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Intuitive Strategies Coach Shares Tools for 21st Century Living and Thriving

Self-Sustainability is the New Success – an inspired, evolved way of life. In his new Oracle, *Sustain Yourself Cards & Handbook to Live Well and Live Long*, renowned author, coach, and futurist James Wanless, Ph.D., explores the power of intuition and creativity to sustain ourselves - to shape lives of meaning and fulfillment in the demanding and ever-changing modern world.

Sustainable life means living well and living long. To do this requires living whole — which means to stay healthy, be happy, grow wise, have sufficient material wealth, be creative, adaptable and resilient, preserve the earth, contribute to community and social harmony — all in a conscious and balanced way. Moreover, personal sustainability — living an enduring quality-of-life — has become uppermost in our lives because of the mushrooming demands and volatile conditions of the 21st century.

Guided by the 101 colorful photomontage cards sorted into five domains - Elemental, Mineral, Plant, Animal, and Human - working with the Oracle provides the opportunity to tap deeply into our intuitive knowing to "re" ourselves and our lives - Re-charge, Re-store, Re- start, Re-new.

"Apotheosis is what we're talking about here", said Wanless, expanding on the ideas in the Handbook. "Sustainability is attained by the spiritual understanding of life as the process of apotheosis — hearing the call of divine mission, our 'raison d'etre', and responding with all our being to achieve our highest spiritual destiny."

"The cards are a modern Oracle for hearing that call and responding fully from our intuitive wisdom and our best self. Only when we are authentic can we embody and manifest our unique genius and fullest self-expression. By extolling the value of our own individuality, individuation, self-realization and self-actualization, we give ourselves the best chance for optimum living by authoring our lives our own way."

Tarot Media Company President Anastasia Haysler concurred. "We are living in a time of more and faster transition than at any point in human history. The external chaos and uncertainty affect us internally - emotionally and psychologically - which affect our ability to focus and create ourselves, our lives, and our communities. The Sustain Yourself Cards and Handbook provide a useful map to help us get our feet back under ourselves so we can walk our life paths with awareness and confidence, living authentic lives and creating a sustainable world, internally and externally."

The set comes complete with 101 colorful and rich photomontage Nature Cards, and the Handbook for applying universal eco-principles to live Whole – how to be Happy, Healthy, Wealthy and Wise. The book contains Interpretations of the individual cards, as well as readings and strategies for playing the “game of life” to cultivate your Sustain-Abilities.

Sustain Yourself Cards & Handbook to Live Well and Live Long by James Wanless, Ph.D., is available at TarotMediaCompany.com.

About James Wanless, Ph.D:

Dr. Wanless is the creator of *Voyager Tarot: Intuition Cards for the 21st Century*. His books include *Way of the Great Oracle*, *Strategic Intuition for the 21st Century*, *Intuition@Work*, *New Age Tarot*, and *Wheel of Tarot: a New Revolution*. His columns appear in alternative newspapers nationwide.

About Tarot Media Company:

Tarot Media Company provides mainstream distribution and publication of works by Tarot authors, artists, and scholars. Anastasia Haysler is a Tarot reader, teacher, host of the Tarot Pathways podcast and founder of Tarot Media Company.

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