

THE MODERN NIRVANA ORACLE



A COLLABORATION BETWEEN
MODERN NIRVANA AND AMENTI ORACLE

JENNIFER SODINI, KAT GRAHAM, BRYANT WOOD, AND FRANK ELARIDI

ILLUSTRATIONS BY NATALEE MILLER

OVERVIEW

About Our Oracle Deck

Modern Nirvana and Amenti Oracle have joined forces to create the Modern Nirvana oracle, as a tool of self-inquiry, and empowerment through life's transitions.

Navigating love, loss, levity and the seasons of the human experience has become increasingly more challenging, especially in today's times.

The collaborative vision of Jennifer Sodini, Kat Graham, Frank Elaridi and Bryant Wood, that exists within the Modern Nirvana oracle deck has been designed to assist its readers to seek empowerment even through the gradients of transition.

Using grace, and open-heartedness, this deck opens the mind and spirit to new realms of perspective. With an aesthetic inspired by esoterica and high-fashion 80's Vogue, the work is a sensory experience for the heart and imagination.

Attaining Nirvana, from an esoteric point of view is the liberation of the spirit from the cycles of suffering and karma. Through the use of feather-hearted guidance, and striking art by Natalee Miller, this transformational tool will allow new worlds to emerge through a deeper connection to the divine power that exists within us all.



VISION BOARD

Driven by Natalee Miller's captivating artwork, the Modern Nirvana x Amenti Oracle deck will inspire feelings of an ancient future, and modern past. "Esoteric, but make it Vogue."

ABOUT THE CREATORS

JENNIFER SODINI
AUTHOR, CREATIVE ENTREPRENEUR



BIO

Jennifer Sodini is an author, public speaker, and the founder of the conscious media platform Evolve and Ascend. Through her travels and research she has visited some of the world's most sacred esoteric places, including Egypt, Nepal, Tibet, and Bhutan.

A lifelong student of the occult, she now shares her knowledge through a wide variety of endeavors, including her best-selling, internationally published oracle card deck (in partnership with Natalee Miller), *Amenti Oracle: Feather Heart Deck and Guidebook*, and her podcast Radio Amenti. She is also a member of the Rolling Stone Culture Council.

ABOUT THE CREATORS

KAT GRAHAM
ACTRESS, SINGER, DANCER



BIO

Kat Graham is an actress, singer, dancer and producer. Working across a variety of genres in film, television and music, she is one of most accomplished and versatile young talents working today. Graham was recently seen in the 70s period crime thriller "The Poison Rose" opposite Morgan Freeman and John Travolta. Graham plays Freeman's daughter, a club owner and singer suspected of murder, while Travolta plays a hard-drinking L.A. private eye who takes the case. Previously she starred in Netflix's "How It Ends" as Samantha. The film, follows a man (Theo James) and his estranged father-in-law's (Forest Whitaker) desperate race to save his pregnant wife, Samantha, after a mysterious apocalypse. Graham made history lending her voice to Nickelodeon's animated television show, "Rise of the Teenage Mutant Ninja Turtles" as the first African-American April O'Neil. Graham can be seen as the female lead in RZA's "Cut Throat City" starring Ethan Hawke, Wesley Snipes, Terrence Howard, and Eiza Gonzalez.

Born in Geneva, Switzerland, Graham is a strong advocate for human rights. Her PSA short film for Black Lives Matter landed her an Emmy nomination for best PSA short. Graham is particularly passionate about the plight of refugees worldwide. As such, Graham became a GoodWill Ambassador for the UNHCR (United Nations High Commissioner of Refugees) in 2020. In 2019, she also became a Goodwill Ambassador for Rotary International, another organization providing key support and services on the global stage. In addition to her work with refugees, Graham is a council member for GLAAD (Gay & Lesbian Alliance Against Defamation), Governor for the Recording Academy's Atlanta Chapter, as well as co-founder of the Modern Nirvana Wellness Group.

