

## **Printable Tarot Journal Template**

New tarot readers are often instructed to keep a tarot journal but why is it a good idea and how exactly do you start? Do you draw a random card and write about it? Are you supposed to work your way through the deck? What do you write about?

This complete tarot journal template will help you begin your own exploration of the cards by providing prompts and nudges for every card in the deck. I've suggested some ways to use it... but you are very welcome to do with it what you will

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## **The Purpose of Keeping a Tarot Journal**

The main reasons for keeping a tarot journal are

- To deepen your knowledge and understanding of the cards.
- For you to connect the tarot to your own life. By viewing the cards through your personal lens, you will gain even deeper understanding.
- To help develop your intuition and gain valuable insights – because *you* will be the one uncovering them, they will have the most impact.
- Journalling will help you understand yourself... and those will be the most important discoveries you will make. The tarot can provide a lot of comfort and companionship as you continue on your own life journey.

## **Some Methods of Tarot Journalling**

Choose whether to draw random cards or to work through the deck. You can also mix and match – there is no right or wrong way, pick which feels right to you.

Take your favourite deck and photocopy or scan and print all the cards. Glue the copies into your own specially chosen journal. Use selected prompts from the template to get to know your cards intimately.

Print out the Tarot Journal Template. Use a hole punch and insert the pages into a ring-binder. Write straight onto the pages, using the reverse side and extra pages as necessary.

Draw one card a week and work your way through all the prompts. This will take a long time so you will need patience and determination to get through the whole deck.

Draw a card a day in response to one or two prompts only.

Draw a card and research it thoroughly in your tarot books and/or online before choosing a prompt and journalling your response.

Keep your journal digitally. There's nothing that says you can't keep your journal on your computer. Use a note making software like Ever Note (free) or a dedicated program, such as The Journal by DavidRM. I use both and they are equally good. The great thing about them is that you can very simply insert images into your journal entries, therefore you can keep a visual record of all your readings as well. You can even copy interesting articles from websites, etc. Your study journal could be just one part of your tarot life.

## **The Tarot Journal Template Pages**

Each card has a page dedicated to it. There are seven sections for each card, divided into various prompts. The first section is a very brief list of keywords to explain what the card is about.

The images are copyright-free reproductions of the Rider-Waite deck. They are there simply to remind you what each card looks like. It will be much better if you refer to your own favourite reading deck as you write in your journal.

## **The Prompts**

**Emotional response:** Write down your initial feelings as soon as you turn the card. These emotional responses are very important to record as we all get a bit blasé as we become more familiar with the cards. Examine the feeling in your solar plexus as you look at the card and try to describe it. This is all about you and your reactions.

Is the card positive, negative or neutral? Explain why – don't look up card meanings, just go with your own opinions here. Again this is about you.

**Detailed description:** You'll need some time for this. Use your own deck – the images on the template are not really suitable. Write down or list every little detail in the image. Sometimes you will get really good insights by doing this because it forces you to really look at the card. Note such things as the colour of the sky or a tiny butterfly on the hem of a tunic. It may seem tedious but it is well worth examining each card in this way.

List keywords and phrases for the card. This is where you can turn to your books. Try to find as many as possible and, of course, if anything else occurs to you as you continue on your tarot journey, just add it in. You may find that one or more cards has special meaning for you – include it in the journal.

How did the card manifest during your day? It's a good one to do in order to connect the tarot with real life. For example, your card for the day was the Queen of Cups and you found yourself comforting a colleague who was upset because her boyfriend ended their relationship. Write it down. Perhaps your card was the Ace of Swords and at some point you read or heard something that made complete sense – one of those a-ha moments. Write it down in your journal. The more you do this, the more your readings will become accurate and professional.

Personal journal prompt with quotation. Some people will love these and others will hate them. They are there to make you think; to illuminate your own life as it connects with tarot. Take one question and explore it, or take them all. Alternatively ignore them completely.

## **Liven up Your Journal**

As well as gluing scans or copies of your cards, consider making it into an art journal at the same time. Use crayons, markers, coloured pencils or even paint (if your paper is heavy enough). Add in single words or symbols that are meaningful to you. Do childlike sketches when and wherever the fancy takes you. Make this journal yours – in every way.

## The Fool o

Represents all potential possibilities. A blank slate. Trust in the Universe. Taking a risk, being open to anything. Foolishness.

Emotional response: How do you feel when you look at the Fool?

Do you see the Fool as positive, negative or neutral? Why? What if the Fool is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Fool. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Fool.

Thinking about your day, how did the Fool manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“You will either step forward into growth or you will step back into safety.”* – Abraham Maslow. If you could do anything with your life, without considering any external factors or other people, what would you do? Describe how it would feel to leap into this new life.

## The Magician 1

Focus, will power, concentration, control. All the tools available to complete the task in hand.

Emotional response: How do you feel when you look at the Magician?

Do you see the Magician as positive, negative or neutral? Why? What if the Magician is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Magician. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Magician.

Thinking about your day, how did the Magician manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Whatever you think you can do or believe you can do, begin it. Action has magic, grace and power in it.”* Johann Wolfgang von Goethe. What could you start right now? What would need to be put into place to make it happen?

## The High Priestess 2

Intuition, silence, stillness. Keeper of secrets and mystery. Maidenhood. Spiritual contemplation.

Emotional response: How do you feel when you look at the High Priestess?

Do you see the High Priestess as positive, negative or neutral? Why? What if the High Priestess is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the High Priestess. Try to include every detail.

Make a list of keywords and phrases that help you to understand the High Priestess.

Thinking about your day, how did the High Priestess manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Listen to your intuition. It will tell you everything you need to know.”* Anthony J. D'Angelo. Do you use your intuition to make decisions? Can you remember an example? Was it a good choice? Describe how your intuition manifests in your body.

### The Empress 3

Abundance, nurturing, motherhood. Growth, fruition. Cultivation.

Emotional response: How do you feel when you look at the Empress?

Do you see the Empress as positive, negative or neutral? Why? What if the Empress is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Empress. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Empress.

Thinking about your day, how did the Empress manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“First you need only look: Notice and honour the radiance of everything about you... Play in this universe. Tend all these shining things around you: the smallest plant, the creatures and objects in your care. Be gentle and nurture. Listen...”* Ann Hillman. What and whom do you appreciate in your life? Make a big list and add to it every week.

## The Emperor 4

Structure, power. Masculinity, fatherhood. Rule setter. Business success.

Emotional response: How do you feel when you look at the Emperor?

Do you see the Emperor as positive, negative or neutral? Why? What if the Emperor is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Emperor. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Emperor.

Thinking about your day, how did the Emperor manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“As citizens of this democracy, you are the rulers and the ruled, the law-givers and the law-abiding, the beginning and the end.”* Adlai E. Stevenson. Do you have a personal code of conduct? What self-imposed rules would you never break?



## The Hierophant 5

Spiritual guide, mentor, religion, faith. Established institution.

Emotional response: How do you feel when you look at the Hierophant?

Do you see the Hierophant as positive, negative or neutral? Why? What if the Hierophant is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Hierophant. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Hierophant.

Thinking about your day, how did the Hierophant manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *The mediocre teacher tells. the good teacher explains. the superior teacher demonstrates. the great teacher inspires.*” William Arthur Ward. Do you inspire? Who inspires you? Who has had the most positive influence in your life? How?

