

JOURNAL WITH
THE TAROT:
ADVENTURE WITHIN



JWTT
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2022



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A LETTER FROM YOUR INNER FOREST GUIDE

I imagine this space as a snow-drop filled clearing in the midst of a deep green pine forest. There is a wooden cabin in the corner just by the tree line with a candle flickering in the window, which emits a warm, gentle glow. But we're going to stay out here under the starlight for now - the night sky is awash with possibility and promise and this is what we want to tap into for these beginnings.

By saying yes to this space you are already claiming the desire to be connected to your magic, however that might show up for you. And that leads me onto this important foundation that I ask you to consider:

How can you bring playfulness and curiosity to this experience?

When we enter the student mindset it can be very easy to believe that there is a way to be "good at what we are learning. That if one simply studies hard

enough, or follows all the right paths then there is a way to "win" at Tarot and journaling. I give you permission to release that idea right now. Your particular magic will show up in the way that it is meant to, in the way that it was designed to through your unique experience.

Can we be curious of what that may be? Can we open to the idea that it might not look like what we think it should look like?

For years I believed my intuition would be visual, that I would see things clearly in my mind or that I would hear voices that would drop in to my being and that is how I would be aware of it. So because this is how I believed my intuition would be experienced I wasn't open to how it was actually trying to communicate with me.

For myself, my intuition shows up in my body - specifically my throat and drops in as a knowing. This is why I ask you to invite playfulness into this experi

ence. If the word play feels challenging (which it often can), then replace it with curiosity or openness. Be gentle with yourself as you cross the threshold.

I'd love for you to approach this with the mindset of an alchemist, an experimenter - someone who is taking ingredients, mixing them together and making something entirely new. You are the potion maker here and I'm giving you some ingredients to play with.

Take them into your potions lab, see the results that come up for you - because this way you'll be able to make something that fits beautifully and naturally into your life and what you need. I am not in your life and therefore do not know precisely what it is you require. YOU do, though. Even if it doesn't feel exactly like you do yet - this journey will be a process of uncovering and reclaiming what it is you want and need. It sounds like a tall order for a simple

practice, but this is also something we are shedding. The need for things to be complex or difficult to be effective.

There can be so much to learn in the present moment., and this practice is a way to become more and more grounded in the present. It is a practice of cultivating your imagination, a practice of letting your creativity spark and your intuition burst forth.

We are in the forest now - there are no rules here for how one should behave. There are no rules for how things should appear - know that you are safe. That you are held and you know how to take care of yourself so that you can show up as your safest, most potent self.

Let's journey together to connect with your magic.

x. *Giulia*

SO SETTLE IN, WANDERER.

BEFORE WE BEGIN

How journaling and writing helps me find clarity: a note on journaling. I choose journal prompts as a way to spark curiosity in the forest path process because I have always processed the world through words and writing. When I first began journaling again after many many years of not doing so, it was a little disturbing to see what came out on the pages.

Streams and streams of negativity and anxiety. I was at a Yoga Teacher Training at the time where they enforced silent mornings until 11am with journal time. I was so deeply uncomfortable sitting in silence with my pages when I first began. I remember feeling this discomfort as a physical restlessness. My writing was fast and messy, barely legible to be honest, and it sort of scared me. It was the first time that I saw so clearly my concerns on the page. It was the first time I realised how much I was carrying with me and letting it run my thoughts, without knowing that that was what I was doing.

The transformation that occurred from the first day of writing to the thirtieth to now many years later is amazing to witness.

Writing it out on the page was the first step to being able to put some distance between my thoughts and the reality. It created space to process and over time has led to greater clarity.

Remember the goal is never to get completely rid of negativity, or emotions or anxiety. The goal is to change our reaction to it. The goal is to be able to be with it and know that it is there, to cultivate a

level of self-trust and self-acceptance around what we are experiencing and know that we can trust ourselves to hold that and decide what is best for us.

My journal is a safe haven and what I realised was that the one thing that I stopped doing as I started losing myself was stop writing. I stopped journaling, I stopped creative writing, I just stopped navigating the world by writing it down.

Picking up a pen again is what brought me to awaken within my forest, and begin to clear out the roots and weeds that had formed over the path. So I want to spend some time laying the groundwork first so that you won't be discouraged by what you find in your forest and are capable to continue walking forwards.

It is a safe space for you to dive deeper, to unearth what is inside you, a habit that will be there for whatever comes your way. The Tarot here also acts in a similar way. **It is a portal. A gateway to your inner voice so that you can lead an intuitively guided life that feels aligned with who you are.**

Time spent with your journal and your deck is your space. It is personal, intimate and

safe. You can do whatever you need to do to make it feel that way. Prefer to lock it up and hide it? Great. Want to burn every page after you write it? Also fine. Leave it out on your desk everyday so you can access it easily? I know I may sound like a broken record, but it really is what feels good for you. If you are not sure what that is yet, experiment. Try doing all of the above on different days and see what feels the best.

This is the first question I want to go over: *what do you think is stopping you from showing up to your pages?*

Is it fear around what you will write? Is it fear around being found? Is it fear of committing this time to yourself? And what else could be true? What other relationship could you develop with your journal and desk? How could it be more filled with ease?

WHEN TO JOURNAL? Remember you are the ultimate master of your routine and your body. A journal can be a powerfully transformative tool, but only when contextualised to your own rhythms and needs. There is a huge, vast, unending maw of advice online. This is wonderful, but at times confusing. If you desperately want to journal but you think you can only do it in the morning, but you don't have any time while taking the kids to school or fitting in exercise, or struggle to wake up early - then please try journaling in the evening before bed, or at 3pm. If you don't know what works best for you, I'd advise taking the next week or so to try a different time each day and see what sticks.

I personally love to journal in the morning. I eat my breakfast, I make a coffee and I journal with my coffee. My coffee

is something that I drink every day, it is something that I already make time for and care about - attaching journal time to it made sense to me. This idea of anchoring a new habit to another already established habit can be extremely helpful when forming a new one.

Find something that makes sense to you - do you have a glass of wine or a cup of tea in the evening to unwind? Do you eat lunch everyday at a certain time? Do you have a few minutes right before you sit at your desk where you organise your day? Can you add journal time into any of these moments?

EXPECTATIONS AROUND JOURNALING:

LOSE EXPECTATIONS that this has to be a BIG DEAL.

We are journaling with the Tarot so that we can access deeper parts of ourselves but this doesn't necessarily happen overnight. The consistency is the key here. It tells you that you are ready to show up for yourself, that you want to deepen the connection. Just by showing up to the pages, you are declaring that and that is already huge. So please drop expectations that you need to write 15 pages or solve all the mysteries of the universe (though if you do, great!). **If you even spend five minutes here - then it is enough.**

I think anyone who is used to achieving, or used to having a benchmark of achievement can really struggle with this. It feels like there has to be an on or off approach to something and your brain can sort of trick you into not doing it because it goes: well, if you're not going to spend a proper

amount of time on it then why even bother?"

I'd like you to journal around this - **what do you think is a "proper" amount of time?** What makes something feel "worth it" to you to do? Why is that? What are the expectations underneath a "proper" amount of time?

A NOTE ON HABITS: I really believe in consistent, little steps towards your goal. When we think of a big future vision it can be scary to wonder how we'll get there. It can be easy to fixate on the idea that we have to know how we're going to get there, often the answer is that we first need to start taking the little steps if we want anything to be able to grow.