ABOUT THE CREATORS

BRYANT WOOD
*PUBLIC SPEAKER AND BREATHWORK
MASTER*



Bryant Wood is an inspirational speaker, master breathwork instructor for Pranashama Shamanic Yoga Institute, and certified NLP practitioner. Former model/body builder turned yogi, Bryant leads workshops and retreats around the world, teaching people the importance of body, breath, and mind awareness. He is a part of Dream Day a concert for 40,000 refugees in Jordan to build an art and music program in their refugee camp. He is currently launching a global plant based initiative, educating people on the benefits of a plant based lifestyle. He recently appeared on an episode of Netflix's *The Circle*.

Bryant has continuously shown that he is dedicated to charity work and giving back. Recent examples of this include; A trip to Antigua with The Krim Group and the UN where they put on a concert raising awareness surrounding the dangers of single use plastic, producing a documentary for Hollywood FoodCo, and a house building expedition to Columbia where he worked on building 30 homes for the underprivileged with WeJourney and Techo. One of his hobbies is creating conscious content to unify this world through diversity, and using social media as a force for good.

ABOUT THE CREATORS

FRANK ELARIDI
*JOURNALIST, BIOHACKING EXPERT
AND SPIRITUAL YOUTUBER*



Covering everything from Syrian refugee camps to the Academy Awards, Frank Elaridi is a 4-time Emmy-Award-Winning Journalist working mostly for ABC Network News and EXTRA TV. He can also be seen on Good Morning America and ABC's digital platforms, most notably giving viewers a backstage look into Dancing With The Stars. Frank wanted a place to tell the stories that he couldn't tell on TV, so he created a YouTube channel with a focus on spirituality, as well as the best and latest treatments in health.

Now called Modern Nirvana, the Youtube channel covers everything from people who have tapped into their pineal gland and can still see while completely blindfolded to the "real-life Thor" taking a DNA test. There you'll also find his journey with plant medicine (ayahuasca) in Costa Rica, stem cell surgery to treat a shoulder injury and incredible videos of people around the world who have opened their third eyes!

THE POWER OF OUR NETWORKS

YouTube

Modern Nirvana:
135,000 subscribers
32 million views

Evolve and Ascend:
6k subscribers

Facebook

Kat: *2.2 million*
Bryant: *135k*
Jennifer: *42k*
Evolve and Ascend: *660k*

Instagram

Kat: *6.4 million*
Bryant: *573k*
Frank: *12.6k*
Jennifer: *22k*
Modern Nirvana: *6.5k*
Amenti Oracle: *9k*
Evolve and Ascend: *51.7k*

Twitter

Kat: *2 million followers*
Bryant: *55,400 followers*
Jennifer: *9k followers*

COMPETING TITLES

The Wild Unknown by **Kim Krans**, ISBN: 0062466593, 2016

Mystic Mondays by **Grace Duong**, ISBN: 1452176388, 2018

Amenti Oracle by **Jennifer Sodini**, ISBN: 0762493461, 2019

Isis Oracle by **Alana Fairchild**, ISBN: 0738742864, 2014

A Yogic Path by **Sahara Rose**, ISBN: 1465483705, 2019

Work Your Light Oracle Deck by **Rebecca Campbell**, ISBN: 178180995X, 2018

PROMOTION AND PUBLICITY PLAN

Social Media

Using the power of our social media, we will create weekly content through YouTube, Facebook and Instagram

Press

With in-house PR through Kat's team, we will have access to mainstream press outlets and coverage.

Events

The Modern Nirvana Conference happens every September, where there will be apt opportunity for promotion. As well as various other public speaking events, summits, and opportunities.

Podcast

Radio Amenti Podcast has a strong listenership with thousands of downloads per month. We will support and promote the deck through this podcast, and our Mindpod Network collective of other shows within the niche.

Blogs

Evolve + Ascend's newly overhauled website, and viral social media platform will support the deck with blog content, and articles to support the work.

ENDORSEMENTS



"Modern Nirvana is a passageway into the divinity that is within you. It's a doorway into personal power waiting to be seen and discovered. A sacred return into the heart of love."

- **Shaman Durek, worldwide bestseller of Spirit Hacking**



"Grateful to Modern Nirvana for sharing the power of conscious creation with the world."