## The Lovers 6

Love, sex, relationships. Choices, life-changing decisions.

Emotional response: How do you feel when you look at the Lovers?

Do you see the Lovers as positive, negative or neutral? Why? What if the Lovers is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Lovers. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Lovers.

Thinking about your day, how did the Lovers manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“the minute I heard my first love story I started looking for you, not knowing how blind that was. Lovers don't finally meet somewhere. they're in each other all along.”* Rumi. It is said that you can't love someone else unless you can love yourself first. Do you think this is true? Why?

## The Chariot 7

Self-discipline, determination, goal seeking. Negotiation, mediation. Gathering resources and driving oneself forward. Travel, journey.

Emotional response: How do you feel when you look at the Chariot?

Do you see the Chariot as positive, negative or neutral? Why? What if the Chariot is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Chariot. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Chariot.

Thinking about your day, how did the Chariot manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Those who really seek the path to Enlightenment dictate terms to their mind. then they proceed with strong determination.”* Buddha. Do you control your thoughts and emotions or do they control you? Have you ever tried to keep your thoughts focussed? How did it work out?

## Strength 8

Inner strength, persuasion, gentleness, trust, tactfulness, diplomacy, patience. Kindness to animals, children and those in need.

Emotional response: How do you feel when you look at Strength?

Do you see Strength as positive, negative or neutral? Why? What if the Strength card is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of Strength. Try to include every detail.

Make a list of keywords and phrases that help you to understand Strength.

Thinking about your day, how did Strength manifest itself? This can be about your emotions, memories, events, people – anything.

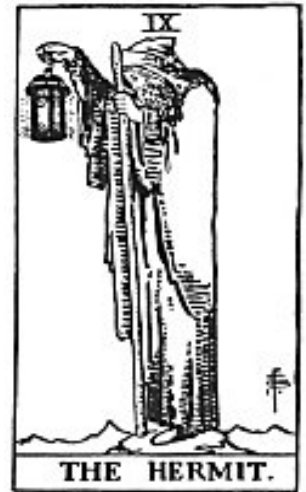
Personal journal prompt: “*Opportunities to find deeper powers within ourselves come when life seems most challenging.*” Joseph Campbell. When did you discover you had inner reserves of strength? Did you surprise yourself by how well you coped?

## The Hermit 9

Solitude, introspection, self-knowledge, study, withdrawal from relationships. Time to pause and think.

Emotional response: How do you feel when you look at the Hermit?

Do you see the Hermit as positive, negative or neutral? Why? What if the Hermit is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Hermit. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Hermit.

Thinking about your day, how did the Hermit manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*Hermits have no peer pressure.*” Steven Wright. Do you enjoy solitude? Are you comfortable when left alone with your thoughts? Do you continually seek company? Why?

## The Wheel of Fortune 10

Anything could happen. Changes, cycles, chance. Combined with other cards: good or bad fortune.

Emotional response: How do you feel when you look at the Wheel of Fortune?

Do you see the Wheel of Fortune as positive, negative or neutral? Why? What if the Wheel of Fortune is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Wheel of Fortune. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Wheel of Fortune.

Thinking about your day, how did the Wheel of Fortune manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Life's a wheel of fortune and it's my chance to spin it”* Tupac Sahkur. Do you spin your own wheel? What do you do when life gets out of control? Hint: things are more controllable when you are at the still center. Do we control our destiny?

## Justice 11

Legal issue, court case, settlement, retribution, divorce finalizes, property conveyancing. Career connected to law or contracts. Balance. Fairness.

Emotional response: How do you feel when you look at Justice?

Do you see Justice as positive, negative or neutral? Why? What if Justice is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of Justice. Try to include every detail.

Make a list of keywords and phrases that help you to understand Justice.

Thinking about your day, how did Justice manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*We expect justice to be rendered fairly.*” Dante Jimenez. Do you think justice is about retribution, punishment or to balance the scale of fairness? What does the concept of justice mean to you personally?

## The Hanged Man 12

Enforced inactivity. No apparent progression. Stagnation. Waiting time. Forced to look at the situation from another perspective. Acceptance. Letting go.

Emotional response: How do you feel when you look at the Hanged Man?

Do you see the Hanged Man as positive, negative or neutral? Why? What if the Hanged Man is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Hanged Man. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Hanged Man.

Thinking about your day, how did the Hanged Man manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“The first step toward change is awareness. the second step is acceptance.”* Nathaniel Brandon. Have you ever been forced to change your beliefs. How did that feel? Can you remember a time when giving up felt like relief?



## Death 13

Death and rebirth. An important stage of life is ending – career, job, relationship. Retirement. Release, transformation. Life cycles.

Emotional response: How do you feel when you look at the Death card?

Do you see Death as positive, negative or neutral? Why? What if Death is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of Death. Try to include every detail.

Make a list of keywords and phrases that help you to understand Death.

Thinking about your day, how did Death manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*Death is not an easy thing to even talk about.*” Belinda Kelly. Does the thought of dying scare you? Why? Do you think you can come to terms with your death? Imagine you just died - write down a conversation you might have with Death.

## Temperance 14

Harmony, healing, integration, moderation. Thoughtfulness and caution. Good chemistry, balance. Conservation and care of the environment.

Emotional response: How do you feel when you look at Temperance?

Do you see Temperance as positive, negative or neutral? Why? What if Temperance is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of Temperance. Try to include every detail.

Make a list of keywords and phrases that help you to understand Temperance.

Thinking about your day, how did Temperance manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“I certainly believe that being in contact with one's spirit and nurturing one's spirit is as important as nurturing one's body and mind. We are three dimensional beings: body, mind, spirit.”* Laurence Fishburne. Describe what it feels like to be out of balance; mind, body and spirit. How do you regain your equilibrium?

## The Devil 15

Addiction, enslavement, holding on to that which does not serve you. Stuck in a bad relationship or other situation. Sometimes: “Be a devil”... have fun, eat chocolate, take time out.

Emotional response: How do you feel when you look at the Devil?

Do you see the Devil as positive, negative or neutral? Why? What if the Devil is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Devil. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Devil.

Thinking about your day, how did the Devil manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*We may not pay Satan reverence, for that would be indiscreet, but we can at least respect his talent*” Mark Twain. Have you ever felt powerless in a situation? How did you finally break through? Do you believe that love can conquer evil? How so?

## The Tower 16

Perceived catastrophe. Clear out. Energetic transformation. Loss, accident, 'end of the world'. Removal of obstacles. Starting over.

Emotional response: How do you feel when you look at the Tower?

Do you see the Tower as positive, negative or neutral? Why? What if the Tower is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Tower. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Tower.

Thinking about your day, how did the Tower manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Living things have been doing just that for a long, long time. Through every kind of disaster and setback and catastrophe. We are survivors.”* Robert Fulghum. What would be your worst nightmare-come-true? Would you have the determination to rebuild your life? Has it already happened?

## The Star 17

Hope, peace, love. Triumph of good over bad. Looking forward; moving on. Blessings, healing.

Emotional response: How do you feel when you look at the Star?

Do you see the Star as positive, negative or neutral? Why? What if the Star is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Star. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Star.

Thinking about your day, how did the Star manifest itself? This can be about your emotions, memories, events, people – anything.

