of Growth:*** *This exists to ensure that everything in the universe always grows and develops.* The principle of Growth is the development all souls are here in the 3D world to experience for soul evolution. Many struggle thinking that this is complicated and something unattainable. The reality is true personal growth and development is always available to you no matter what because of the principle of Growth. It is simply up to you how you chose to grow. Knowing this can help you let go and develop with ease and grace.

# The Enlightened Spirit Oracle Contains True Illuminated Understanding of Divine Higher Mind Consciousness.

Unique Universal Divination System that brings your psychic sense forward with soft whispers to your subconscious spirit, revealing powerful and provoking real human experiences that we all may encounter within ourselves or in the real world. A deep exploration of the forever forces of Universal Laws, Divine Principles, Astrology, Tantric Chakras, Yoga and Earth Energy Elements. Relatable and understandable information of enlightened and inspired messages to illuminate any situation for the highest good of all.



Rev. Jennifer Matteo-Holtz B.Msc, C.Ht. is a world renowned Professional Psychic Medium, Certified Clinical Hypnotherapist, N.L.P. Specialist and Ordained Minister of Metaphysical Science Ministries. She is the founder of Enlightened Hypnotherapy & Guidance LLC offering advisory services around the world virtually and speaking to groups with her trademark transpersonal subconscious soul shift process called "Enlightened Energy Evolution<sup>®</sup>" The 3-E<sup>®</sup> soul shift needed to get out of lower 3D life consciousness. Enabling higher mind awareness, self mastery, amazing manifestation and magnetic materialization to flow into life with ease and grace. When she is not giving intuitive guidance sessions, counseling clients, writing books and recording hypnotherapeutic MP3s, she is enjoying family time in the great outdoors of magnificent Minnesota, USA.

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