If a new habit feels overwhelming, pare it back to the easiest possible step to take. Think you can only make 5 minutes of time for journaling and pulling some tarot cards. How can you make that be enough? How can you make it obvious for you to do? Is there somewhere you can lay out your journal and cards so that it is in view?

WHAT TO USE? I love using pen and paper. If you can't use pen and paper, there are computer apps or your iPhone notes to use and this really is about doing what is best for you. I personally prefer pen and paper because it is visceral. It slows your brain down as you have to match the speed of your hand. You feel the connection between your hand and your brain and the page can unlock something a little different. I think a huge part of the benefit of journaling comes from this, comes from using your hands, from taking that time to connect physically as well as mentally. Having said this, really the

best way is the way that works for you and allows you the space and time to connect with yourself.

You can use this as an excuse to buy a new notebook, or use whatever is lying around (the key is whatever keeps your momentum). I have a bit of a notebook problem so when I started journaling it was easy to find many unused lying around. You can do whatever you want, but I encourage you to not be precious about your journal. It doesn't have to be fancy, it doesn't have to look good. It just needs to have pages you can write on.

My favourites are grid-paper, moleskine journals. They feel nice to touch, they are unobtrusive and not too expensive. They are luxurious enough but without me having to worry about scribbling everywhere. The grid-paper makes me feel like I don't have to stick to the lines, that writing isn't the only thing that has to go in there.

I really want to stress this - *Your handwriting does not need to look good.*

The format does not need to be pretty. It all can, if you really want it to. But don't use this as an excuse to hold you back from doing the actual writing, from just showing up and filling the pages.

My handwriting is atrocious. Most people find it illegible. I actually had to swap to writing in only capital letters if I ever wanted it to be understood by others (and sometimes even by myself). So let it be what it needs to be for you, the "best" way to do this is the way that allows you to *actually do it.*

TO RE-READ OR NOT RE-READ? I don't regularly re-read my

journal unless I am looking for something specific. When I first started journaling in conjunction with my menstrual cycle, I was looking for patterns.

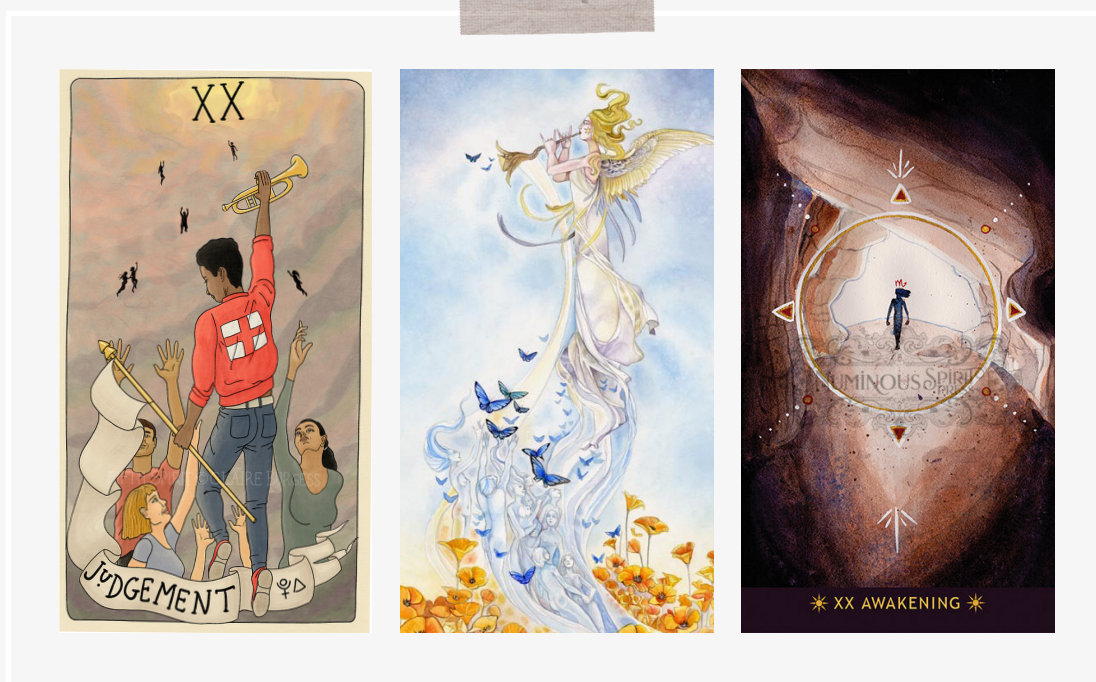
So I journal with the day of my period cycle at the top and then occasionally I would look back and check for patterns. I don't need to do this anymore. I still write what day of my cycle I am on as a check-in for my physical and emotional state, but I know myself well enough to not need to go back too often. If I need to remember something about a certain day, I usually reference my planner versus my journal so usually once written, my pages are left in the past.

That's kind of the point for me. The pages are a tool. They are there to bear witness, they are there to let me sit with my thoughts and give me time to be intentional for the time that I choose to spend with them. Once that time is up, I do not need to revisit unless I want to.

You may feel differently. You may love to re-read what you have written. You may find it extremely useful at first as well to notice what patterns come up - what are you writing about regularly? Do certain days always trigger certain emotions? Do certain seasons feel different to others? Is there something you keep coming back to time and again? Is there a Tarot card that is showing up over and over?

Remember: **there are no rules here**, we're sensing into what feels good for us, so allow yourself to experiment. Here, in the forest, you're the magician and that means you can create whatever you need.





Judgement calls us into awakening, what are we ready to see? What is ready to be looked at? How can we be with the present moment so that we see what can be changed?

CHAPTER ONE: AWAKENING

WHY CONNECT TO OUR INTUITION?

Welcome back to the clearing in the forest - the air is fresh and pine-scented, the stars are bright and twinkling in the inky black sky. I invite you to cross this threshold and open to the potential of something new. This is the perfect time and space to delve within and explore.

Before I begin, I want to be very clear that there is no getting behind on this work. You can dip in and out of it at whatever pace suits you. The lessons here are available for you whenever you are ready

to have them. There is absolutely no requirement to have finished reading everything, I want you to trust your own timing because **I trust that you are getting this exactly when you need it.**

The aim of this is to gain confidence in using the Tarot in however way you want and develop a strong foundation for building a relationship with your deck and your intuition. Take a deep breath to really feel into your body and enjoy this time you are carving for yourself to sink into your magic. I'm acting as a guide in

this capacity, but you are your greatest teacher and authority.

If something I say does not resonate with you, brilliant! Use that and note it and ask yourself why? If something I say hits a chord within you and lights that up I want you to still ask why?

Curiosity is the best kindling for your inner flame.

WHY IS CONNECTING TO OUR
INTUITION IMPORTANT?

No-one else knows your life like you do. You are a unique, beautiful human with your unique life experiences, wants and desires.

When we live from somebody else's expectations we deprive the world of our unique magic, our perspective and our talents. Learning to listen to your intuition is an exercise in self-trust and personal agency. It is incredibly powerful. This is what I believe journaling with the Tarot can do for us, building our sense of self-trust and the relationship we have with ourselves so that we can navigate the world with aligned integrity.

This does not mean that once you start living from your intuition everything in life goes smoothly. It is not a 'get out of jail free' card, but it is a valuable key to deciphering what messages are meant for you, what lessons are coming your way and a way to resource yourself to be able to know what you need in a given moment. It is the greatest tool of self-care there is and why I feel so passionately about being able to integrate it into your life. It's okay if this takes time.

I liken the journey of your intuitive discovery as walking a forest path, and the first step is actually realising you are in the forest —

— and knowing you are lost.

