

THE 2016 CARD READING SUMMIT
with Tori Hartman

Independent Shadow Work Cartomancy Session

INTRODUCTION TO SHADOW WORK

You could characterize aspects of your life in two ways—aspects in the light and aspects in the shadow. There are facets of you that you're open to letting people see, and these can be both positive and negative facets of you. Even if it's only a few loved ones, you will still let people see the side of you in the light. You can acknowledge those aspects of yourself on a day to day basis.

The other aspects of your life are in the shadow. These aspects can be both positive and negative, though typically we are not yet conscious of the positive. That is why you conceal these aspects in the shadow. Our fears, the ugliness within us that we want to hide from others and even hide from ourselves, and the scars we would much rather erase altogether are what we keep in the shadow. Yet often the greatest gift we have to contribute are, at the start, in the shadow. Shadow work is about pulling into the light all that you would rather conceal, so that you can uncover your greatest innate gift.

THIS IS WHERE YOU BEGIN

This workbook will navigate you through the darker regions of your consciousness, to be used in conjunction with a tarot or oracle deck, so at this time, select the tarot or oracle deck you will be using. The only specification for what type of deck to use is this: use one you have built a relationship with prior to this session, so that the deck can work expediently for you and is already pre-programmed to your personal energies.

At its core, this session is divination through cartomancy, but that divination is prompted by specific questions that challenge you to explore that which you might typically avoid. However, bear in mind that shadow work is a lifelong endeavor, with many facets. This workbook is by design limited in scope. It is only one self-guided session of shadow work.

Set aside one to two hours of quiet alone time. I recommend that you print out the workbook and work through the prompts longhand. Begin by lighting incense or a scented candle that you know will bring you a sense of calm. Chamomile, lavender, sandalwood, jasmine, or vanilla are commonly used scents for calming, but use what works for you. In addition, you will need a bell, such as tingsha cymbals, a singing bowl, or any regular bell.

I also recommend that you light a larger pillar candle, one in a color and style that is most pleasing to you. To begin, after you have lit the incense or scented candle, light your pillar candle and envision the flame to be much larger than what the eyes can see. Imagine the spirit and aura of that flame encompassing all of you and your work space, protecting and

shielding you. Invoke God, Spirit, your patron deities, angels, spirit guides, guardian spirits, or however you express divinity into the space and to fill you from within, to guide and shield you. Shuffle your deck and set it in front of you. Then begin the prompts of this workbook, filling the space allotted with your responses. Have a stack of loose leaf paper on hand in case you need extra pages for writing. Now let's begin.

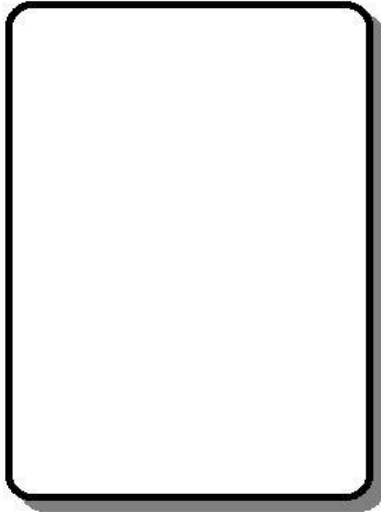
REVISITING THE PAST

When you were 11 to 13 years old, what was your dream? What did you envision yourself becoming? Describe exactly how 11- or 13-year-old you would have idealized yourself now, at your present age. Describe that idealized person you had wanted to be, the relationships you would have wanted in your life by now, the career or what you would be doing, and what you as that child expected ideally of you the adult. What did child-you expect the adult-you to have accomplished by now?

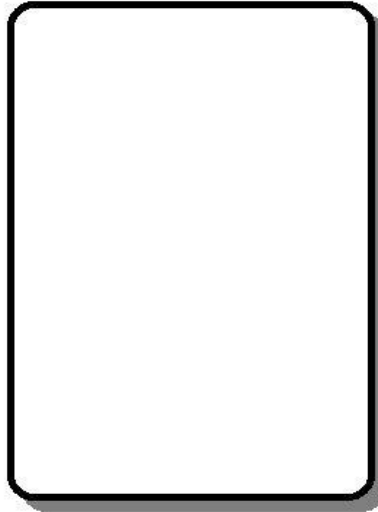
In what ways have you fallen short of that idealized vision you had of yourself back in childhood? What have you failed to achieve?

