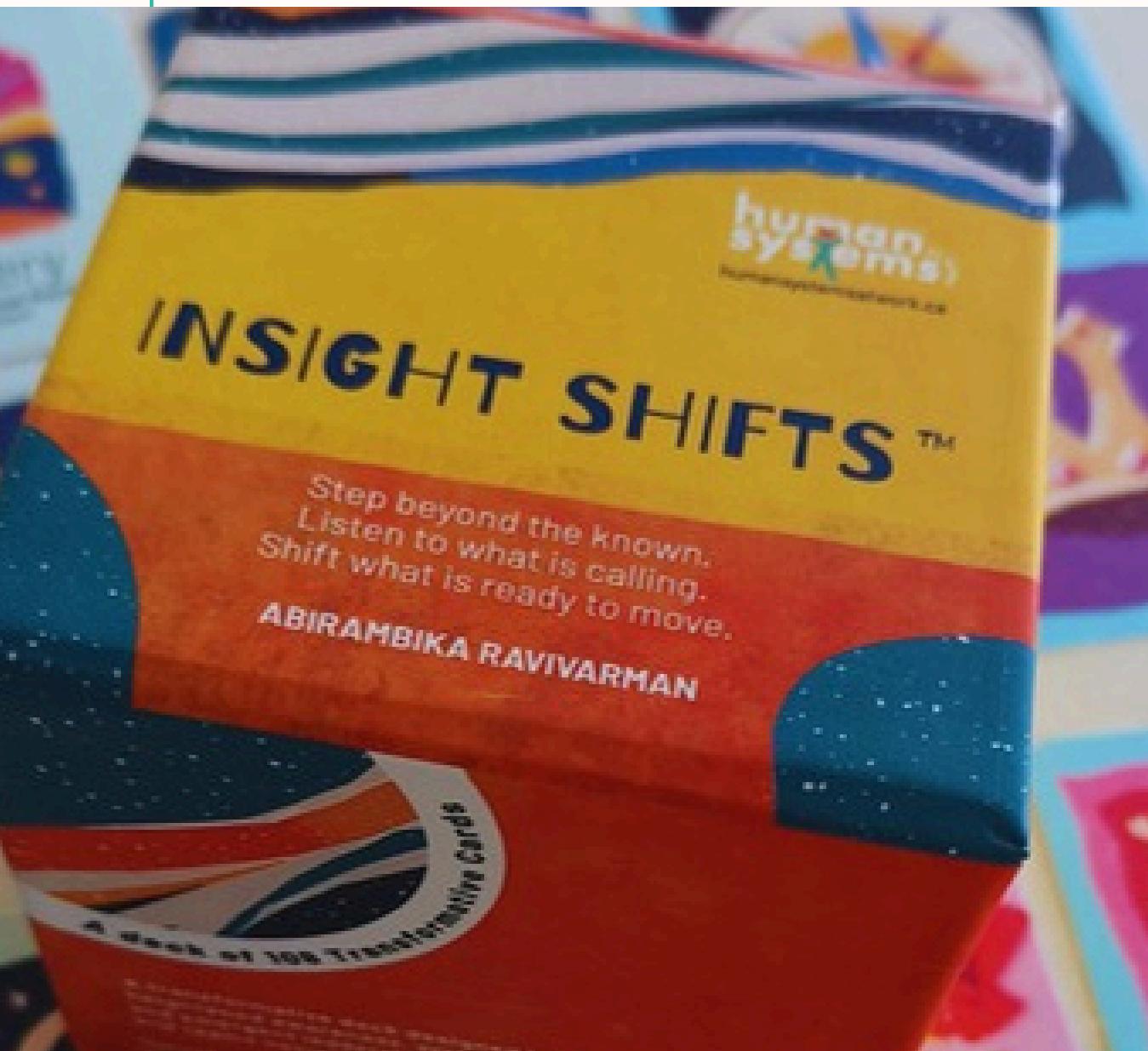


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## USING YOUR INSIGHT SHIFTS™ CARDS

A PRACTICAL GUIDE



# Hi. I'm Abi!

HUMAN-CENTRIC SYSTEMS LEADERSHIP COACH

Over years of working with leaders and teams, I've witnessed how much wisdom quietly exists within systems. Often, the signals are subtle – a pattern, a tension, a silence and easy to miss when we're focused on what we already know.

The Insight Shifts™ deck was born from these experiences. I wanted a way for these insights to surface more easily, whether you're reflecting on your own, working with a client, or exploring possibilities with a team. Each card is designed to help you pause, notice what's emerging, and create space for reflection, dialogue, and small, meaningful shifts.

This deck brings practices I've used in coaching into a tangible form anyone can use. When we take the time to listen beyond the obvious, new pathways and perspectives open up often in surprising and valuable ways.