Many people come to this work because they are searching for something. Sometimes it's unclear what that something is, or perhaps there is clarity of the *what* but not of the *how*. We can't start to get to the answers we hope for without meeting ourselves in the present moment.



We all find ourselves deep in the forest at some point of our lives. Whether it is through losing a job, a change in circumstance or suddenly realising you are not happy with where your life has taken you. Everybody's entrance to the forest is different and your forest path is also uniquely yours. You need to pick and choose your inspiration, and learn your own tools for navigating it. You are so capable of traversing this, but first you must stumble and learn and sit with what is right in front of you. You have to learn to see the forest clearly before you can begin to step over its roots and make your way to the clearing ahead.

The first step towards not being lost is realising that you are, in fact, lost.

We function on autopilot for a large portion of our time. It is an efficient way to live, requiring less effort from the brain, which is why these shortcuts are so easy to fall into it, settling into the grooves of well-worn paths for years before you suddenly realise you've dug deep into something that may not fit you anymore.

It is easy to blame yourself or feel guilty, but it is exactly what the brain is trained to do. It is only trying to save you time and keep you safe.

This section is about beginning to pay attention. Our attention is our greatest gift. Not in a laser-focused, hyper productivity way but in a gentle, watching the sunrise kind of way. Where you are taking it in, not judging, not wondering what will happen next or how you could control the situation but simply paying attention.

You can only begin to make changes when you awaken to what is, rather than focusing on what you wish it would be.

This level of awareness is not easy to bring into daily life and is impossible to maintain consistently every hour of every waking day. The goal is never perfection, it is cultivating awareness so that when we inevitably stumble, we know how to cor-

rect course to what is most suited to us.

Being lost is valuable.

It may not be enjoyable. You may never want to be lost ever again. I am not trying to romanticise a period of life where one is unhappy, I simply want to draw attention to what else is happening in that period.

You learn through being lost, you learn through muddling and feeling that awful sense of confusion and anger. Why can't I just figure it out? Why can't I just know like everyone else seems to? Why isn't it clear to me? Why does this feel so uncomfortable?

This process, this walking the forest path is about bringing awareness to your feelings, to your actions, to the way you live your life. Only by slowing down and taking everything in can we begin to re-orientate ourselves and adjust our inner compass. You never have to like being lost, I know I don't. But I want to start to explore the forest and see what it might be trying to teach us. I want you to be able to run barefoot into the overgrowth under the moonlight and play even if you are scared to do so. Your intuitive magic is here and ready for you, it is just waiting for you to pay attention to it.

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WHAT KEEPS US FROM TRUSTING OURSELVES:

We have all been conditioned away from trusting ourselves. This side of knowledge has been disregarded in our current society. There are entire industries built on keeping us from trusting ourselves so that we always believe the answer lies outside of ourselves. So that we always believe that we are not enough, that we do not have sufficient power to steer the course of our own lives and that keeps us away from our own sovereignty. So is it any wonder that when our intuition shows up for us, we are so quick to dismiss it? That we find it so hard to believe in what it might be telling us?

Years of unlearning do not happen overnight. Reclaiming space for yourself is such simple radical magic that often it is easy to discount. It is easy to believe that journaling and drawing Tarot cards is not enough, that it isn't important - but I truly believe that it is such a beautiful act of self-care. By showing up to your journal each day and by showing up to your Tarot deck in all manners of you and with all of you, you are declaring your intent that your own wisdom is valuable.

It is tempting when you are learning about the Tarot to want to learn the "official meanings", to believe that to be able to unlock Tarot's magic there is a university-level masters degree to get familiar with first. I say this because this was my first instinct when I first picked up my deck - I thought there was no way it was going to be valuable without first knowing what each card MEANT.

I very gently encourage you to consider

that **not knowing is part of the process.**

I have nothing against guide books and teachers of Tarot. I adore them and their wisdom and love the rich history of the Tarot. I would encourage you to learn from those that you feel drawn to and what sparks your interest as well as checking in with your own intuition. At the same time, I also think it is crucial that we reclaim our own understanding of it, that we recognise that this history has been built on systems that were not made for all people in mind and so because of our humanness, it makes absolute sense that there may need to be a shift in how we view it. We can honour those that came before us and believe in our understanding, our own interpretations and see them as entirely valid. We can learn from teachers and those with experience and make sure to check within ourselves whether that resonates for us or not.

You have been learning about the Tarot your entire life.

Tarot speaks in symbolism and narrative archetypes. The visual nature of the Tarot speaks to a part of your soul that does not need conscious thought to analyse and therefore taps straight into your intuitive centre. After we draw cards we are usually met quite quickly with our brains, our greatest protectors, that come in and say oh but this isn't true, have I thought it wrong, have I misunderstood etc.

Therefore learning to discern between our intuition and our protective brain takes time and practice. This is exactly what we do by combining journaling and Tarot into our daily lives. We cultivate the space and awareness that is needed and we gather evidence of our own. Little, magical daily evidence that we are open to the stardust

in our lives. Little, magical daily evidence that we have within us the wisdom that we need. Even on days where nothing” happens, this is still building the trust within yourself that you want to show up for your intuition. Each moment is valuable.

The beauty of this journey is that it is supposed to cater to you and your needs, for that is what the Tarot does for you as well. It reflects what you need in the present moment. There may be times when you draw a card and nothing comes to you, no message, no immediate clarity. That is entirely normal and, frustratingly, part of the practice.

This is where the magic sparks. In that murky, misty centre which can ignite curiosity to look for the answers you seek in the fabric of your current existence. It is an invitation to look at the present moment and what is required here and now and an invitation into how you can tend to that.

Each time you go to your deck you are declaring your intent and your consent to receive wisdom from your intuition. This piece is crucial. I believe consent is present and necessary even when working with ourselves. It is important to remember that Tarot cannot do anything to you, it is here for you.

This practice is a continuous unfolding as we layer Tarot into our own lives. This is why I believe combining journaling and Tarot together help us enrich that connection. When we journal we are creating space to pay attention to our lives, to our thoughts and the underlying narratives that are driving us within that. Your journal, your thoughts and your writings al-

ready hold what you require. Tarot can be another tool to bring that to the forefront, that helps us jump over overthinking and overanalyses and connects us to the root of our hearts.

In summary: I believe that Tarot Reading is an exercise in:

CONSENT AND BOUNDARIES
SELF-TRUST
PERSONAL AGENCY
YOU WEAVING YOUR MAGIC

Putting this into practice:

Pull one card a day from your deck while asking the question what are you inviting me to pay attention to in this moment?

See how it shows up for you, noticing, pay attention to where you see symbolism from your card and how it relates or helps you during the day. This is the basis of my practice. I started with one card a day and slowly built up to bigger card pulls. It may seem overly basic or simplistic, but it has two main purposes:

The first: build up a regular practice without overwhelm

The second: integrates Tarot into your day to day existence so that it is easier to see where Tarot shows up for you in your life.

By drawing one card each day you are able to dedicate your attention to it, to see how it might be showing up in other areas of your life, to see how its energy correlates to your day.

After you ask the question (what are you inviting me to pay attention to in this moment?) and have drawn your card, look

at the card that you have drawn and write down any words or feelings that come to mind, and then maybe ask yourself these further questions:

- * What colours are used and how do you relate to those?
- * What kind of energy is in the card? lots of movement? stillness?
- * Is there a person/animal? How do they seem? What are they doing?
- * What element if any is associated with this card? and does that resonate with you?
- * What is happening in your life currently that feels like it is connected to this card? Is the card offering a reflection? a solution? an invitation to dive deeper?