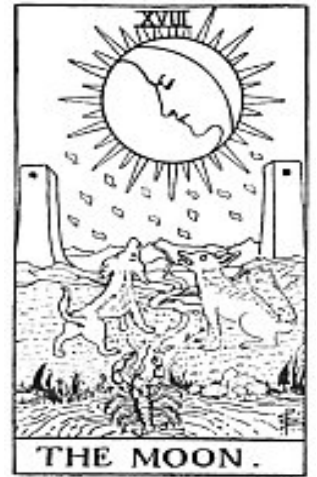
Personal journal prompt: *“Maybe if I share the path I walk then a little more of your pain will vanish. I want you to heal, whoever you are. I don't care what pain you've brought the world, I just want yours to subside. No matter what, your path is yours. Don't follow misery or worry. Devote every moment of your life to improving your dreams. Love your world. Cherish the good you do. Let go of hatred. Dream of love.”* Unknown. What blessings do you hold dear in your life? Count them.

## The Moon 18

Confusion, distraction, deceptive circumstances, losing one's way, distorted perception, poor mental health. Need of intuition to get back on track. Cycles, currents, tides.

Emotional response: How do you feel when you look at the Moon?

Do you see the Moon as positive, negative or neutral? Why? What if the Moon is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Moon. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Moon.

Thinking about your day, how did the Moon manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“there is nothing so deceptive as the distance of a light upon a pitch-dark night, and sometimes the glimmer seemed to be far away upon the horizon and sometimes it might have been within a few yards of us.”* Sir Arthur Conan Doyle. Did you ever step into a situation that appeared perfect for you but later proved to be oh so wrong? How did you become aware of the error? How did you correct your path? If not you, perhaps you know someone that this happened to?

## The Sun 19

Growth, happiness, mindfulness. All aspects of life improve. Making the most of the good times. Living in the moment.

Emotional response: How do you feel when you look at the Sun?

Do you see the Sun as positive, negative or neutral? Why? What if the Sun is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Sun. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Sun.

Thinking about your day, how did the Sun manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“No matter what looms ahead, if you can eat today, enjoy the sunlight today, mix good cheer with friends today, enjoy it and bless God for it. Do not look back on happiness – or dream of it in the future. You are only sure of today; do not let yourself be cheated out of it.”* Henry Ward Beecher. What makes you feel full of sunshine? What's your favourite thing to do when the sun is shining? What does happiness look like?

## Judgement 20

A call to action; something you must do. A wake-up call. Be accountable; responsible. Karma. Change of career or lifestyle.

Emotional response: How do you feel when you look at Judgement?

Do you see the Judgement card as positive, negative or neutral? Why? What if Judgement is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of Judgement. Try to include every detail.

Make a list of keywords and phrases that help you to understand Judgement.

Thinking about your day, how did Judgement manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *"I shall tell you a great secret my friend. Do not wait for the last judgement, it takes place every day."* Albert Camus. Have you ever had an epiphany? Have you ever felt compelled to do something out of character? Tomorrow is the last day – how would you spend it?



## The World 21

Right where you need to be. Completion, fulfilment, attainment. End of a life cycle. Pause, transition, waiting.

Emotional response: How do you feel when you look at the World?

Do you see the World as positive, negative or neutral? Why? What if the World is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the World. Try to include every detail.

Make a list of keywords and phrases that help you to understand the World.

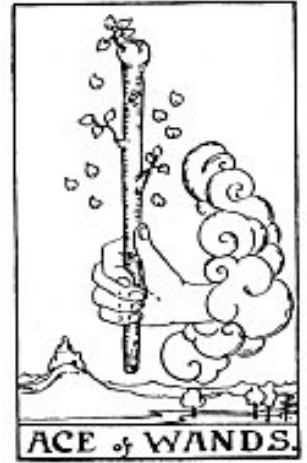
Thinking about your day, how did the World manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“The little dissatisfaction which every artist feels at the completion of a work forms the germ of a new work.”* Berthold Auerbach. Have you experienced distinct stages throughout your life? Can you describe the end of any of these stages and how you moved onto the next one?

## Ace of Wands

New initiatives, ideas or inspiration. Optimism, feeling in control, ready for anything. Change of lifestyle or new personal image. New business or enterprise. High energy levels. Birth of a baby.

Emotional response: How do you feel when you look at the Ace of Wands?



Do you see the Ace of Wands as positive, negative or neutral? Why? What if the Ace of Wands is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Ace of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Ace of Wands.

Thinking about your day, how did the Ace of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*Man's mind, once stretched by a new idea, never regains its original dimensions.*” Oliver Wendell Holmes Jr. How do you feel when inspiration strikes? Can you remember when a new idea came to you and your optimism felt boundless? What happened? Did you bring it to fruition?

## Two of Wands

Planning stage. Minor decisions must be made, details to be ironed out.  
Possible frustration. Apparent lack of progress.

Emotional response: How do you feel when you look at the Two of Wands?

Do you see the Two of Wands as positive, negative or neutral? Why? What if the Two of Wands is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Two of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Two of Wands.

Thinking about your day, how did the Two of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

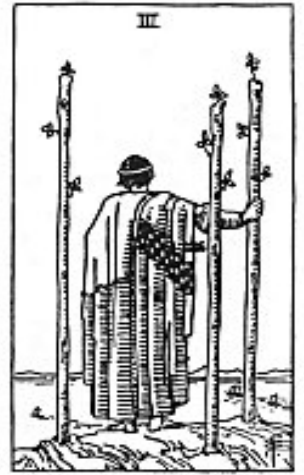
Personal journal prompt: *“Success always comes when preparation meets opportunity”*  
Henry Hartman. Do you enjoy the planning stage of a project? Do you feel frustrated when you know where you want to get to but are held up by small obstacles? How do you deal with that?

## Three of Wands

Success is on the horizon. Hard work is beginning to pay off. Positive forward momentum. Anticipation of good things to come.

Emotional response: How do you feel when you look at the Three of Wands?

Do you see the Three of Wands as positive, negative or neutral? Why? What if the Three of Wands is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Three of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Three of Wands.

Thinking about your day, how did the Three of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“High expectations are the key to everything.”* Do you enjoy getting all your ducks in a row? Are you the sort of person who expects the best outcome? Does failure make you want to give up or does it make you more determined?

## Four of Wands

Completion of work, consolidation, fruition. A temporary resting period.  
New home, marriage.

Emotional response: How do you feel when you look at the Four of Wands?

Do you see the Four of Wands as positive, negative or neutral? Why?  
What if the Four of Wands is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Four of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Four of Wands.

Thinking about your day, how did the Four of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Before this distinguished assembly and the world, the bells today proclaim the joyous tidings of the completion of this quietly soaring tower.”* Earl Warren. The satisfaction of a job well done is always pleasant. Can you remember the last time you felt like that? Is there anything, however small, you can complete tomorrow to enable you to achieve that satisfaction?

## Five of Wands

Arguments, disputes, squabbling that could escalate if not checked. Competition. Skirmishes, nitpicking. Bullying.

Emotional response: How do you feel when you look at the Five of Wands?

Do you see the Five of Wands as positive, negative or neutral? Why? What if the Five of Wands is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Five of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Five of Wands.

Thinking about your day, how did the Five of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*Enemies are so stimulating.*” Katherine Hepburn. Do you shy away from confrontation or do you look for it? How do you feel afterwards? Would you rather be right or happy?