- **Deepak Chopra, bestselling author and spiritual teacher**



"We often think that in order to understand the timeless knowledge of mysticism we have to look back into the past, to work long dead masters of previous aeons. Jennifer proves this isn't true with her work -- that this knowledge is alive and thriving now as it ever has been. Regardless of your tradition or practice, you will find something in her teachings that will enrich your journey and understanding."

- **Damien Echols, New York Times-bestselling author of Life After Death**

ENDORSEMENTS



"Jennifer Sodini is one of today's most important voices in practical spirituality-she embraces human complexity and real-world needs, reinterpreting both in light of esoteric and ancient thought. In the post-Covid age, there is no room for platitudes or posturing, and Jennifer's work demolishes both. She is at once blunt and unsparing, convivial and hopeful. I consider hers one of the very few voices on today's alternative spiritual scene that will prove lasting."

- Mitch Horowitz, PEN-award winning author



"Jennifer brings ancient wisdom into the modern world in a way that is deeply reverent and enlightening while being accessible and applicable to life in the twenty-first century. Her Amenti Oracle is a beautiful representation of this gift. Each card opens a world of inquiry into the eternal quest to achieve highest harmony with the Universe. The book that accompanies the deck could easily be read straight through as a primer on spiritual evolution, but Jennifer chose to gift us with a deck of gorgeous cards to lead the way. Natalee Miller's illustrations achieve the same timeless quality Jennifer carries, somehow both of this time and of those that came before."

- Melinda Lee Holm, Tarot Priestess and author of Elemental Power Tarot



"The Amenti Oracle is one of the most inspiring decks I've seen in a long time. The wisdom of these ancient teachings is distilled with so much love and compassion, and Jennifer draws on so many different lineages and traditions to remind us of how interconnected this all is. The principles of Ma'at help us find our own pillars of justice and truth in modern day, and guided by Jennifer we're able to process and embody this wisdom that can help us evolve and cultivate our own feather-light heart..."