There is no right way to read Tarot, only the way that works for you. This is the beginnings of you developing your own relationship with your deck. If after this you feel called to look up meanings in a guide book let your intuition guide you to what feels right. If a meaning you read sparks fear, set it aside and remind yourself that you are the one that gets to choose what



T H E R E I S N O R I G H T
W A Y T O R E A D T A R O T ,
O N L Y T H E W A Y T H A T
W O R K S F O R Y O U .

JOURNAL PROMPTS ON
INTUITION

1. What have you been told about your intuition or intuition in general? What are your beliefs around intuition? Where have those stories come from?

2. How do you feel about others talking about intuition? What examples of people living from their intuition do you have in your life and what stories do you have about them, about what it means to live from intuition?

3. What does this make you feel about your intuition?

4. How could your intuition be trying to show up for you? Which senses? How has it appeared to you in the past? Think of the most mundane things as well as bigger feelings (even such as knowing when to add more salt to a dish!).

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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JOURNAL PROMPTS ON SELF-TRUST

1. Where do I find it difficult to trust myself and why?
2. Where do I find it easy to trust myself and why? (Any facet of life: for me, I find it very easy to trust myself when cooking!)
3. What is the difference between these two scenarios?
4. How can I show consent to my intuition?

You can draw a card first or after journaling - but when you do I'd like you to draw your card asking "what card is willing to be a teacher for me to deepen my self-trust and connection to my intuition?"

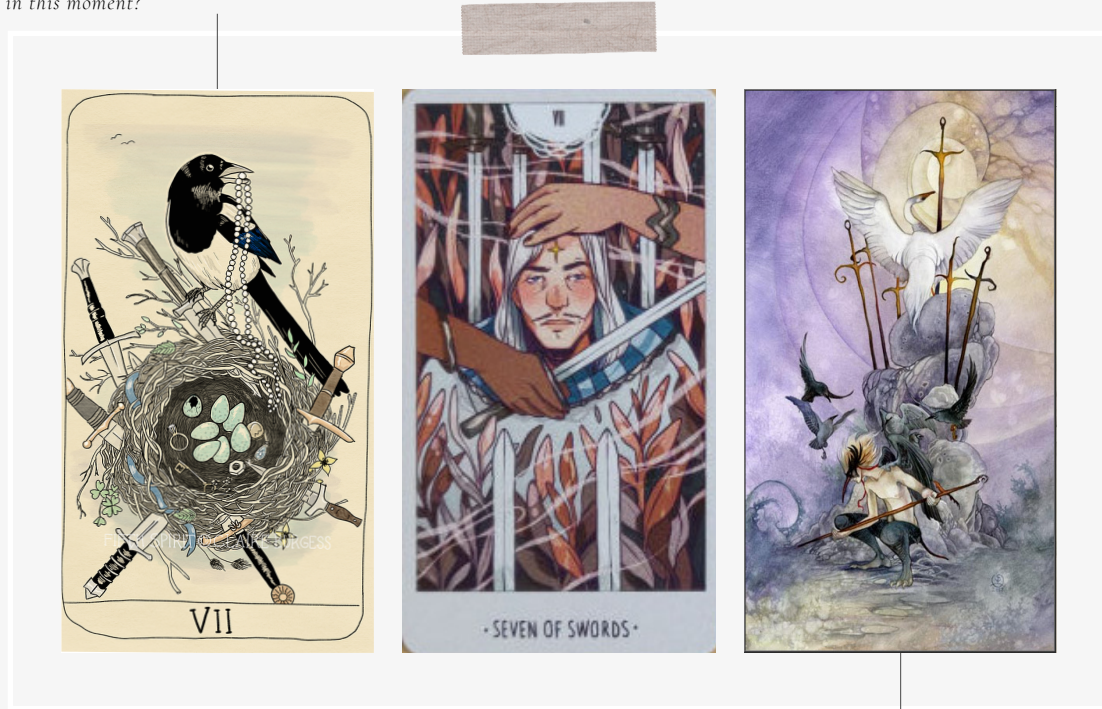
Questions to ask when looking at your teacher card:

Why do you think this card has shown up for you? What lesson do you believe you are being invited to pay attention to? Or is it an invitation to how to open to what you need to learn? How does this card relate to what you wrote about around how trust shows up for you?

[illegible]

This image shows a full page of blank, lined paper. It features approximately 28 horizontal blue or grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings on the page.

The Seven Of Swords speaks to our desire to want to fix something that seems external, but is actually within ourselves. Our very human instinct to look outside of ourselves for answers. Instead how can we work on the belief that we already have all we need in this moment?



deck credit: Fifth Spirit Tarot, White Numen Tarot, Shadowscapes Tarot

CHAPTER TWO: “NOT ENOUGH” & THE SACRED NO

INNER WORK AND BOUNDARIES

Once you realise you are lost, the immediate reaction is quite naturally well how do I get out of here, how do I fix it?

When trying to answer this question we so often leap to the external, believing that the answer is somewhere outside of us, believing that there is a sense of lack within that is causing the mismatch.

Our path is magic, but it is littered with what it means to be human. That is

natural and part of it, but it is why it is never simple. Our brains will kick up a fuss about that magic, it will not want it because it is new and scary and leads to change. Your brain only wants to keep you safe, so it throws obstacles in your path to stop you walking forward. While it sounds as if your brain is your enemy in this, it is not, it is your protector, lovingly trying to keep you safe the only way it knows how: by making sure nothing changes. How do we partner with it?

It needs a different kind of talking to, it needs to be assured that it is safe, that you can handle your magic and that even though it is scary, it is wonderful too.

At this point, the desire for an external fix is so intense that it can cloud all judgement. There is a strong story of: if I had this sorted, it would be fine. If I had x job, or I was y weight, or that partner or whatever it is, but it is always looking for that external piece when really this is internal work.

There is no course, no partner, no qualification that will suddenly make you feel like you know it all or have it all sorted. This is not to say they cannot be useful. A structure of a course can be wonderful accountability, you can be inspired or it can help you realise that you actually had all the answers all along, a coach or external processor can help hold the container for your exploration but there is nothing that someone external can give you to change how you manage that feeling - it has to be handled from within. Every single body is so different, so varied, so unique that there isn't an answer that will perfectly match you unless you have made it yourself. Unless you have picked apart the information you desire, you have trudged through your path and made space and realised what is worth actually bringing with you and leaving the rest behind.

Humans are scared of change. This is rooted deep within our nervous systems. Our brain has one job that it takes incredibly seriously - it wants to keep us alive. It wants us to stay safe and never feel the bad emotions because those are scary and uncomfortable.

My Teacher Lindsay Mack used an analogy that has always stuck with me by talking about the Disney Movie Inside Out. Have you seen it? If not, it's worth watching. It's an animated film personifying the emotions in our bodies and how they control the little girl they are a part of. Joy is boundless in energy and she rushes everywhere, constantly bouncing around. She doesn't sit still, and frantically wants to be in joy always.

Sadness is different. She lies down. She drags her feet. She sits and she cries and she lets herself be absorbed by what she is feeling. She acknowledges things that are sad, or frustrating. She acknowledges difficult feelings and lets them be.

The brain is like Joy in this movie - it wants to move move move and it wants to distract away the pain and the sadness and it believes that these feelings are wrong and you are wrong for having them. This is a myth that we are taught to believe, that feeling a certain way means we are broken rather than treating it as information.