## Six of Wands

The result you've been waiting for. Success, victory, passing a test. Recognition and praise. Good news.

Emotional response: How do you feel when you look at the Six of Wands?

Do you see the Six of Wands as positive, negative or neutral? Why? What if the Six of Wands is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Six of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Six of Wands.

Thinking about your day, how did the Six of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *"I am really happy today. This diploma means a lot to me. I feel like I have gained a superb victory in life."* Khyber Tabesh. Take a moment to recognise your small (or large) successes today. Didn't have any? Pay attention tomorrow and be ready to congratulate yourself. Make a list.

## Seven of Wands

Challenges, pressure, questioning of your beliefs, opinions, position and policies. Defending your point of view. Prevailing against the odds.

Emotional response: How do you feel when you look at the Seven of Wands?



Do you see the Seven of Wands as positive, negative or neutral? Why? What if the Seven of Wands is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Seven of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Seven of Wands.

Thinking about your day, how did the Seven of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

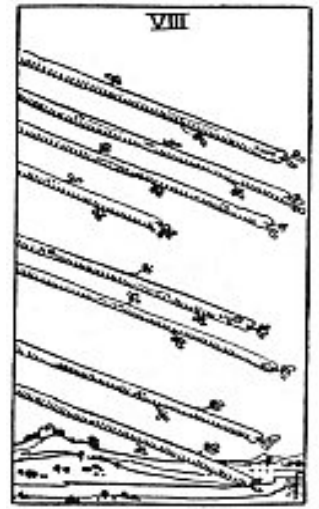
Personal journal prompt: *"Today's mighty oak is just yesterday's nut that held its ground"*  
Unknown. Have you ever been put under pressure from friends, family or employer? Do you know when to hold fast and when to concede? Describe a time when you stuck to your guns. Were you pleased with the result?



## Eight of Wands

Fast moving changes. Driving forward. Get organised! Group projects. Travel. Pregnancy.

Emotional response: How do you feel when you look at the Eight of Wands?



Do you see the Eight of Wands as positive, negative or neutral? Why? What if the Eight of Wands is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Eight of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Eight of Wands.

Thinking about your day, how did the Eight of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*Organizing is what you do before you do something, so that when you do it, it is not all mixed up.*” A.A. Milne. Think about a time when you had to respond to an emergency... did you panic or were you calm and organized? Would you consider co-ordinating a group project? Would people respond to you?

## Nine of Wands

Setback, momentary defeat or lack of energy. Perseverance in the face of adversity. Determination. Regrouping.

Emotional response: How do you feel when you look at the Nine of Wands?

Do you see the Nine of Wands as positive, negative or neutral? Why? What if the Nine of Wands is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Nine of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Nine of Wands.

Thinking about your day, how did the Nine of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

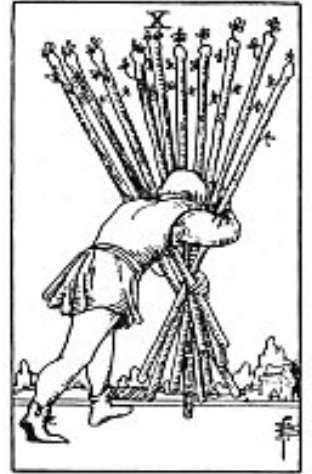
Personal journal prompt: *“The greatest test of courage on earth is to bear defeat without losing heart.”* Robert Green Ingersoll. Have you ever felt like giving up but you got through with sheer determination? Have you ever given up and then later, wished you hadn't? Are you stubborn? Is that good or bad?

## Ten of Wands

Overburdened. Too many responsibilities. Debt. Struggle. Life is one long uphill plod.

Emotional response: How do you feel when you look at the Ten of Wands?

Do you see the Ten of Wands as positive, negative or neutral? Why? What if the Ten of Wands is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Ten of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Ten of Wands.

Thinking about your day, how did the Ten of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Before every action ask yourself. Will this bring more monkeys on my back. Will the result of my action be a blessing or a heavy burden?”* Alfred A. Montapert. Do you have a strategy to deal with overwhelm? Can you say 'no' without feeling guilt? Have you managed to extricate yourself from unnecessary burdens?

## Page of Wands

Explorer of possibilities. Full of ideas and enthusiasm. On the cusp of an adventure. Young energetic person. Important message is imminent.

Emotional response: How do you feel when you look at the Page of Wands?

Do you see the Page of Wands as positive, negative or neutral? Why? What if the Page of Wands is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Page of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Page of Wands.

Thinking about your day, how did the Page of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“We are all functioning at a small fraction of our capacity to live life fully in its total meaning of loving, caring, creating, and adventuring. Consequently, the actualizing of our potential can become the most exciting adventure of our lifetime.”* Herbert A. Otto. What has been your greatest adventure? Do we ever actualise our potential? Do you like having something to look forward to?

## **Knight of Wands**

Ambitious, brave, passionate, hasty. Eagerness. Full of energy. Transition. Unreliable, temperamental.

Emotional response: How do you feel when you look at the Knight of Wands?

Do you see the Knight of Wands as positive, negative or neutral? Why? What if the Knight of Wands is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Knight of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Knight of Wands.

Thinking about your day, how did the Knight of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Thou know'st the o'er-eager vehemence of youth, How quick in temper, and in judgment weak.”* Homer. Have you ever felt as though you wanted to do something with all your soul and suddenly, later, you lost interest? Did you ever want something passionately and when you got it, it meant nothing? Do you know a Knight of Wands?

## Queen of Wands

Warm, ambitious, fun, flirty, cheerful. Extrovert. Sexually passionate. Disorganised, promiscuous.

Emotional response: How do you feel when you look at the Queen of Wands?



Do you see the Queen of Wands as positive, negative or neutral? Why? What if the Queen of Wands is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Queen of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Queen of Wands.

Thinking about your day, how did the Queen of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“If a woman is sufficiently ambitious, determined and gifted - there is practically nothing she can't do.”* Helen Lawrenson. Do you know a Queen of Wands? Are you a Queen of Wands? Would you like to be a Queen of Wands? What do you like best about her? What do you dislike about her?

## King of Wands

Inspirational, optimistic, successful. Passionate. Strong leader. Rule breaker. Hot tempered, shouty and irritable; bad moods pass quickly.

Emotional response: How do you feel when you look at the King of Wands?



Do you see the King of Wands as positive, negative or neutral? Why? What if the King of Wands is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the King of Wands. Try to include every detail.

Make a list of keywords and phrases that help you to understand the King of Wands.

Thinking about your day, how did the King of Wands manifest itself? This can be about your emotions, memories, events, people – anything.

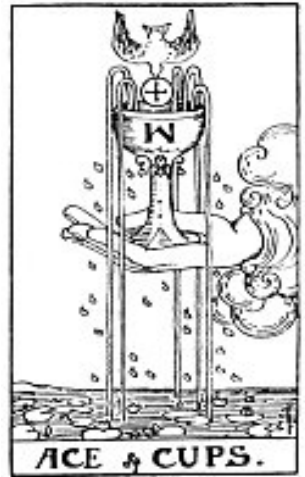
Personal journal prompt: *“He is a guy you can count on in all areas, offensively and defensively. He is strong on face-offs, on top of being a very good penalty killer. He is our captain here and he is a big leader for us in all areas.”* Rob Sumner. Do you know a King of Wands? Are you a King of Wands? What do you like least/best about the King of Wands character?