Shuffle your tarot or oracle deck and while you do so, reread what you wrote in the two earlier prompts. Reread it several times while you enter a meditative state and shuffle. Now you will be pulling three cards into the spread noted below. Before you pull each card, focus on the specific question presented for that card position. Write in your divinatory results into the card diagram. If symbols in the imagery stay with you, sketch them out into the card diagrams provided. These can be interpreted later as omens.

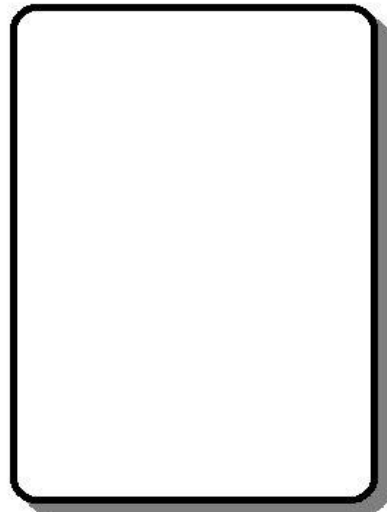
Falling Short of Childhood Dreams...



1.
Where did
I go wrong?



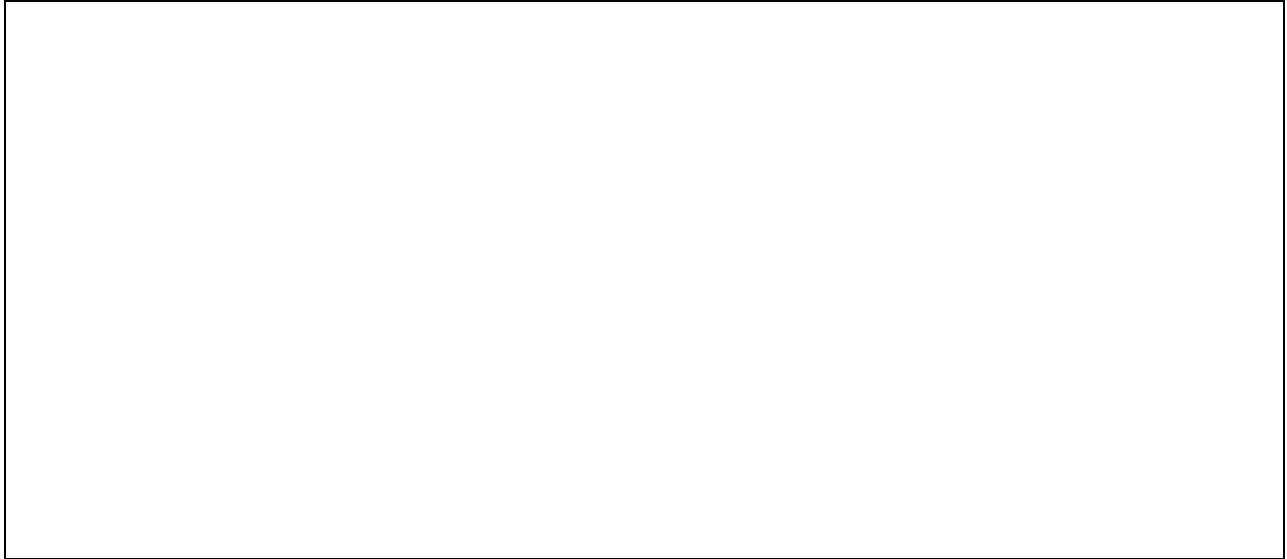
2.
Why did I
fail to live up
to that vision?