When I left my finance job and decided to take a year off, I was desperate to plan away my feelings. I did everything I possibly could to not be still for the entire year that I was off work. I booked courses, I planned travel, I planned my wedding, I planned seeing my friends and exercise classes and so on. Any time I did have "free time" I spent it obsessively looking at job sites, at salaries, or tweaking my CV and thinking about interviews. I was not relaxed, and I was not letting myself process what I was feeling because what I was feeling was incredibly overwhelming.

I was sad. I was sad to have left a job where I loved the people and that had made me feel stable and safe and important. I was anxious that I wouldn't find another job, that everyone was judging me for taking time off, that I was being judged for leaving a high-paid job to "do nothing". I worried that I was being anti-feminist for wanting to be where my husband was. I was worried that leaving finance meant I was turning my back on opportunities that I was so lucky to have and that made me ungrateful. I had many well-intentioned opinions on what I should do crowding my ears from acquaintances, friends and family.

But no matter how well-intentioned and how kind, what someone thinks you should do comes from them and not from you. It comes with their own fears, their own feelings, how they believe they want their life to be and how they want to keep you safe - we are all human and we are only capable of experiencing this life through a filter that encompasses our own context. It is helpful to hear other people's advice but the advice should light up something within you as well. It is wonderful to take in information, we all require assistance, but this information needs to be checked against your own inner knowing so that

you are sticking to your own path versus forging ahead on someone else's.

This is why it is important to create the space to listen to what it is you want. If you've ever read *The Northern Lights Trilogy* by Philip Pullman you may know the character Lyra, who learns to read an Alethiometer entirely by her self and by trusting her intuitive understanding of it. This is exactly what you are doing by practicing with your journal and your Tarot deck, accessing this part of you that can help guide you to the answers you need.

I believe we have our own compass within us, it's just about unearthing it and learning how to read it. It's about remembering our personal whispers.

Often this starts with recognising: *not this*.

Using Tarot in our day to day lives, allowing it to be an anchor through which we can explore our internal landscape helps us bring clarity and awareness to our feelings. It helps move the focus from the external to the internal and start to see the inklings of the answers to those questions that we crave.

AN EXERCISE IN SYMBOLS AND COMPARISON

I'm going to introduce another fun exercise in exploring the meanings of a particular card and I hope this makes it a bit clearer on how there are no "set in stone" meanings in Tarot and how you can take from it what you need in the moment that you draw.

I've said before that this is not about teaching Tarot per se, but I will provide a very light framework and a jumping off point of how I have learned to view it through personal experience and studying Soul Tarot with Lindsay Mack.

There are 78 cards in the Tarot:

Twenty two of which are the **Major Arcana** that are seen as universal energies and macrocosmic. Majors tend to be big energies that one surrenders to in some way, like a rising or waning tide.

Forty four **Minor Arcana** that embody the day to day and human behaviour on a more mundane level. These are split into suits: Wands, Pentacles, Cups, Swords.

Then there are the **Court Cards** - which are part of the Minor Arcana suits but act as embodiment and mastery of the suits.

Wands - fire, your inner flame, energy, creativity, how you utilise your energy and capacity

Cups - water, emotional landscape, hon-

ouring our feelings and learning how to tend to ourselves, leading from the heart

Pentacles - earth, soul work brought into the physical realm, learning how to manage our physical realities with the spiritual, bringing our dreams into existence, learning to tend to our bodies and energetic boundaries

Swords - air, mental landscape, thoughts, differentiating between brain & soul, tending to our stories and fears and our expression

I've spoken before about how picking a deck with images that resonate with you is really valuable, because this is how Tarot speaks to us. There are many gorgeous decks now that take their inspiration from the original Smith Rider Waite and expand upon it. There are those that focus exclusively on nature and animals vs. humans, or ones that incorporate the diversity of human experience by providing non-binary and queer imagery and more.

I find it a really helpful exercise to compare and contrast different decks and different visuals to see whether this unlocks further the meaning of the card for you.

For example: This is the Eight of Swords from multiple decks (see below).

COMPARING IMAGERY: FINDING WHAT RESONATES

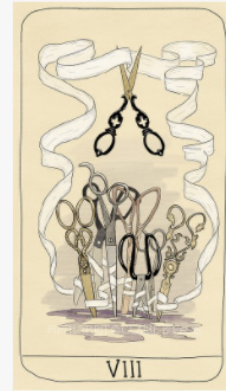
SHADOWSCAPES BY STEPHANIE PUI-MUN LAW



THE WILD UNKNOWN TAROT DECK BY KIM TRANS



THE FIFTH SPIRIT TAROT DECK BY CHARLIE CLAIRE BURGESS



The Eight of Swords usually shows up for me when I am very entrenched in a particular belief that I hold. As an example, in the past it has shown up around believing that making money has to be hard work. This is obviously a huge, big belief that I am still taking time to untangle but I had drawn the Eight of Swords around this belief many a time when I ask the question: **What am I being invited to pay attention to at this moment?**

So if we take that as an example and work through each of the visuals:

The Wild Unknown Tarot: When I look at this card I see a butterfly with folded wings, keeping itself in chrysalis format despite being ready to fly. This feels like a gentle nudge that you can open your wings. It feels safer to stay curled up and small here because it feels like protection, but what would it feel like to leave this space? What would it feel like to actually fly away from the swords below?

Then I'd link it back to my belief: why am I so identified with the story that mak-

ing money has to be hard? Why does it help me to stay in this story? And what does staying in this story actually mean for me? What would it look like for me in this moment to "open my wings"?

The Shadowscares Tarot: When I look at this card I see the Swan entangled amongst the thorns and the swords. I feel like that is the representation of my mind when I am caught in these beliefs that make it difficult for me to take action, or that keep me in one place. I look at this card and see how the hummingbird flies free - how can I be more like the hummingbird? What is keeping me in the Swan position? What thorns am I allowing to entangle me? Which ones do I have control over?

Linking it back to my belief: where does this belief make me feel like the Swan? Where am I struggling and struggling? What action can I take today that would embody the energy of the hummingbird?

The Fifth Spirit Tarot: This is one of my favourite visuals for this card. The scissors are in the ground and many of

them are tangled by the ribbon. There is one scissor that is free, untangled by the thoughts and stories and it is able to cut through the ribbon that is holding all the other scissors back. I see this visual far more as an invitation: how can you cut that ribbon? That particular thought process? What is the thought process that is the ribbon for you? How is it holding you back? Is there an easier way out of this? Have I been so focussed on looking

at how to free myself that I didn't notice that there was a way out? What would be another way?

Linking it back to my belief: What would be the "easier" path? How can I choose ease over hard? How can I cut through this belief so that I am free-er to use my mental energy on other pursuits? How can I free all those other scissors? What would that mean for me?

THE SACRED NO

I said that I believe Tarot is an exercise in consent and boundaries. Here is where this comes more strongly into play. Boundaries are so important for intuitive trust because it continually builds EVIDENCE FOR OURSELVES that we are capable of understanding what we need to caretake ourselves and that we can trust ourselves to hold true to that. I really see Tarot as a beautiful microcosm in which to practice this internally, so that it can ripple out externally in our lives.

Setting a boundary is saying a sacred no, and here are some important things to remember about boundaries:

1. They can shift with you
2. They are a doorway that you choose to close or open at will
3. They allow connection by allowing you to focus on what is within your space, they are not to isolate you.