- Gabriela Herstik, Author of Inner Witch: A Modern Guide to the Ancient Craft

GUIDEBOOK FORMAT

FOREWORD, INTRODUCTION, ENERGY PRACTICES TO WORK WITH THE DECK

INTRODUCTION

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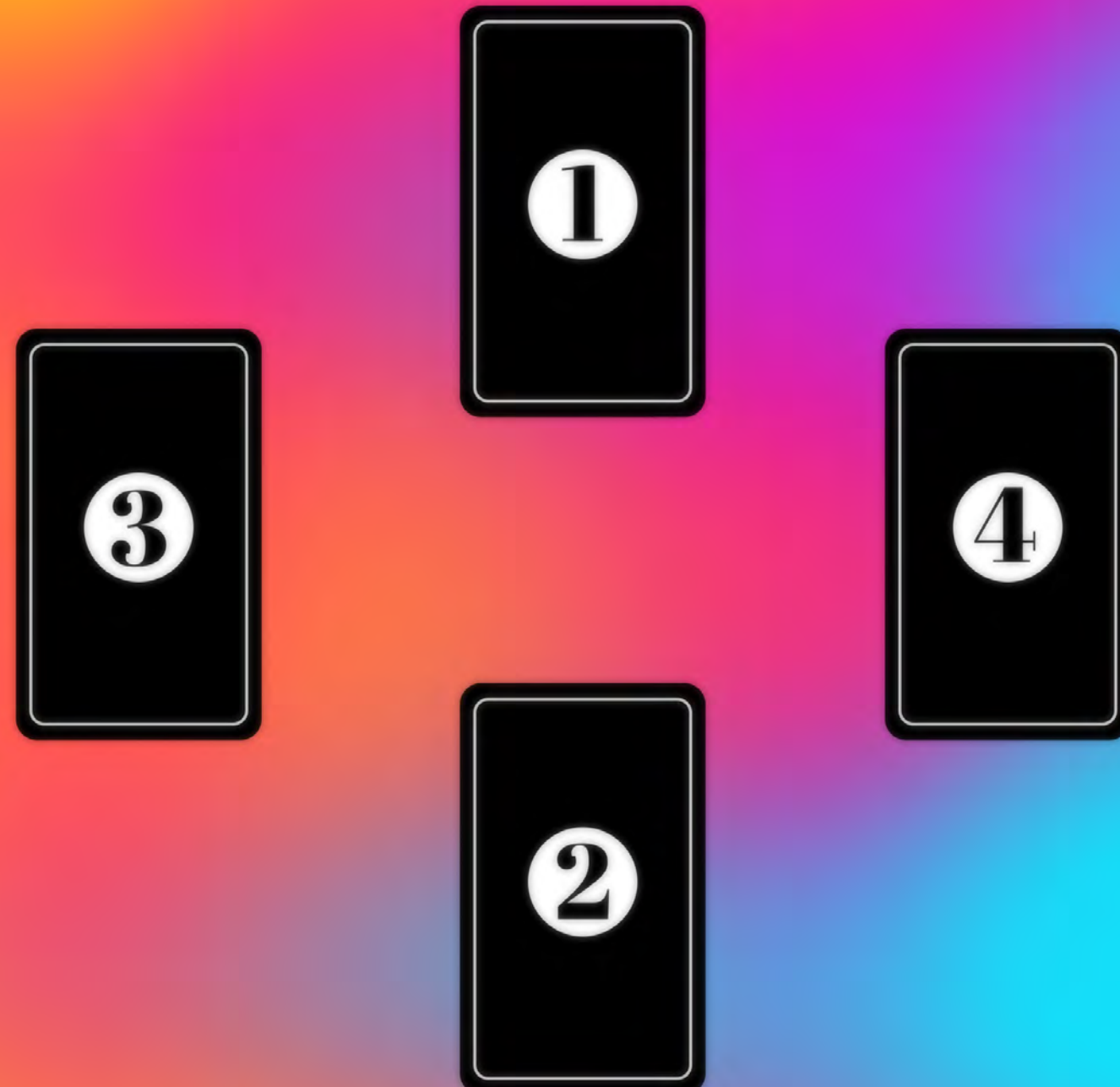
PREPARING YOUR MODERN NIRVANA DECK

- 1. Clear your energy:** Find a quiet space where you can focus your complete attention on the present moment. Sit cross legged, on your knees, or in Sphinx pose, with the deck in front of you. Imagine a bright gold light, taking the shape of a figure 8 between you and the cards, connecting you energetically. Closing your eyes, shift your awareness from the outside world to your own mental, physical, and emotional landscape. Imagine now that the cord of gold light is a grounding tether from your solar plexus going deep into the earth, wrapping around its core, so that you feel firmly supported and connected with your environment. With three expansive breaths, see in your minds eye your body rising above the edge of the universe in a pillar of white light that you bring into your body, and back down through you and into the earth. You are now connected and communicative with your higher self. Time to do the same for your cards.
- 2. Clear the cards:** Sage around or place a charged crystal directly upon the cards. Imagine all karmic forces and past intentions releasing from the deck while calling in grace, ease, and the highest good for yourself. Do this by meditating upon the color of your own energy and, while breathing into your heart, push that color through your hands onto the cards. You can do this while holding the cards in your left hand or by simply laying both hands gently on the deck. Do this until you feel your own energy and the cards energy become one and the same. These cards are an extension of you. The answers these cards provide come from answers that have always been within you.
- 3. Cut the deck/pull cards:** The pharaonic stance is left foot forward; to lead with the heart. In this tradition, pick up the cards with your left hand, shuffle them by gently placing them out of order (do not vegas shuffle your cards- they can capture stray energies or become easily damaged) then place them back in front of you. Cut the deck three times, again with your left hand. Put the deck back together, lay out the cards for the reading you wish to do, and turn them, also with your left hand.

GUIDEBOOK FORMAT

SAMPLE SPREADS

FOUR NOBLE TRUTHS



FOUR NOBLE TRUTHS

- 1 WHAT IS CAUSING ME TO SUFFER IN THE PRESENT MOMENT?
- 2 WHAT IS THE ORIGIN OF THIS FEELING OR ATTACHMENT?
- 3 HOW CAN I LET GO OF THIS THOUGHT PATTERN AND RELEASE MY WORRIES?
- 4 HOW CAN I MOVE FORWARD WITH GRACE ON MY PATH TO FIND MODERN NIRVANA?