## Ace of Cups

New friendship, love. Emotional happiness and fulfilment. Strengthening or renewal of an important relationship. Conception.

Emotional response: How do you feel when you look at the Ace of Cups?

Do you see the Ace of Cups as positive, negative or neutral? Why? What if the Ace of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Ace of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Ace of Cups.

Thinking about your day, how did the Ace of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Love is the flower of life, and blossoms unexpectedly and without law...”* D.H. Lawrence. Did you ever look at a person, a baby, a puppy and fall completely head-over-heels in love? Describe the feeling. Did you ever meet someone and know that they would become a friend for life?



## Two of Cups

Mutual attraction. Deepening friendship Forging an emotional bond.  
Knowing true love.

Emotional response: How do you feel when you look at the Two of Cups?

Do you see the Two of Cups as positive, negative or neutral? Why? What if the Two of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Two of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Two of Cups.

Thinking about your day, how did the Two of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“My love, you know you are my best friend. You know that I'd do anything for you And my love, let nothing come between us. My love for you is strong and true. Sarah McLachlan. If you had to choose between love and friendship, which would it be? Why? Are relationships better after the initial falling-in-love has passed?”*

## Three of Cups

Girls' night out. Family celebration. Growing circle of friends. Cementing emotional bonds. Losing inhibitions.

Emotional response: How do you feel when you look at the Three of Cups?

Do you see the Three of Cups as positive, negative or neutral? Why? What if the Three of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Three of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Three of Cups.

Thinking about your day, how did the Three of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Celebrate the happiness that friends are always giving, make every day a holiday and celebrate just living!”* Amanda Bradley. Do you enjoy party gatherings or would you prefer to keep it simple? How much do you share with your friends? Do they know everything about you?

## Four of Cups

Withdrawn. Low-level depression – usually temporary. Unseeing of opportunities. Lack of enthusiasm. Detachment. Alternatively: emotional stability; a levelling out, ignoring temptation.

Emotional response: How do you feel when you look at the Four of Cups?



Do you see the Four of Cups as positive, negative or neutral? Why? What if the Four of Cups is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Four of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Four of Cups.

Thinking about your day, how did the Four of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Remember above all that mental stability comes by examining the contents of the mind, not by avoidance.”* Vernon Howard. Do you see temporary withdrawal as a necessity to regain emotional balance? If someone you love seems depressed, do you do all you can to cheer them up or should they be left alone?

## Five of Cups

Grief, loss, despair. Deep, long-lasting depression. All is not lost – there is always a way through.

Emotional response: How do you feel when you look at the Five of Cups?

Do you see the Five of Cups as positive, negative or neutral? Why? What if the Five of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Five of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Five of Cups.

Thinking about your day, how did the Five of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“There is no pain so great as the memory of joy in present grief.”* Aeschylus. Have you experienced grief first-hand? Who or what comforted you? How did you manage to move through it? Have you witnessed deep emotional pain in another person? Could you try to describe that pain as if it were you experiencing it?

## Six of Cups

Emotional recovery. Renewing friendships and acquaintances. Nostalgia, childhood, children. Playfulness. Revisiting places where you were happiest. Life feels lighter.

Emotional response: How do you feel when you look at the Six of Cups?

Do you see the Six of Cups as positive, negative or neutral? Why? What if the Six of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Six of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Six of Cups.

Thinking about your day, how did the Six of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“You're never too old to have a happy childhood.”* Unknown. Who do you miss from times past? What is your favourite memory of them? Was childhood a blessed time or are you glad to be grown up?

## Seven of Cups

Decision overload. Daydreaming about possibilities instead of doing something about them. Emotional overwhelm. Feeling that you are at an emotional crossroads.

Emotional response: How do you feel when you look at the Seven of Cups?



Do you see the Seven of Cups as positive, negative or neutral? Why? What if the Seven of Cups is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Seven of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Seven of Cups.

Thinking about your day, how did the Seven of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Some of us (perfectionists, especially) fuss so much over making the 'right' choice, but in life, all that's really needed is to make **any** 'good' choice, believe in it, go through with it, and accept the consequences.”* Unknown. Are you swift in making decisions? Do you regret any past life-changing decision? What do you do when it all becomes too much?

## Eight of Cups

An emotional decision has been made. Turning away from a situation. Taking a more difficult path. Leaving love (or pain) behind.

Emotional response: How do you feel when you look at the Eight of Cups?



Do you see the Eight of Cups as positive, negative or neutral? Why? What if the Eight of Cups is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Eight of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Eight of Cups.

Thinking about your day, how did the Eight of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“You cannot travel the path until you have become the path itself”* Buddha. Imagine having to pack up just what you can carry and walk out the door, leaving everyone and everything behind. Where are you going and why? How do you feel?

## Nine of Cups

Contentment. Emotional fulfilment. Well-being. Pleasure. Ease. A happy life.

Emotional response: How do you feel when you look at the Nine of Cups?

Do you see the Nine of Cups as positive, negative or neutral? Why? What if the Nine of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Nine of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Nine of Cups.

Thinking about your day, how did the Nine of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“When you realize how perfect everything is you will tilt your head back and laugh at the sky”* Buddha. Right now, in this very moment (not last minute, or next minute), all is well – do you agree? Describe the utter perfection of your life in this moment.



## Ten of Cups

Family. Love. A happy marriage or partnership. A journey ended. Home. Emotional security.

Emotional response: How do you feel when you look at the Ten of Cups?

Do you see the Ten of Cups as positive, negative or neutral? Why? What if the Ten of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Ten of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Ten of Cups.

Thinking about your day, how did the Ten of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*Where we love is home, home that our feet may leave, but not our hearts.*” Oliver Wendell Holmes. Is it possible to be a 'happy family' if you live alone? Is your family close-knit or do you appreciate the distance between you and them? What does 'home' mean to you?

## Page of Cups

Explorer of human emotion. Creative, artistic. Healer. A young child or baby. A message delivered in person

Emotional response: How do you feel when you look at the Page of Cups?

Do you see the Page of Cups as positive, negative or neutral? Why? What if the Page of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Page of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Page of Cups.

Thinking about your day, how did the Page of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Eventually you will come to understand that love heals everything, and love is all there is.”* Gary Zukov. Are you willing to explore the whole range of emotions from grief to joy? Can you allow yourself to really feel deep emotion, rather than just reacting to external stimulus. What was the worst/best news someone ever told you? Can you perform one creative action today?

## **Knight of Cups**

Romance, lover, bringer of gifts. A romantic fling. Sharing of feelings. Can be shallow – in love with falling in love.

Emotional response: How do you feel when you look at the Knight of Cups?

Do you see the Knight of Cups as positive, negative or neutral? Why? What if the Knight of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Knight of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Knight of Cups.

Thinking about your day, how did the Knight of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“There is something inexpressibly charming in falling in love and, surely, the whole pleasure lies in the fact that love isn't lasting”* Moliere. Have you ever fallen head over heels and then realised it wasn't love at all? Can you describe someone who loves to be in love? Do you know a Knight of Cups personality?

## Queen of Cups

Empathic, emotional. Decisions based only on feelings. Kindly, loving, compassionate, generous and sweet natured. Loves babies and young children. A good listener and will emotionally support anyone in need.

Emotional response: How do you feel when you look at the Queen of Cups?