Taking the time to draw cards and sit with that information is drawing a boundary - it is telling yourself that you are worthy of time, that your self-care is important. I want to reiterate that a boundary is not about isolation, and they are not set in stone forever. It is about discernment. Just like our relationship with Tarot can shift and evolve as we change, so can our requirements of our

boundaries around it.

So this exercise of looking at different images and information and invitations we take from our decks is also about discernment. The time that we spend with our Tarot deck is a way to exercise those boundaries: what are you letting in? What are you available to? What are you willing to sit with and what are you willing to put aside for now?

This is not to dismiss difficult feelings or feelings of contraction, this isn't a form of spiritual bypassing where I'm encouraging you to "think positively" and everything will be fine.

Our negative emotions are part of our existence, turbulence in life is an inevitable part of that, and discomfort is

there whether we like it or not. There are also systemic issues that we don't get to opt-out of. So it's accepting that there is nuance in all of it, accepting and acknowledging that there are things outside of our control but that there are also things within our control.

And by practicing setting these boundaries within ourselves in this way, we learn through the Tarot, that we are capable of being discerning and this can expand to other areas of our lives and continually strengthens our personal agency and sense of our self-trust.

The cards offer invitations, and we get to decide whether we act on it or not. So when we look at different imagery and read different interpretations, and we compare and contrast to see what could come up for us - I want you to keep that in mind - **that our "no" is just as important as our "yes"**.

I hope I don't sound like a broken record, but I just think it really bears repeating that you have the ultimate decision on how you use your magic. And your authority is just as good as anyone else's.

-

A personal example of Tarot and Boundaries in practice:

When I first started working with the Tarot I drew the Five of Pentacles quite frequently, and it is a card that I now have a very familiar relationship with. Initially I felt very fearful whenever I drew it because of the images on the card and the first interpretations I read about it. It immediately made me feel defensive. Traditional interpretations speak about it

being a card of lack or a portent of doom.

And it didn't make sense to me because I have so much in my life and I was very clear that I didn't believe this card was a portent of disaster, or telling me that I am destitute or that I am excluded. In fact the more I looked at the external factors in my life, the less I felt like the Five of Pentacles made sense.

Then because I kept pulling this card I started to get curious, so what might it actually be telling me? What might it be inviting me to look at?

I started to look at other images on cards and to see what felt more resonant, as well as paying attention to what I was writing in my journal when the card came up.

And this idea of lack was actually coming up but not in the way that it was being represented in the traditional meaning. It was showing up when I was very identified with my fear of lack, my fear that there wasn't enough for me around sharing my words, around creating art, building an audience, creating a business and so looking at the images I started to ask: knowing that this fear is here, knowing that it is something within me - what are the cards inviting me to notice about it?

And it dropped into my head: "that there is plenty, there can be abundance around but I'm maybe not seeing it because I'm so preoccupied about the story in my head. I'm feeling so scared and lost that I can't see the cairn, or the pentacles in the dirt behind me or the pentacles shining ahead of me. When I'm feeling so contracted, can I trust that there are

So can you see how **saying no** to the first

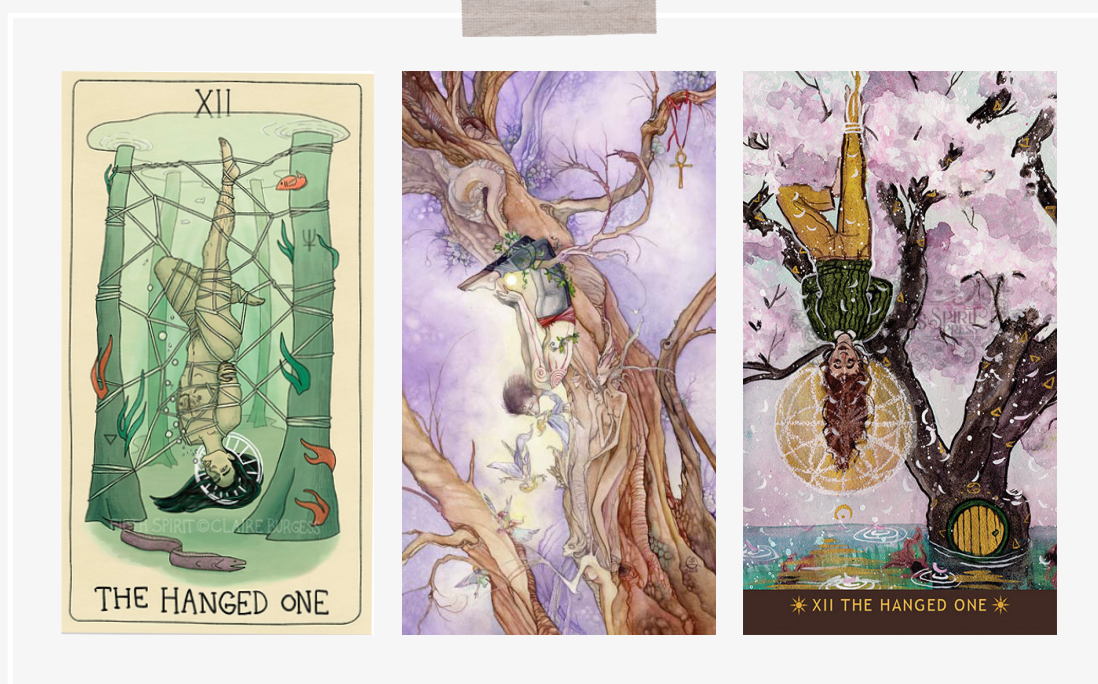
for me in my life?

[illegible]

[illegible]

[illegible]

[illegible]



The Hanged One asks us to be in the healing chrysalis that is the space of our transformation. It teaches us to notice alchemy through rest, through pausing and actually BEING with what is here.

CHAPTER THREE: THE HEALING PAUSE



INTIMACY WITH OUR OWN STORY

This is one of the hardest parts of the journey. Realising that you cannot do anything to get out of it right now. That you have to be with the discomfort and find a way to live with that discomfort to be able to take steps forward.

I don't like to be idle. I don't like to just let things unfold and see how they go, especially when I'm feeling lost. My way out is to plan the crap out of my life, as I mentioned earlier. Moving to Aberdeen

and having to find my feet without movement brought home that very uncomfortable truth:

Sometimes you can't "do" anything.

Not in the way you want to.

There is a certain period within the forest where the nighttime is all encompassing. The trees are crowded overhead so no starlight or moonlight comes down. It is hard to see in front of you.

A phrase that has always stuck with me to describe this period is the underworld journey. It instantly conjured images of hades and persephone for me, of the river styx and the countless other tales of people having to venture into the underworld to discover something about themselves.

There are many, many stories of different types of underworlds.

This is the deepest part of that journey. This is the part of the path with the greatest teachings and also the greatest uncertainty. We enter and exit this part of the path multiple times throughout our life. If you are wondering whether you are in this part, you usually are in it in some form.

This isn't something to be scared of, even

if the feelings are not fun to be with. This isn't about privilege in taking time out, it doesn't have to look like running away to the mountains, quitting your job and being a hermit (I mean, it can, but life doesn't usually play ball that way).

This is a mental state of not doing, a mental state of giving yourself some space to step back from being swept up by your emotions and feelings and instead be able to witness them. The reality of living in day to day life while contending with uncomfortable emotions is the real work here.

It is also the work that is worth it.

In this chrysalis space, Tarot can be a beautiful space and tool for self-tending.

