

Spreads

1. Reflection
2. Need to know
3. Deep dive
4. Anything else I need to know

This is the spreads I used, do feel free to adjust as needed.

Each spread is part of the whole conversation.



5 conscious mind,
how you are thinking.


6 near future
relevant to this
situation.

1 core of who/where I
am in relation to the
situation.

4 Past relevant
to this situation


2 a situation I need to
resolve or integrate

3 unconscious, may
not be aware of this



A guide to the next step

The image shows a stack of tarot cards. The top card is 'THE TOWER' (XVI), which depicts a lightning bolt striking a tower, with figures falling. The card is slightly worn and has a yellowish tint. It is placed on a dark, patterned surface.



No time frame, simply what you need to know before going deeper.

The image shows three tarot cards laid out on a dark, patterned surface. From left to right: 'THE MAGICIAN' (I), 'THE HIGH PRIESTESS' (II), and 'THE FOOL' (0). 'THE MAGICIAN' shows a figure with a staff and a chalice. 'THE HIGH PRIESTESS' shows a figure behind a veil. 'THE FOOL' shows a figure walking on a path. The cards are slightly worn and have a yellowish tint.



Need to know

Top row (7-9) Practical advice on how to follow through.

Middle row (4-6) What is the root cause I can work on or accept at this point.

Bottom row (1-3) How am I experiencing this shadow psyche in my life right now.



Give the cards a chance to comment on your shadow work without the definition of a question.