Do you see the Queen of Cups as positive, negative or neutral? Why? What if the Queen of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Queen of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Queen of Cups.

Thinking about your day, how did the Queen of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“She (Princess Diana) loved life, she lived every day to the fullest, and she was just coming into her own. She had just found her purpose. She discovered her love of helping people.”* Mary Hobbs. Describe how someone has helped you without any expectation of repayment. How did you feel? Is it possible to help someone out of their negativity without becoming caught up in their pain? Do you know a Queen of Cups? Describe him/her.

## King of Cups

Sincere, kindly and wise, he is a good mediator and diplomat. Open hearted but introverted. Appears weak and ineffective to some people although he usually isn't – he's merely keeping his own counsel until the time is right to speak.

Emotional response: How do you feel when you look at the King of Cups?

Do you see the King of Cups as positive, negative or neutral? Why? What if the King of Cups is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the King of Cups. Try to include every detail.

Make a list of keywords and phrases that help you to understand the King of Cups.

Thinking about your day, how did the King of Cups manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Love is the total absence of fear. Love asks no questions. Its natural state is one of extension and expansion, not comparison and measurement.”*  
Gerald Jampolsky. Can you identify any time when listening rather than speaking would be the wisest choice? Who, in your life, provides a safe haven? Who can you say anything to, knowing that they will never betray your confidence? Do you provide the same role to others?

## Ace of Pentacles

A new project, job or other source of income. A gift or prize. Prosperity. Savings. Home improvement.

Emotional response: How do you feel when you look at the Ace of Pentacles?



Do you see the Ace of Pentacles as positive, negative or neutral? Why? What if the Ace of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Ace of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Ace of Pentacles.

Thinking about your day, how did the Ace of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Far and away the best prize that life offers is the chance to work hard at work worth doing.”* Theodore Roosevelt. Do you see your work as a privilege or is it hard slog? What is the best gift you have ever received? What is the best gift you have ever given yourself?

## Two of Pentacles

Financial planning and budgeting. More money going out than coming in. Feeling as though resources (time, money) are stretched. Waiting for results: medical tests, exams, etc.

Emotional response: How do you feel when you look at the Two of Pentacles?



Do you see the Two of Pentacles as positive, negative or neutral? Why? What if the Two of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Two of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Two of Pentacles.

Thinking about your day, how did the Two of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“I am not Superwoman. The reality of my daily life is that I'm juggling a lot of balls in the air... and sometimes some of the balls get dropped.”* Cherie Blair. Are you stressed or invigorated by your busy life? Do you enjoy the challenge of juggling commitments? Do you sometimes wish you could slow your life down? If yes, what obstacles prevent you doing that?

## Three of Pentacles

Project nears completion. Working as a team. Your skills stand you in good stead. End of a minor life cycle.

Emotional response: How do you feel when you look at the Three of Pentacles?



Do you see the Three of Pentacles as positive, negative or neutral? Why? What if the Three of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Three of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Three of Pentacles.

Thinking about your day, how did the Three of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“No problem is insurmountable. With a little courage, teamwork and determination a person can overcome anything.”* Unknown. When were you last satisfied with the knowledge of a job well done? Do you work better alone or as part of a team? What may be coming to a close in your life right now?



## Four of Pentacles

Stability, security, accumulation of money. Cautious. Fear of risk. Prefers own company. Protective of personal wealth.

Emotional response: How do you feel when you look at the Four of Pentacles?



Do you see Four of Pentacles as positive, negative or neutral? Why? What if the Four of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Four of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Four of Pentacles.

Thinking about your day, how did the Four of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“I think I’m actually quite a materialistic person, I value what it takes to make a car or build a nice house.”* Roland Gift. The Course in Miracles teaches, *“Nothing real can be destroyed.”* Think about that for a moment. If it is true, what is real? Do you use possessions to define who you are? Do you set aside happiness for achievement in the hope that there’s time for happiness later?

## Five of Pentacles

Material challenges. Lack of money, lack of adequate accommodation. Hard times. Health problems. Bad time to agree any financial commitment.

Emotional response: How do you feel when you look at the Five of Pentacles?



Do you see the Five of Pentacles as positive, negative or neutral? Why? What if the Five of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Five of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Five of Pentacles.

Thinking about your day, how did the Five of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Everything. We lost everything we owned.”* Sharon Mango. The quote illustrates that we don't actually own anything. *“Nothing real can be destroyed.”* A Course in Miracles. If you found yourself standing on the pavement with your family, having 'lost everything', what would your emotional response be? Grief or relief? How would you help someone who has nothing?

## Six of Pentacles

Sharing, giving, a debt repaid. Receiving, financial/material relief.  
Seeing others prosper while you remain in poverty.

Emotional response: How do you feel when you look at the Six of Pentacles? Like the Five of Wands this is a 'three-way' card; which figure do you identify with?



Do you see the Six of Pentacles as positive, negative or neutral? Why? What if the Six of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Six of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Six of Pentacles.

Thinking about your day, how did the Six of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“All are Yours, and You belong to all. You are the wealth of all. Everyone begs from You, and all offer prayers to You each day. Those, unto whom You give, receive everything.”* Sri Guru Granth Sahib. Think about where you are on your personal social scale. Are you wealthy? Do the rich work for their money or does it come easily to them. Is material wealth all a question of luck? Which would you rather have, time or money? Explore your feelings on the subject of wealth.

## Seven of Pentacles

Material wealth doesn't equal happiness. Appearances indicate satisfaction but life lacks purpose. Reassessment of priorities. Boredom. Loss of motivation.

Emotional response: How do you feel when you look at the Seven of Pentacles?



Do you see the Seven of Pentacles as positive, negative or neutral? Why? What if the Seven of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Seven of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Seven of Pentacles.

Thinking about your day, how did the Seven of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“You are not here merely to make a living. You are here in order to enable the world to live more amply, with greater vision, with a finer spirit of hope and achievement. You are here to enrich the world, and you impoverish yourself if you forget the errand.”* Woodrow Wilson. Is there something that keeps you chained to an unfulfilling job? What action might you take if you become bored with your work or your life in general?

## Eight of Pentacles

Honing existing talents, learning new skills. Change of profession. Doing something you love. Feeling fulfilled in your work. Taking up a new hobby. Working with your hands. Running a business.

Emotional response: How do you feel when you look at the Eight of Pentacles?



Do you see the Eight of Pentacles as positive, negative or neutral? Why? What if the Eight of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Eight of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Eight of Pentacles.

Thinking about your day, how did the Eight of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“The real essence of work is concentrated energy”* Walter Bagehot. What puts you in that place of total absorption? Do you ever feel like that in your job? If you could spend all day working or playing at one thing, what would it be?

## Nine of Pentacles

Financial independence. Fulfilment. Contented with life achievements so far. May indicate a career break due to pregnancy. Singledom.

Emotional response: How do you feel when you look at the Nine of Pentacles?



Do you see the Nine of Pentacles as positive, negative or neutral? Why? What if the Nine of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Nine of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Nine of Pentacles.

Thinking about your day, how did the Nine of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*Happiness... it lies in the joy of achievement, in the thrill of creative effort.*” Franklin D. Roosevelt. Imagine you are the woman in the card image – would you feel contented or bored? Explore the idea of having no pressure in your daily life.