SELF - TENDING WITH TAROT

It is something we have been talking about the entire time woven into the fabric of everything we do with the Tarot. Tarot is a form of personal empowerment. It is a form of trust-building and therefore through this we are already learning how to caretake ourselves. This week we take that a bit further and a bit more to the forefront. Along with the question we highlighted in week one: "what am I being invited to pay attention to?", I usually ask as part of my daily pull: "How can I serve my most intuitive self/my safest self today?" (Choose whatever wording feels right to you).

This is because I believe that we can create action from the Tarot as well as reflecting. Reflection of what we think and

feel is most definitely an important part of it, but the true medicine lies in when we connect that reflection with aligned action. When we let our learnings inform how we then move through the day.

Action does not necessarily always mean *go go go*. The action could be considering how you are balancing your time or how could you step away from your work today, even for five minutes? It could be a reminder that sometimes pushing past your comfort zone is necessary for expansion, or a reminder that pulling inwards today might be in your best interest. Once the invitation is presented - what do you then choose to actually do with it? How do you best embody the energy of that card in the moment or take

This card for me is about examining where I am putting my energy, where I am utilising my inner flame. It is the 10 of the Wands suit, where we have travelled through the Wands learning how to recognise our inner flame, how to tend to our energy, how to utilise it in new ways, how to recognise ourselves and how we respond to others along the journey and we arrive in the 10 armed with a plethora of information but maybe carrying more than we want to continue with.

Can we look at all the Wands in our hands? Which Wands do I want to continue carrying? Which Wands do I want to take with me? If the answer is all of them, how can I continue to carry them without running out my flame? Do I call in support? If I don't want to carry them all, which ones do I want to put down?

Asking all of these questions of myself around this time, I realised I didn't want to keep carrying Instagram in that moment so I decided to take two months off all social media. It was an extremely stressful decision at the time because I was worried everyone would forget about me, or that I'd have nothing to say on my return (and so on and so on).

But the 10 of Wands had been showing up for me regularly and I'd been examining where I was pouring my energy, so one day that it showed up I decided to turn it into action and make that decision. What followed was a beautiful, restful summer where I really connected with my own creativity and my voice. I created a podcast and an idea for a Patreon (which was the beginnings of this course being created). I don't think I would have been examining this closely without the 10 of Wands showing up as a gentle nudge in this direction.

Putting this into practice: along with your daily card pull, add in the question and draw a card for it:

How can I serve my safest self? My most intuitive self? (Choose whatever wording feels right for you)

Ponder and consider the same questions from chapter one around the card:

- * What colours are used and how do you relate to those?
- * What kind of energy is in the card? lots of movement? stillness?
- * Is there a person/animal? How do they seem? What are they doing?
- * What element if any is associated with this card? and does that resonate with you?
- * What is happening in your life currently that feels like it is connected to this card?
- * Is the card offering a reflection? a solution? an invitation to dive deeper?

Then ask yourself: how can I embody the energy of this card today? What aligned action would that look like for me? What is the card asking me to do with the invitation it is providing?

Sometimes, if I am feeling particularly crispy around the edges I like to ask:
What does my inner child need from me today?

Remember that it is always up to you whether you take the invitation or not, whether you turn it into action or whether you decide to think about it some more or turn down the invitation. You have the final say here. What I think is so beautifully supportive about turning the cards into further questions is

it, how it can be experienced in our life and adds another layer of context to what it means to you to actually embody that card and bring it into *being*.

—

JOURNAL PROMPTS ON SELF-
TENDING

What is your relationship with rest? What does rest mean to you and look like to you?

What do you think about needs and having needs? Does it make you uncomfortable? Have you had experiences where you were told your needs were not valuable/necessary? What did you make that mean about you? And what could also be true?

Where have you learned about caring for yourself? What kind of messages were these? Do these messages still ring true?

What card is showing up for me today to support myself in this journey towards self-tending?

[illegible]

[illegible]

deck credit: Fifth Spirit Tarot, Shadowscapes
Tarot, Numinous Tarot



The Empress shows us a sense of joyful creation and abundance: the colours, the blooming flowers and full basket that allows the butterflies to burst forth. It can't come from nothing, we must nurture our soil for blooms to come forth.

CHAPTER FOUR: REKINDLING CURIOSITY

|

OPENING TO RECEIVING

A part of this continuing journey that I want to touch on again is the idea of uncertainty and unknowns in Tarot reading and this is where our creativity really comes into play.

Often we come to our decks wanting Answers, with a Capital A. How can we sit with messages that don't make sense?

How can we become comfortable with the fact that sometimes we don't get to

'know' and how can that be part of the learning?

A large part for me of leaning into my intuition was actually accepting that I didn't know.

That connecting to my intuition wasn't a magic one-way street to success, certainty and riches. That it actually is about learning to trust ourselves precisely when everything felt murky and scary.

And I think our greatest tool during this moment, not only is touching in with our deck to ground ourselves, but also to cultivate our imagination.

Imagination is our powerhouse, our internal engine and I believe the seat of our intuition. When we feel like we don't have enough, when we feel like we aren't getting anywhere, when we feel like we are depleted or left out in the cold - how do we spark our imagination?

Everyone is creative and everyone is intuitive. It is innately in our bones, but we have been taught what creativity looks like through a skewed lens and placed into categories that make us doubt what creativity is and our connection to it.

Being open to receiving this gift of creativity is believing that we are worthy of it. This can be difficult work. We are so used to thinking we don't deserve joy or that creative pursuits are a waste of time, we think that is something that has to come with a list of pre-fulfilled tasks.

I used to only be able to sit down and enjoy my free time if I had completed a bunch of to-do lists and tasks, otherwise I told myself I was lazy and entitled. This relationship with being busy does not leave a lot of room for creativity. It does not give any breathing space for fun and play to enter.

So I invite you to write down a list of things you used to love to do - how did you play? Where was your escape? What made you feel safe? Then go through the list and see what is still available to you? What can you pick up again? What has held you back from engaging in this activities that bring you joy or how have they changed

over the years?

Was it reading? Playing make believe? Talking with friends? Watching cartoons? Being outside?

Try not to judge what comes out. If you grew up in an unsafe household this may be a difficult question to answer. The smallest thing is valid. Whatever choices or whatever you gravitated towards when you were little that brought you comfort, they are all perfect. We are going to cultivate a sense of safety for your inner child to explore. They are used to being ignored in favour of adult responsibilities, or perhaps they never had a safe space to let themselves be creative and play.

As you explore and experiment I want to really encourage you to loosen all judgement around what that may be. We are often told that our passions and interests don't matter, or don't fit, that our excitement might be "too much", where does that fizzle of joy come from? What is that thing that you can't stop talking about? Can we bring in some gentle healing around things that perhaps we have left behind because we were told that it wasn't time for them anymore?

For years and years when I was a teenager I read an Italian kid's comic book called W.I.T.C.H. It was aimed at 12 year olds but I was reading it at 15, and it just lit me up. I would spend hours copying sketches, imagining scenarios etc. What is that thing for you? What helps you light up your imagination?

When we have taken the time to pause and sit and become aware of the stories that our brain can tell us, how to recognise them and become more aware of

how they navigate our lives - we can pay attention and rewrite the stories.

In narrative coaching there is a term that is used called 'thicken the story'. The stories that we live our lives by started for a reason, they came into being to keep us safe. Perhaps it was "I am not creative or I am not intuitive" because we would be shunned if we used that title, because we didn't think our intuition or creativity looked the same as anybody else's or what was modelled to us. Perhaps we were worried of being made fun of by trying to be creative, or worried about disappointing someone. Either way, it begins and it stays and it whispers to you *don't try that, you're not creative enough.*"

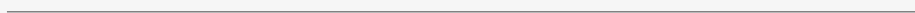
This is your 'thin story', and what we want to do is create a new story that we thicken with our experience. We thicken the story by experimenting, by trying new things and showing ourselves that this previous story didn't have much to hold onto. You are already thickening your new story by being here, by showing up for yourself and saying yes to discovering your path.