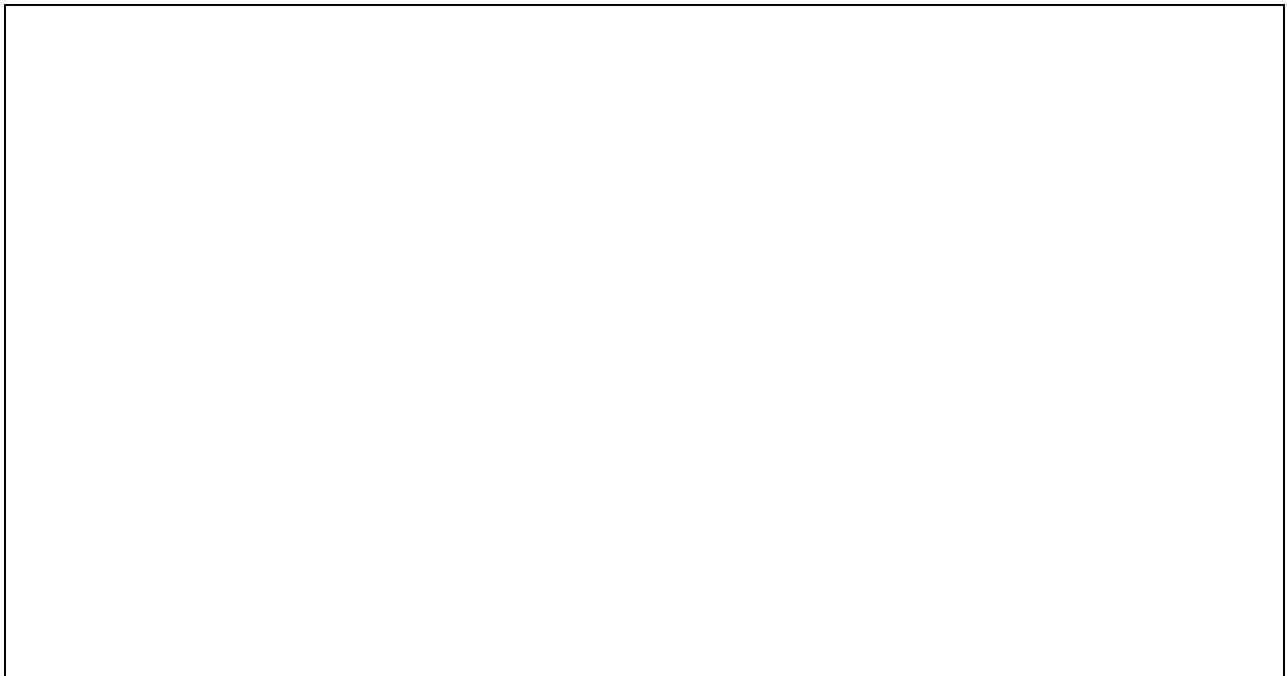
3.
What is the
lesson to
learn here?

After this session, return to the above divinatory reading and deep-dive into the messages of each card detail by detail, but for now, gaze upon the three cards and free-write your impressions below.

What do you think your parents would have idealized you becoming? Do not get defensive and irrespective of your relationship (or lack thereof) with your parents, think about how this question would be answered if *your parents* were being candid and doing the shadow work. What were their highest expectations and idealized hopes for you?



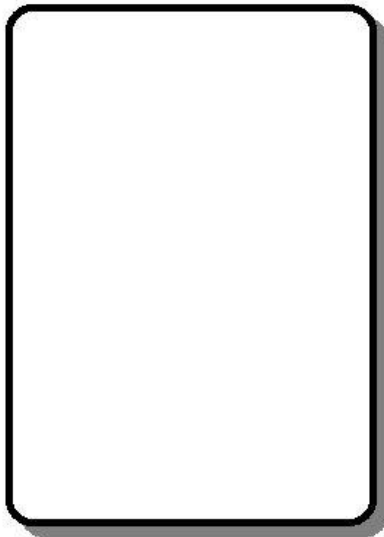
How have you failed your parents? Again, do not get defensive and irrespective of what relationship you might have with them today, in *their* point of view, how might you have failed them? Disregard any impulse to defend yourself or your life choices. Let go of your defense mechanisms and think through their point of view, and the darkest, ugliest expression of that point of view.