I hope you enjoy exploring and using this deck as much as I have, and that it brings insight, reflection, and small shifts to your work and life.

With gratitude,

*Abi Ravivarma*

# The Cards

## SEE - SENSE - SHIFT



Your Insight Shifts™ deck contains 108 cards, divided into three complementary sets of 36, each designed to guide reflection, sensing, and noticing shifts in yourself, your team, or your system.



### 36 Seeing Cards

- Unlock hidden patterns and ask catalytic questions.
- Minimal cues to help you notice subtle system signals and your own embodied knowing.



### 36 Symbol Cards

- Tap into archetypal intelligence and symbolic meaning.
- Visual prompts that spark reflection, interpretation, and new ways of seeing situations.



### 36 Sensing Cards

- Engage embodied wisdom and emergent shifts.
- Prompts to notice patterns, perspectives, and subtle signals in yourself, your team, or the system.



# The Cards

## HOW TO USE?



### ✓ Begin with Intention

Pause for a moment. What is the question, tension, or shift you're exploring? Set your focus or goal, even if it's just noticing what's happening around you. Intentionality helps the deck speak to the space you want to explore.

### ✓ Draw Three Cards

- Pick one Seeing card and one Symbol card face down, and one Sensing card face up or all three face down.
- Take your time with each card. Read or look at it slowly. Notice what pops up in your thoughts, feelings, or body.
- Pause, and then notice again. Often, deeper insights emerge on this second reflection.

### ✓ Sense Beyond the Obvious

- Look across the three cards together. How do they connect?
- What patterns, tensions, or silences are emerging?
- What story or shift is the system—or your situation—revealing?
- Observe without judgment. The deck invites curiosity and exploration, not “right answers.”

### ✓ Move into Action

- What insight wants to move now?
- What small experiment, conversation, or shift in approach could you try?
- Let the cards guide your next steps, while staying open to emerging patterns or changes over time.



# Using The Cards

## WHO CAN USE?

The **Insight Shifts™** cards are a practical companion for anyone seeking to understand what's really happening beneath the surface. For individuals, they invite reflection and clarity in moments of uncertainty. For coaches and facilitators, they support clients in surfacing hidden patterns and expanding perspectives. For teams, they spark dialogue, uncover collective insights, and help groups sense emerging opportunities or challenges together.



Spark deep conversations



Expand awareness across self to system



Navigate uncertainty with clarity



Tap into intuitive intelligence



Shift from reacting to co-creating

### FOR SELF OR ONE-TO-ONE COACHING

Use the cards to explore a question, tension, or situation that matters right now. Draw a card from each set and notice what comes up on the first pass, then pause and observe what appears on the second pass. This helps you surface hidden perspectives, patterns, and insights that are often overlooked. By really listening –to yourself, your thoughts, and the system you can gain clarity and a fresh view of the situation or decision at hand.

### FOR GROUPS OR TEAMS

In a group or team setting, the cards help bring multiple voices and perspectives into the conversation. Each participant draws cards and shares what they notice on the first and second pass, creating space for both divergent and convergent thinking. This practice surfaces patterns, tensions, and emerging shifts in the group or system, sparking dialogue that deepens understanding and reveals possibilities for collaborative action.

# A Note

## FOR COACHES, FACILITATORS & LEADERS

These cards create openings. When you introduce one, you invite the group into a new layer of awareness—of themselves, of one another, and of the system they’re part of. Your superpower would be in helping people notice what they usually step over and subtly brings that forward.

### THE MAGIC LIVES IN THE THREE!

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When the Seeing, Sensing, and Symbol cards come together, they rarely align in a neat, linear way – and that’s the point. The space between them and the interplay is where deeper intelligence stirs. This is where people move beyond what they already know, into a field where insight doesn’t arrive through logic but emerges through connection, contrast, and gentle surprise.

### PLAY WITH IT!

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While the cards offer structure and prompts, your own intuition is what guides the journey. Feel free to get creative with your ways of using them as there are endless possibilities with it.





## JOIN THE COMMUNITY OF PRACTICE

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I am excited to soon host a space for sharing experiences, exploring new ways to use the **Insight Shifts™** deck, and learning from one another. In this upcoming community of practice, you'll have the opportunity to join live sessions, discuss your reflections, exchange tips, and see how others are integrating the cards into their work or personal practice.

It will be a collaborative space to notice patterns, share insights, and spark new ideas together. Keep an eye out for updates



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### I WOULD LOVE TO HEAR FROM YOU

How these cards land in your world matters deeply to me. If you feel called, please share with me how you're using them or experiencing them or anything that emerged along the way.

*Abinavika Ravivarma*