Tarot is a tool for thickening the story - by being with our deck, by experimenting and being curious and building awareness you are creating a new story for yourself.

What an incredible form of self-care.

EVERYTHING
YOU CAN IM-
AGINE IS REAL

- PABLO PICASSO



deck credit: *Shadowscapes Tarot, Fifth Spirit Tarot, Numinous Tarot*



Strength asks us to look at how we can invite the fears we hold close to our hearts so that they can be held softly. What is true strength to us? How can we walk forward while vulnerable?

CHAPTER FIVE: WALKING THE PATH

LETTING THE HEART LEAD YOUR DISCOVERY

My Tarot practice is what helped me find my magic, slowly unfurling my connection to my intuition. This Tarot practice was facilitated by a cycling accident that had me healing intensely for a long time. That had me questioning all my values, all my beliefs and had me laser-focussed on what I wanted out of life. The whole story is on my About page on my website.

What Tarot provided me with was a supportive tool for intentional and intuitive

living. It allowed me to check in each day with a part of me that had been lying dormant and neglected for a long time. Tarot was what helped me, what might help you connect to your desires and needs?

Look back at that list you wrote out for your inner child. What on there feels fun? How could you play with that and see where it leads you? Allowing yourself to be curious and playful? Allowing yourself to shift gears if it doesn't feel joyful?

We live with fear constantly, doubts and insecurities are part and parcel of being human. We compare ourselves, we have expectations, we fixate and catastrophise. The brain is imaginative and will always find a way. What we learned in the second step is that this is normal and now we know how to look out for it.

It takes great courage and strength to let your voice be heard, to take steps forward in darkness without knowing the way you are heading, it takes great courage to say to yourself: well I will just try and see how it goes.

I was asked a question once "how did you overcome the fear to make a big change?"

I thought it was such a good question because it highlights very strongly how we believe we should feel before we make changes. It highlights the idea that fear is not allowed to come with us on the journey, that fear means that it is not something that we are supposed to do.

I'm not sure where the message comes from that we have to be devoid of fear or negative emotions before we are allowed to take action. Perhaps it is a patriarchal thing, perhaps it is perfectionism whispering in our ear to tell us that unless we deal with all of this stuff first we can't take the next step. It is perhaps the fear of being truly seen and so we latch on to that fear as a reason to not move forwards.

The thing about fear as well is that it is loud, it tends to crowd out any other kind of feeling and longing. Fear blasts through the nervous system, it heightens activity and your defensiveness and in so doing can make the whispers of the heart

difficult to pay attention to. This is part of the reason why we believe that there needs to be no fear to move forward.

When I left my corporate job and was trying to figure out what else to do, I was constantly afraid. Afraid of what it meant that I was stepping away from a stable job, afraid of what it meant that I no longer held an official title, afraid of what it meant to not know what I was going to do next. I battled with my fear constantly and the only thing that has changed from then to now is that I have learned how to carry my fear, rather than let it guide me.

I am now afraid of different things, but I am able to let the fear be a quiet voice rather than screaming in my ear. The fear means I am human. I know how to tend to myself, how to soothe my nervous system and my inner child. The skills that I have developed to do this allow me to be brave, and being brave is having this fear with you and stepping forward anyway.

It is normal to find things to be afraid of. It is very human to have doubts and reasons to not do something. It feels safer to stay where you are, because it is what you know. The scary part is moving forward without knowing, but it is the path that is filled with opportunity and possibility. The space that you are in right now is the space you know. You know exactly what it offers you, exactly how far you can reach within it - this isn't the space of growth. The space of growth is on the overgrown forest path, round that bend that you can't see what comes after, walking over roots and fallen trees until you can find the clearing you have been looking for.

So how can you step forward while carrying the fear with you?

How can you move onwards without a five year plan? What is the smallest step you can take today? I want you to write out a list of small steps, no matter how small they seem but something that brings you closer to where you want to be. And also how you will tend to yourself after taking the tiny step, in a way that feels nourishing and supportive.

Some examples for supportive ways to tend to your nervous system:

- a nourishing, home-cooked meal
- sitting with a cup of tea
- taking a walk outside
- reading a wonderful book
- having an Epsom salt bath
- have a mini dance party to your favourite song
- Clean or declutter your space
- One minute of intentional breathing

It may feel terrifying to do this now, but I believe in you. You're building up the evidence that you can do this - so make it

something that you know you can follow through on. Tiny actions can do incredible things.

While I have written this out in a linear way with steps to follow, I want to make it clear that this is not a linear process. You will burst through the forest into a clearing and feel awakened + clear and years or months later you will be grappling with a similar issue, or a new issue back on your forest path. This is normal and valid and please resist the urge to tell yourself that it is a "step back". It isn't. Each time you have learnt something valuable and new about how to navigate your path, each time you have learnt how you, uniquely you, can handle the situation that comes at you.

This process is about taking fear with you, recognising that the fear is not something that can hold you back anymore. It is there to be information and usually where the fear is loudest is where you might need to probe a little more.

You've got this.

STEP ONTO THE PATH,
EQUIPPED WITH ALL YOU NEED
TO TAKE THOSE STEPS FORWARD.
YOU ARE SO CAPABLE -
YOUR MAGIC IS WAITING FOR
YOU.

JOURNAL PROMPTS FOR
STRENGTH

1. What makes you feel strength? What actions or items or situations make you feel confident? What is the difference between ones that do and ones that don't?
2. What do you view as strength? What does this word mean to you?
3. How else can you view strength? What softer, smaller ways could also be strength? What larger ways could be strength too?
4. What feels safe to you?
5. What tools do you have that allow you to feel safe within yourself, to create a feeling of safety? How can you practice those more regularly?

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

This image shows a full page of blank, lined paper. It features approximately 28 horizontal grey lines spaced evenly apart, typical of notebook paper. The lines extend across the entire width of the page, leaving small margins at the top and bottom. There are no vertical lines, text, or other markings present.

THANK YOU FOR YOUR ATTENTION AND DEVOTION

You have come to this final piece, and I thank you for your devotion to yourself, to these pages and to practicing this craft.

Be gentle with yourself as you explore and experiment, this information is yours now to do with as you will. You can come back when you need to, you can discard it or let it be the ashes from which your own foundations rise. I can't wait to see the beauty that will be brought forth in the world by you following your intuitive, heart-led path.

I know you have magic to share and I hope you are seeing its glimmers.

If you'd like to work further with me, I also have a 1:1 coaching programme where we deep dive into self-doubt that can be holding you back and where we follow your intuition to see what needs to be paid attention to so that you can live your most potent, most abundantly

intuitive life.

If you're looking for meanings card by card: my teacher, Lindsay Mack, is someone I highly recommend. Her podcast Tarot for the Wild Soul is excellent.

If you're looking to dig deep into Tarot theory, some book recommendations: Tarot by Taschen, and Seventy Eight Degrees of Wisdom by Rachel Pollack.

However, sweet wanderer, always remember that **you are your greatest teacher.**

You know more than anyone about your own life, and your interpretations of the Tarot are just as valid as anybody else's.

Listen to your intuitive flame.

Until we meet again in the forest, happy wandering.

x. Giulio