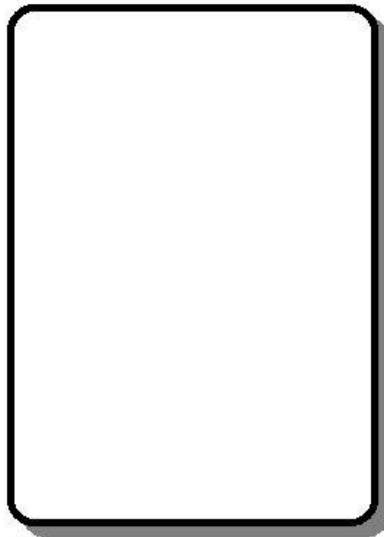
How does your sense of falling short of parental expectations make you feel right now? Free-write on the emotions running through you at the moment.

Return to your tarot or oracle deck. Shuffle your deck and while you do so, reread what you wrote in the three earlier prompts. Then pull three cards into the spread below. Before you pull each card, focus on the specific question presented for that card position. Write in your divinatory results into the card diagram.

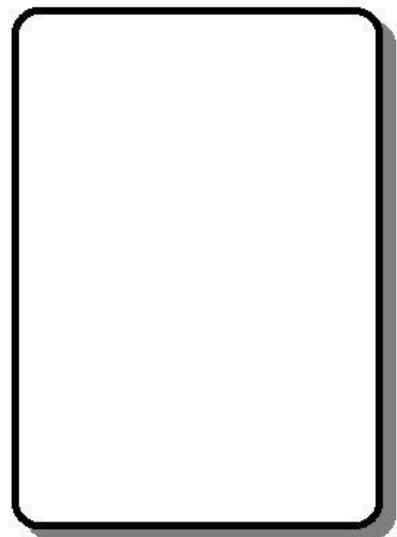
Falling Short of Parental Expectations



1.
How do I
make peace
with my
emotions?



2.
How do I
rise above
perceptions
of failure?



3.
What do I
need to know
about my
parents?

After this session, return to the preceding divinatory reading and deep-dive into the messages of each card, but for now, gaze upon the three cards and free-write your impressions below.

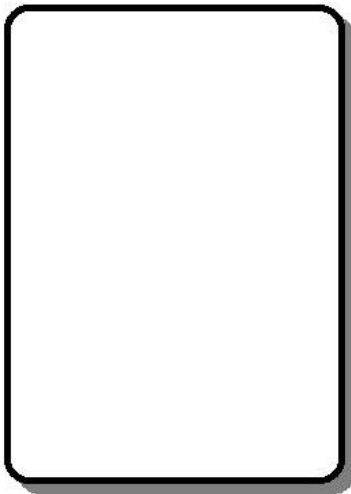
Let's talk about heartbreak. What is the first heartbreak that comes immediately to mind? I don't mean the first in your life chronologically. I mean if I push you to answer right now, what is the heartbreak that you would blurt out? Describe your deepest, darkest scar.

This heartbreak can be love, but it doesn't have to be. Perhaps someone close to you disappointed you in a profound, emotional way. Perhaps you were betrayed by someone you trusted. Perhaps it was a time you experienced tragedy or death. Let's talk about one event that, after the storm, left you broken.

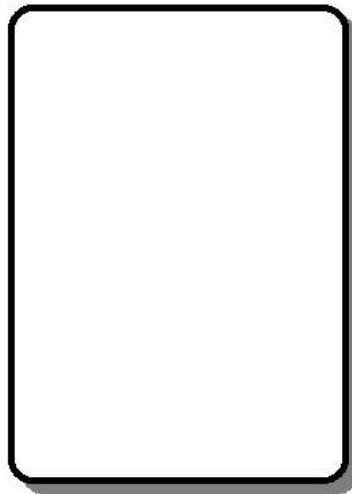
What you wrote was what first came to your mind when the question of heartbreak was presented. That suggests residual injury that is still affecting you to this day. Ask yourself: "Why can't I let go of the hurt from that experience?" Free-write below.