## Ten of Pentacles

Traditional family values. Legacy. Inheritance. An established family business. Paperwork all in order. Provisions made for future contingencies. A gathering together of family generations.

Emotional response: How do you feel when you look at the Ten of Pentacles?

Do you see the Ten of Pentacles as positive, negative or neutral? Why? What if the Ten of Pentacles is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Ten of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Ten of Pentacles.

Thinking about your day, how did the Ten of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“We all think of the legacy you leave, and people always talk about money. But his legacy was not money. His legacy was having the family all together. He was all about family.”* Antonia Mosqueda. Do you come from a family with strong ties and values? Are those qualities important to you? Do you think they will matter more as you grow older?

## Page of Pentacles

Explorer, academic, scientist, student. Thirst for knowledge. Love of reading. Animal lover. A message delivered by mail or similar means, often regarding financial or property matters.

Emotional response: How do you feel when you look at the Page of Pentacles?



Do you see the Page of Pentacles as positive, negative or neutral? Why? What if the Page of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Page of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Page of Pentacles.

Thinking about your day, how did the Page of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“The important thing is not to stop questioning. Curiosity has its own reason for existing.”* Albert Einstein. What are you curious about? Make a list. Research the 7<sup>th</sup> item on your list.



## **Knight of Pentacles**

Trustworthy and reliable worker. “Still waters run deep”. Not keen on sharing feelings. Hidden passion.

Emotional response: How do you feel when you look at the Knight of Pentacles?

Do you see the Knight of Pentacles as positive, negative or neutral? Why? What if the Knight of Pentacles is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Knight of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Knight of Pentacles.

Thinking about your day, how did the Knight of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*The deepest waters run with the least noise.*” Unknown. Do you find this Court personality fascinating? Why? Find out as much about him as you can. Do you know a Knight of Pentacles?

## Queen of Pentacles

Practical, pragmatic, home-loving, creative, hard working. Encourages others to help themselves. A do-er rather than a listener. Prefers to find her own way of doing things.

Emotional response: How do you feel when you look at the Queen of Pentacles?

Do you see the Queen of Pentacles as positive, negative or neutral? Why? What if the Queen of Pentacles is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Queen of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Queen of Pentacles.

Thinking about your day, how did the Queen of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“My hobby is gardening, I love it, it's my main hobby. I like being at home and I'm very happy being in my house, I love cooking.”* Susan Hampshire. The Queen of Pentacles is never bored; she always has some project on the go. In what ways do you emulate this queen? What are your favourite hobbies, tasks, projects?

## King of Pentacles

Self-made man (or woman). Enjoys the fruits of his labours. May have issues with adult children; expecting them to do things the right way, i.e. his way. Adores his grandchildren.

Emotional response: How do you feel when you look at the King of Pentacles?



Do you see the King of Pentacles as positive, negative or neutral? Why? What if the King of Pentacles is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the King of Pentacles. Try to include every detail.

Make a list of keywords and phrases that help you to understand the King of Pentacles.

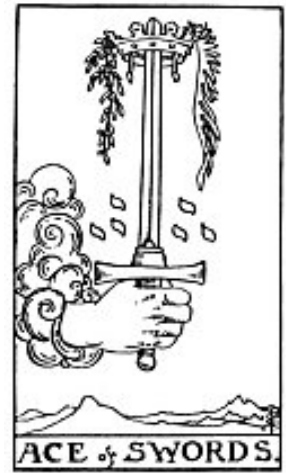
Thinking about your day, how did the King of Pentacles manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Luck is not something you can mention in the presence of self-made men.”* E.B. White. The King of Pentacles believes that things should be done in a tried and tested way because it worked for him. Do you agree? Do you know a King of Pentacles type?

## Ace of Swords

Sudden understanding, clarity of thought, new methods of communication. Efficiency. The truth revealed; the curtain is pulled back. A new way of perceiving the world.

Emotional response: How do you feel when you look at the Ace of Swords?



Do you see the Ace of Swords as positive, negative or neutral? Why? What if the Ace of Swords is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Ace of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Ace of Swords.

Thinking about your day, how did the Ace of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Simplicity, clarity, singleness: these are the attributes that give our lives power and vividness and joy”* Richard Hallaway. Do you agree with this quotation? Can you see the power in clarity? What muddleness do you need to shed?

## Two of Swords

Preventing oneself from seeing the truth, refusing to engage, reluctance to make a decision. Self-protection.

Emotional response: How do you feel when you look at the Two of Swords?

Do you see the Two of Swords as positive, negative or neutral? Why? What if the Two of Swords is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Two of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Two of Swords.

Thinking about your day, how did the Two of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

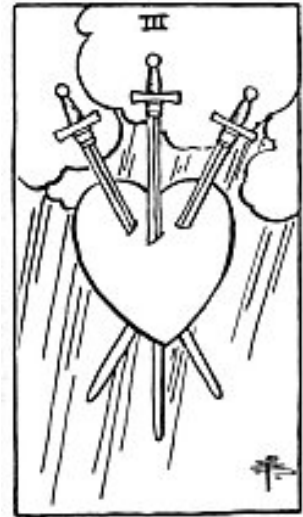
Personal journal prompt: *“The thing you fear most has no power. Your fear of it is what has the power. Facing the truth really will set you free.”* Oprah Winfrey. Have you ever refused to face up to something for fear of upsetting the status quo? Could you imagine ever doing so? How would it feel?

## Three of Swords

Communication difficulties. Mixed messages; tangled wires. Separation, misunderstanding. Medical procedures.

Emotional response: How do you feel when you look at the Three of Swords?

Do you see the Three of Swords as positive, negative or neutral? Why? What if the Three of Swords is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Three of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Three of Swords.

Thinking about your day, how did the Three of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

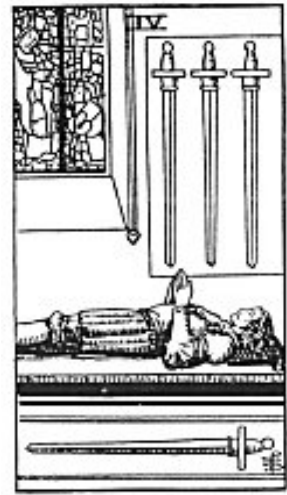
Personal journal prompt: *“Ninety-nine percent of all problems in communications start with misunderstandings which develop as a result of differing viewpoints and conditioning.”* Unknown. This card is often thought to mean 'heartbreak'. Is this a misunderstanding? Explore how heartbreak might ensue from a breakdown in communication and which other tarot card might fit better.

## Four of Swords

Forced rest. Illness. After-effects of stress. Voluntary withdrawal. Recuperation. 'Me-time'.

Emotional response: How do you feel when you look at the Four of Swords?

Do you see the Four of Swords as positive, negative or neutral? Why? What if the Four of Swords is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Four of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Four of Swords.

Thinking about your day, how did the Four of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Stress is basically a disconnection from the earth, a forgetting of the breath. Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important. Just lie down.”* Natalie Goldberg. Describe how you deal with stress? Have you ever been forced to take time out?

## Five of Swords

Deceit, bullying, defeat. Disengagement. Hollow victory. Gain at the expense of others.

Emotional response: How do you feel when you look at the Five of Swords? Important: which figure do you identify with? The victor in the foreground, the person walking away in the middle ground or the defeated one in the background?



Do you see the Five of Swords as positive, negative or neutral? Why? What if the Five of Swords is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Five of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Five of Swords.

