

## Shadow work- a real example

Rosie has come for a reading asking about her marriage, she feels insecure and can't work out why.

Here is her initial reflection spread.



Where the 9 of wands is the card at the bottom of the pack.

Imagine you are in a face to face reading with Rosie. Which cards are ringing alarm bells for you?

Give a reading about how Rosie feels (pay attention to 3 cups/high priestess, king cups/page swords, 9 wands.)

What question would you like to ask about the Empress/6 cups?

**Give a reading about how Rosie feels (pay attention to 3 cups/high priestess, king cups/page swords, 9 wands.)**

I would worry Rosie feels isolated, and lacking in friendship or support- the 3 cups is crossing, the H P can be isolation.

I would suggest that Rosie pays a great deal of attention to other people's needs (king cups) but has worries of her own that she struggles to share (3 cups/HP) and that she is exhausted (9 wands).

**What question would you like to ask about the Empress/6 cups?**

At core Empress is Mother, and 6 cups is childhood- but it is not clear from this reading if this refers to Rosie's mother & childhood, or Rosie's role as a mother- or possibly both.

Hopefully I have shown my insight by correctly reading the other cards- but I would ask if the Empress reflects Rosie's mum, her role of mother, or both.

**Answer**

Rosie says she isn't a mother herself yet, but she feels a weight of responsibility for her Mum who isn't well and doesn't live close to her. As we move on to look at her marriage we need to look out for if her relationship is impacted by her relationship with her mother.

**Husbands' reflection spread**

Rosie feels insecure- we are looking for possible signs of lying, deceit, or wanting the relationship to end.

As this is a reading about her partner any signs of love/relationship, unless paired with cards of lying/secrets are most likely to be about Rosie.

How does he feel about Rosie?

How is he feeling right now?

What might be causing him stress?

Which card worries you the most?



### **How does he feel about Roise?**

I think he loves Rosie (ace/2 cups) and I think he is trying to understand how to improve the relationship- even though Roise may not be experiencing it that way (5 wands)

### **How is he feeling right now?**

I think he is feeling confused and angry (5 wands) and left out, lonely (5 pentacles). He is worried about something (page swords) that may be how to mend the marriage (8 pentacles) or it may be work/finance related (5/8 pentacles)

### **What might be causing him stress?**

Remember cards can refer to more than one thing- so he may be feeling lonely and be worried about finances (5 pents). I worry that he is throwing himself into work (8 pents) to release stress about his marriage.

### **Which card worries you the most?**

The double High priestess in both readings- it suggests they are each becoming more isolated and may start to keep secrets from each other rather than reach out to build the relationship.

## Which spread would you do next?

I chose to do a relationship spread- I'm looking to see if they are communicating, and if Rosie's relationship/caring responsibilities to her mum are highlighted.

Rosie said she felt insecure in her relationship- the key is to see if she is justified in this feeling, and where her accountability lies for this situation.



Where Rosie is the Queen of Pentacles, and her husband is the 2 of swords.

Knight cups past, 9 present, 3 future.

How is Rosie showing up in her marriage? (9 wands/queen pents)

What is her problem (Devil) and how would you express this to her?

How is her husband showing up in the marriage ( 2's).

What is his problem (ace)

At heart how do they feel about each other (card at bottom- Lovers)

Looking at the past/present/future what advice would you give Rosie?

**How is Rosie showing up in her marriage? (9 wands/queen pents)**

The Queen of pents is very much the wife, and housewife. It worries me with the king of cups in her previous reading, and the 9 wands here that she is focused on trying to look after her husband but is exhausted and not expressing that, or asking for help. She's playing the role of wife, rather than being a woman.

**What is her problem (Devil) and how would you express this to her?**

The Devil often shows up when we feel we have no choice. Given her sense of duty towards her mum I want to know if she feels she "should" be caring for her husband even though she is exhausted.

**How is her husband showing up in the marriage (2's).**

It feels as if he is trying to read her mood, and adjust and adapt to what he perceives she needs- without actually asking or talking it through.

**What is his problem (ace)**

He wants to discuss this honestly but clearly feels blocked.

**At heart how do they feel about each other (card at bottom- Lovers)**

There is love there- and at heart they both want an equal relationship.

**Looking at the past/present/future what advice would you give Rosie?**

Clearly this is a relationship based on love (knight cups) but both are trapped in their own thoughts of what is happening (9 swords) when they really need to move into honest conversation (3 swords).

The reading ended here as Rosie became quite emotional.

She admitted that she felt overwhelmed with caring responsibilities and as it was her mum that was adding extra weight to the relationship, she felt she had to carry the burden alone.

She came back a few weeks later for a follow up reading- she'd talked it through with her husband, and he was so happy to be able to help and support her. Pointing out that they had cared for his Dad as a couple.

The shadow work was Rosie projecting her feeling isolated on to her partner, when she was the one who had stopped communicating.

The key was the Empress card- shining a light on her relationship with her mum. There was no big wound with this relationship, it had just created a sense of obligation that had isolated her within her marriage.