Return to your tarot or oracle deck. Shuffle your deck and while you do so, reread what you wrote in the two earlier prompts. Then pull three cards into the spread below. Before you pull each card, focus on the specific question presented for that card position. Write in your divinatory results into the card diagram.

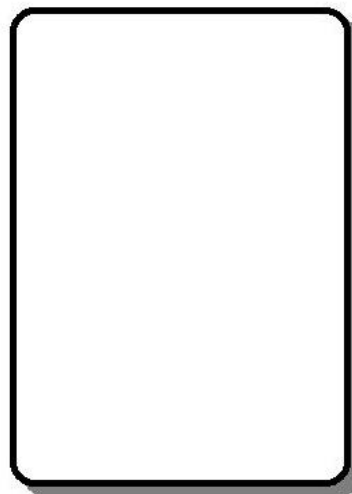
Letting Go of Heartbreak



1.
What karma
or causation
set that event
into motion?



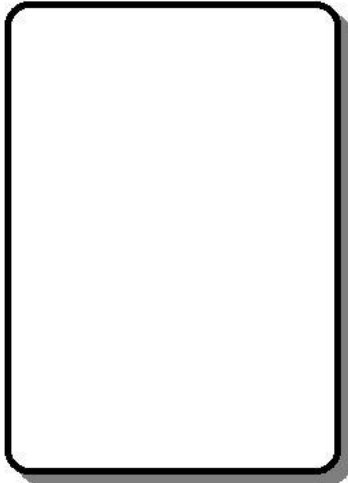
2.
How do I
detach from
my feelings
of heartbreak?



3.
How do I
transform the
heartbreak into
a point of strength?

After this session, return to the preceding divinatory reading and deep-dive into the messages of each card, but for now, gaze upon the three cards and, relying upon the divinatory message of those cards, answer the following question: "What can I do going forward to be in service of others and to ensure that they need not suffer the way that I have?" What do the three cards tell you about how to turn heartbreak into productivity?

Turn over your deck and sift through it, face up, in search of one card that best represents who you want to be going forward, irrespective of your past. Note that card in the diagram below and in the space provided below, write out three resolutions for how you leave behind the past and think about your future, completing the sentence prompts.



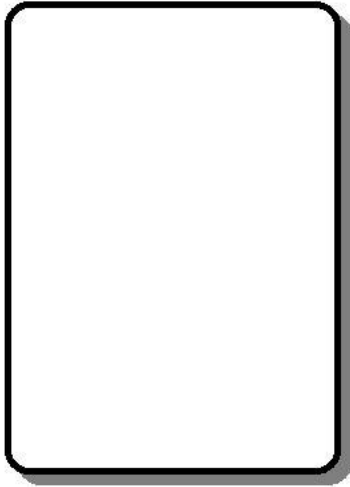
RESOLVED: Going forward, I will no longer...
RESOLVED: Going forward, I will...
RESOLVED: Going forward, I will...

Reflecting on the above card you have selected, think about what you would want to say to 11- or 13-year-old you. Think about what that child believes are the parental expectations to live up to. Think about your life path now, as an adult, filtered through the wisdom you have gained. What would you say to your child-self about your future, about living up to or not living up to other people's expectations, or when others do not live up to your expectations. What about when life does not meet your expectations and fantasies? Take time to write out your letter on the subsequent page.

Letter to the Child You Once Were...

A large, empty rectangular box with a thin black border, intended for writing a letter. It occupies most of the page's vertical space.

After you've finished writing your letter to 11- or 13-year-old you, shuffle your deck, focus inward with concentrated emotion and feeling, releasing all of your emotions into the deck as you shuffle, feeling it all exit your hands and into the cards, and ask: "Give me a sign." Pull a card and note the card below, along with your first intuitive impressions.



Now pick up your bell (can also be tingsha cymbals or a singing bowl), exhale deeply, and with your exhale, envision all pain, anguish, heartbreak, and painful emotions leaving you through that exhale of breath and ring your bell. As you ring your bell, envision those dark emotions, on that exhale, scattering and disappearing from your vicinity. You feel the release, you are relaxed, and you feel at peace. Ring the bell once more to fully cleanse the area. You now feel some of what was in the shadow is now out in the light.

