What is holding you back?

Honest answer.

No matter what the situation.

You.

Always you.

And I promise you an awful lot of people do not want to hear that answer!

We are all a mixture of hope and fear. We have all suffered trauma to some degree or another, and we all have self-limiting beliefs. The problem with self-limiting beliefs is we are so used to them we often don't realise they are self-limiting beliefs!

Even if you are in an abusive relationship- you are enabling it in some form. This is never about blame, or shame. But helping us to remember the most powerful point of change is always ourselves.

Obviously a key card is the 8 of swords, but I want to focus on the energy between the Devil and the Lovers. Get both of these cards out and look at them. They are the same energy, the same layout, just with a different focus.

In the Devil Adam and Eve aren't aware of the Devil, they don't seem really aware of each other. When we are ruled by our self-limiting beliefs we are unaware of them.

In the Lovers Adam, Eve, and the Angel all seem to be aware if each other. There is light, eye contact, and an awareness.

When I see these cards in a reading I often think:

Devil “It’s all about the excuses- I’d love to but…”

Lovers “Making a conscious choice”.

So where do self-limiting beliefs come from?

Very simply- they are a survival mechanism.

They may have come from your childhood, living with a family we have to adopt certain beliefs to become a part of the family.

My maternal Grandma worked for the government in WW2 educating the public about how to minimise food waste.

My Mother grew up with a feeling of food scarcity from her mother, even though she never experienced it. My mother hoarded food- tins, huge freezers, endless packets she would never use. Yet was very strict about not being allowed to eat between meals (ever) and always eating everything on your plate.

I have self-limiting beliefs about lack because of that lineage. I always over provide at mealtimes. When we go camping, I always take far too much food- I have a learnt self-limiting belief about food scarcity which I am working hard to remove from my children’s childhood.

We also develop self-limiting beliefs from traumatic situations and relationships. We may well adopt strategies that keep us safe in the short term, but begin to really cause mental stress when we “forget” this was adopted as a short term strategy.

In the later years of my marriage keeping my husband calm and appeased was essential. If he was enraged it would cast a horrible shadow on the family for weeks. When the marriage ended, I was so used to playing peace maker I just continued- feeling scared to say “no” to my children, exhausting myself to meet their needs because that is what kept me safe in the end of my marriage.

It took a few good friends being very very honest with me to see that this was not healthy.

And we all have hundreds and hundreds of small beliefs that are embraced because they made sense at the time, or they kept us safe at the time, and now we have forgotten.

Sometimes the self-limiting beliefs come from a causal relationship with a situation.

Let's say you escaped a dangerous situation whilst wearing a ring that your Mum gave you. You might associate that ring with protection, and if you lost the ring, you might feel vulnerable, maybe without realising the connection with the original dangerous situation.

Working with our self-limiting blocks falls into "shadow work" we are working with parts of the mind that the conscious self isn't aware of. I think -whether reading for yourself, or another, its important to tread gently. Those self-limiting beliefs might still be needed, or they may be linked to difficult trauma. So don't push, be respectful, suggest rather than demand or define.

So….

Let's dive into a spread-

Define a problem in your life you are looking to work with. Mine is overwork.

#1 Write the problem down, shuffle, pull 3 cards. Add the card at the bottom of the pack to leave 4 cards out. This reflects how the problem feels, is manifesting in your life right now.

Work on accepting this, feeling this, bringing it into the light. Really sit with how this is making you feel, or influencing your life.

If you are reading for yourself-journal.

If you are reading for another encourage them to validate your reading and share their feelings.

#2 Reshuffle the rest of the deck (leaving the four cards out)

#3 Now pull 3 cards to represent the root or cause of the self-limiting belief/block

#4 Pull another 3 cards for practical advice

#5 Look at the card at the bottom of the pack- this is what you can achieve if you let go of this block. Even if it is a negative card- find the positive.

The cards that represent the root or cause- they may not go right to the root, they may be highlighting a cause that you/another are able to accept or work with at this point. Be gentle, be respectful, our job is not to re-traumatise but to tune into how much can be worked through at this point.

With the advice cards- try and find practical ways to embrace these.

So- here is my spread.

Have a go at reading it, then scroll through to find my take.

Cards1-4 How does overworking make me feel, impact my life? (4- card at the bottom of the pack, this might be something hidden or in the shadows).

Cards 5-7 What is the root cause of my overwork, what am I struggling to see in myself?

Cards 8-10 What practical advice would you give me?

Card at the bottom of the pack- what will this bring me?


8
9
10
PAGE of PENTACLES
11
KING of PENT
5
6
7
THE STAR.
1
2
3
4
FOOL.
KING of SWORDS
STRENGTH.
PAGE of SWORDS

Cards 1-4.

I manage my anxiety (page swords) by planning and filling all of my time with work (king of swords). This makes me feel in control and subdues my anxiety.

I do believe my work is creating a better future (fool) and I think I am being kind to myself (strength) by investing in my business, in me. But it isn't accepting my anxiety (page of swords) its blocking it through over working.

Cards 5-7

What is the root cause of this block?

The 8 of swords can be referring not only to thoughts, but to other people's words.

Th 9 of wands can refer to hyper vigilance. (PTSD)

The Star is about having a dream or a hope.

I am linking this to how my business was my way of coping with the extreme mental and emotional abuse in my marriage- it gave me hope in the darkest of times. It was my way of living with PTSD.

Cards 8-10

Practical advice.

4 of cups/8 of cups. The need to physically/practically step away from work.

4 of cups- a reminder that the best inspiration comes when we are well rested.

8 cups- taking a break to get a better perspective on work.

Page pentacles- focusing on the right details (the 20/80 concept- 80% of our results usually comes from 20% of our work, its just finding the right work!)

I feel these cards are reminding me that real business growth will come when I am well rested.

Card at the bottom of the pack- king of pentacles. A fantastic card not only of financial security, but enjoying my work.

Take your time with this spread- shadow work is always hard.

Play around with it, and adjust it as needed.