**SAMPLE CARD
EXCERPTS**



One



“You learn by reading but understand by LOVE.” - Shams Tabrizi

The concept of Ubuntu, an Nguni Bantu term, is a deep recognition of the interconnectedness of humanity, “I am, because we are” or “humanity towards others” begs us to remember that the nature of our human-ness is inextricably linked.

Oftentimes when we are searching for the answer, we forget how much we already know. Simply by looking within we can remind ourselves of the interconnectivity that we all have with one another.

The connection that we have with nature, our fellow man, ourselves, and everything within consciousness, is one.

Once we connect to consciousness, dropping into absolute harmony, the answers will rise.

Remember your power of being deeply connected and a part of everything and every ONE, and allow the awareness of the answer to arrive.

BREATH

Each moment of the day, you have a sword at your hip called conscious breathing. It's the demon slayer. Any thought created by the mind can be exhaled through the breath. To transition from one state to another, all we have to do is shift our pattern of inhaling and exhaling.

This is true alchemy; learning how to use our internal systems to change our emotions to what feels good. The quality of your decisions are enhanced when you are acting from a whole place. With breath, we have the ability to feel our best even in the darkest of times. If you expand in the situation that scars you and choose to feel your most infinite, you reclaim your power from that experience. We are not only breathing air we are also breathing energy. Your internal state is your external stage, and your breath gives you the chance to design the background from where you operate. Does each moment fill you with love, strength, and wisdom?

If you pulled this card, it is telling you to pay attention to your most intimate form of communication with life: breath. Inhale the adventure and exhale your freedom. Create your world from within. Use this tool to become a master of your reality. The element of wind is with you and is blessing your journey ahead. How are you breathing life today?

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Perception



Perception

PERCEPTION

“O mind, abandon this perception of diversity and realize the unreality of your own independence from the infinite consciousness: this is liberation.”

- Vasistha's Yoga

Imagine yourself walking with a friend and coming across a tree. You might think, *“what a marvelous tree filled with a vast array of colors.”*

Meanwhile your friend comments on its scrawny branches and lackluster shades. The truth is that the tree is neither marvelous nor lackluster, it is perfect in itself and we project our perspectives onto it.

We do this every day with everything. Notice how you may be doing that with your current situation. Whatever difficult transition or situation you are experiencing right now, you can say “I am willing to see this differently” and without using force, see what shifts in perception may occur. Perception is not reality, but rather our projection onto reality. Consider the circumstance you're dealing with right now and recognize you gave it all the meaning that it has. It is the outward projection of your inner thoughts. When we recognize that the thoughts we think and words we say have an effect on our outer world, we can take responsibility for the thoughts we think and become conscious creators.



Resistance



Resistance

RESISTANCE

“Live with cause and leave results to the great law of the universe. Pass each day in peaceful contemplation.” - Zen koan

Chinese finger-puzzles are a gag toy, which “imprisons” an unsuspecting victim’s index fingers inside of a cylindrical object made of woven bamboo. Once trapped, the typical reaction is to attempt to break free from the puzzle by pulling away, and to resist capture by resisting the confines of the object. With every pull in opposition, the grip of the trap only gets tighter, but the paradox of the puzzle is that escape can only be found in surrender.

The action of pushing towards the middle, and moving towards resistance is where liberation may be found.

The puzzle is a dynamic metaphor for how the act of resistance, and/or opposition, can leave us feeling stuck struggling out of a situation that we’ve initially consented to, and we may find usefulness in considering the act of surrender when met with feelings of resistance.

The more we pull away from the confines of the objects that bind us, the tighter they will grip on our ability to expand. The more we struggle for freedom, the more freedom will become a struggle.

Where is resistance coming up in your life? What does liberation feel like to you?

Resolve resistance with solvent thoughts. Move closer to sovereignty by breaking free from the entrapment of your fears, and shifting focus to expansive vision.