Recall the most memorable moment in your past when you displayed rage. This goes beyond anger. You were raging. You acted in a way toward another that, now in retrospect, you are just a bit ashamed of, because by raging, you know you let that person or that situation get under your skin. Note that moment below.

What exactly made you lose your temper and display rage? (What did someone do wrong, in your view, or what was unjust about that particular situation?)

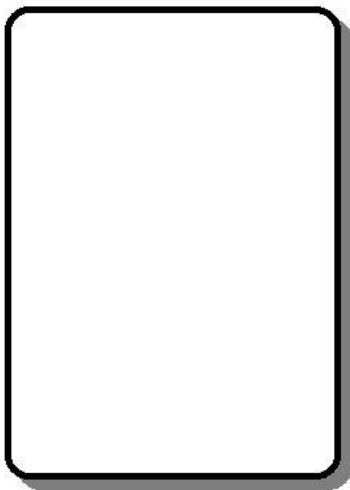
In your view, why was the egregious conduct or situation so terrible that it would elicit rage from you?

Chances are you were taught that such conduct or this kind of situation is “not okay.” Who taught you that this was “not okay”? (Here, don’t say society, culture, community, or the government. Even if the matter is institutional, and in some way it probably is, someone, a *person, a human being* taught you this. Who was that human being?)

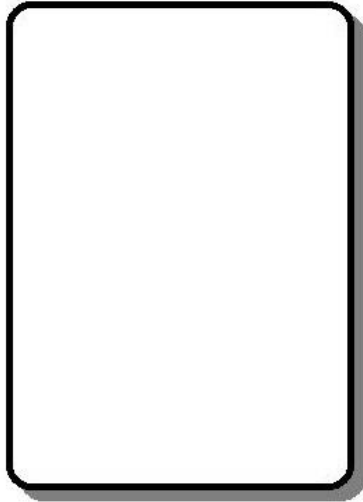
In other words, this person who taught you such conduct or situation was “not okay” was someone you admired, someone whose code of conduct and beliefs mattered to you, that you may have even adopted for yourself. This egregious conduct or situation offended you because if the egregious actors were allowed to get away with what was done, what was “not okay,” then they in effect undermine the authority and power of this person you so admire. That’s really what’s not okay, isn’t it? These egregious actors are undermining the authority and power of this person whose code and beliefs you’ve learned from.

Your conscious mind may know it’s irrational, but some deep primal part of you wants everyone to follow the code and beliefs of this person you admire, mostly because you follow that code and those beliefs. Anyone and any situation that undermines that is going to trigger your hostility because they are undermining your power. You raged in that moment because the egregious actors undermined your code and beliefs, and your power.

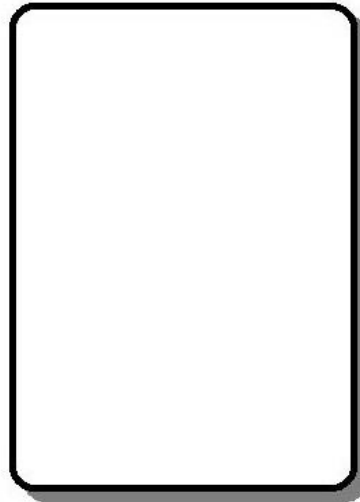
Shuffle your deck while focusing on this question: What important lesson is there to learn about yourself from that event? Then draw a card. Note your results and impressions.



One final divinatory reading for yourself before we move on to the next section: shuffle the deck and draw two cards. Before drawing each card, shuffle and focus on the question presented, then pull the card.



1.
When my code and beliefs are undermined in the future, instead of giving in to rage, what must I focus on?



2.
What must I know and be always mindful of with regard to my personal temper?

Note any significant impressions you want to remember below.

Before moving on, take a moment to relax. Sit straight and tall in your seat. Imagine a string running down your spine and someone from up above, at the crown of your head, pulls on that string. Close your eyes and concentrate on your breath. Focus on 7 counts while you inhale, hold your breath for a moment, and then exhale 15 counts. Repeat 7 counts inhale, hold, and 15 counts exhale several more times. Then smile, open your eyes, and proceed.