Thinking about your day, how did the Five of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of your life, but define yourself.”* Harvey S. Firestone. Have you ever accepted the role of victim? How does it feel to be bullied? Have you ever bullied someone else?



## Six of Swords

Mental recovery. Calm and steady progress. Moving on. Guidance from within. Assimilating life lessons.

Emotional response: How do you feel when you look at the Six of Swords? Are you the person punting the boat or a passenger? Where are you headed?



Do you see the Six of Swords as positive, negative or neutral? Why? What if the Six of Swords is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Six of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Six of Swords.

Thinking about your day, how did the Six of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“We can always choose to perceive things differently. You can focus on what's wrong in your life, or you can focus on what's right.”* Marianne Williamson. Have you found that as soon as you stop thinking about the bad stuff that just happened, you begin to move forward at a much faster rate? What happens when you rehash past hurts or problems?

## Seven of Swords

Theft, deception, lone-wolf, sneakiness. Retrieving something lost; for example: a material item, self-confidence, peace of mind.

Emotional response: How do you feel when you look at the Seven of Swords? Is he a thief or do those swords belong to him?

Do you see the Seven of Swords as positive, negative or neutral? Why? What if the Seven of Swords is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Seven of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Seven of Swords.

Thinking about your day, how did the Seven of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“We certainly have put on a full-court press to try to retrieve these weapons, which are very dangerous weapons,”* Louis Freeh. The quotation indicates that sometimes we have to act like thieves for a higher cause. Do you think that sort of action is justified? Describe the last time you (or someone you are close to) were a victim of theft.

## Eight of Swords

Trapped. Surrounded by problems of your own making. Disempowered. Lack of confidence. Unable to move. Fear of the future.

Emotional response: How do you feel when you look at the Eight of Swords?

Do you see the Eight of Swords as positive, negative or neutral? Why? What if the Eight of Swords is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Eight of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Eight of Swords.

Thinking about your day, how did the Eight of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“Of all the traps and pitfalls in life, self-disesteem is the deadliest, and the hardest to overcome, for it is a pit designed and dug by our own hands, summed up in the phrase, “It’s no use - I can’t do it” Maxwell Maltz. Have you ever felt paralysed by fear? How did you deal with it? If it’s never happened to you, then describe what it might feel like?*

## Nine of Swords

Fear, anxiety, worry, nightmares. Unable to see a solution.

Emotional response: How do you feel when you look at the Nine of Swords?

Do you see the Nine of Swords as positive, negative or neutral? Why? What if the Nine of Swords is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Nine of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Nine of Swords.

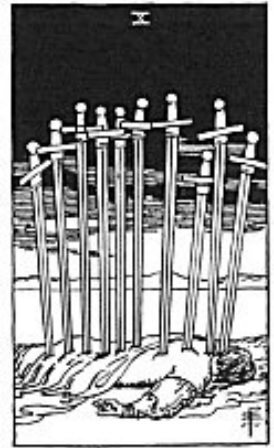
Thinking about your day, how did the Nine of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*It was a dark and stormy nightmare*”. Neil Gaiman. Is it a regular occurrence for you to suffer sleeplessness because of anxiety? How many of those anxieties come into being? What is your view on worrying as a productive activity?

## Ten of Swords

End of a cycle. Something long established is finished. Can indicate death in combination with other cards. A new beginning is imminent. Light on the horizon.

Emotional response: How do you feel when you look at the Ten of Swords?



Do you see the Ten of Swords as positive, negative or neutral? Why? What if the Ten of Swords is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Ten of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Ten of Swords.

Thinking about your day, how did the Ten of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*What the caterpillar calls the end of the world, the master calls a butterfly.*” Richard Bach. When your old dog dies after a rewarding, loving and pleasure-filled life, the best compliment you can pay him is to get yourself a puppy. Do you agree? Why? When something ends can you look forward to a new beginning?

## Page of Swords

Explorer of thought and philosophy. Always asking questions. Transformation of ideas into reality. Quick thinker, good communicator, excellent debater. A message delivered swiftly

Emotional response: How do you feel when you look at the Page of Swords?

Do you see the Page of Swords as positive, negative or neutral? Why? What if the Page of Swords is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Page of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Page of Swords.

Thinking about your day, how did the Page of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: “*Young students today have so many fresh ideas about the world and their future.*” Nancy Smith. What kinds of profession would attract a Page of Swords? What would be his or her typical free-time activities? If the Page of Swords was real person, describe his/her personality.

## **Knight of Swords**

Fights for a cause. Single-minded, laser-focused, determined, highly intelligent. Impatient. Tendency to be critical of others.

Emotional response: How do you feel when you look at the Knight of Swords?

Do you see the Knight of Swords as positive, negative or neutral? Why? What if the Knight of Swords is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Knight of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Knight of Swords.

Thinking about your day, how did the Knight of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

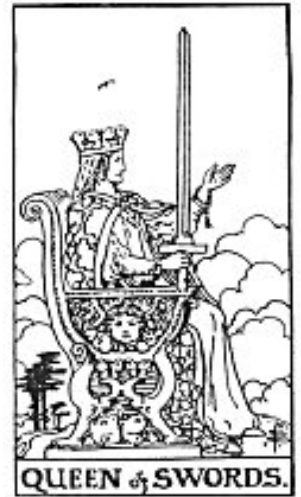
Personal journal prompt: *“It's fun. When they bring a lot of pressure like that, it makes you really focus on every play. You are mentally sharp. Even in practice when we face the pressure it's more fun for us because there is a sense of urgency.... It's a little bit more intense.”* Nick Hardwick. What does the Knight of Swords think about when he's not on a mission? List some of his qualities. Would he make a good life partner?

## Queen of Swords

Seeker of truth. Intellectual, intelligent, incisive. Straight talker. Highly motivated, professional and efficient. Witty and flirty if she thinks it's necessary. Will take advice from others if she respects their opinion. Can be hard-hearted.

Emotional response: How do you feel when you look at the Queen of Swords?

Do you see the Queen of Swords as positive, negative or neutral? Why? What if the Queen of Swords is reversed?



A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the Queen of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the Queen of Swords.

Thinking about your day, how did the Queen of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“It is Margaret Thatcher's fault, ... she slashed and burnt her way through the old order. Sentiment was given short shrift...”* Stephen Bailey. How and when might the Queen of Swords show a more vulnerable side? Have you ever known a Queen of Swords? Did you like her? Describe her personality.



## King of Swords

Authoritarian. Takes responsibility, good communicator, logical, clear thinker, commands respect. Usually at the top of his profession (lawyer, surgeon, writer, etc.).

Emotional response: How do you feel when you look at the King of Swords?



Do you see the King of Swords as positive, negative or neutral? Why? What if the King of Swords is reversed?

A detailed description in your own words helps you to really feel the energy of a card. Write down a description of the King of Swords. Try to include every detail.

Make a list of keywords and phrases that help you to understand the King of Swords.

Thinking about your day, how did the King of Swords manifest itself? This can be about your emotions, memories, events, people – anything.

Personal journal prompt: *“He's very focused and very smart. He's got very good control of his emotions and is just a very good logical thinker.”* Brian Clark. Imagine if the King of Swords had been married for decades and then lost his wife... how would he be? Would he cope? Write a short piece about him dealing with life on his own.