FACING THE DARKNESS OF THE PRESENT

Identify three attributes, circumstances, or matters that you feel are lacking or dysfunctional in your life right now. Summarize them in short form below.

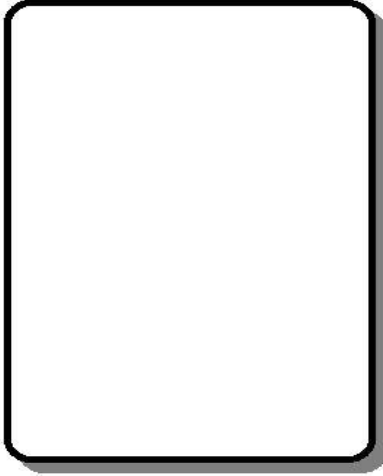
1.	2.	3.
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Now let's address each one separately. We'll start with the first one you noted above as "1." Each one of the three will be delved into in turn. Start by rewriting the first attribute, circumstance, or matter that you feel is lacking or dysfunctional in your life right now, in the present, into the space provided after "1." Then follow the prompts through the sub-questions for "1." Repeat the approach for "2." and then finally "3."

The prompts through each of the three points begin on the subsequent page.

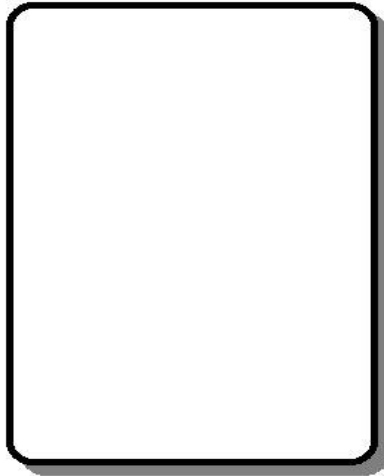
1.
It makes me _____
<i>Input emotion(s) [adjectives].</i>
<i>Check one of the boxes.</i>
to feel that I <input type="checkbox"/> lack <input type="checkbox"/> fail at
<i>Complete the sentence with what you feel you lack or fail at.</i>
However, that which I perceive to be lacking or failing is <u>illusory</u>.
Behind the feelings of inadequacy is the superficial and materialistic desire for
<i>Complete the sentence.</i>

Pick up your tarot or oracle deck. Shuffle your deck and while you do so, reflect on the pain you feel from that lacking or failure. Also reflect on why that pain is illusory and the very superficial or materialistic desire that is actually fueling your feelings of inadequacy. As you pull each card into the spread noted below, focus on the specific question presented for that card position. Write in your divinatory results into the card diagram.



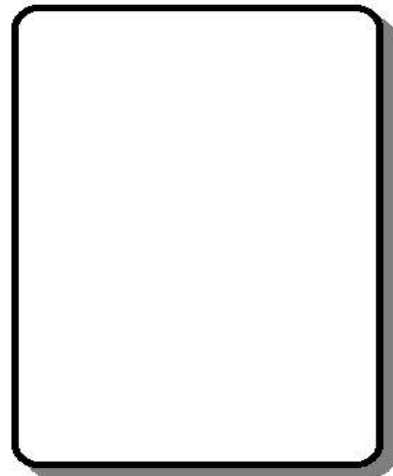
1.

What is the source of my pain?



2.

How do I defeat the inner demon that is compelling my desire?



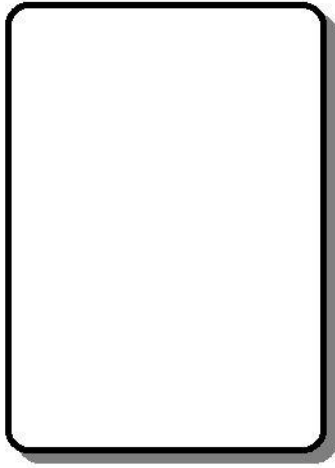
3.

What will I gain after I detach from this desire?

After this session, return to the above divinatory reading and deep-dive into the messages of each card detail by detail, but for now, gaze upon the three cards and free-write your impressions below.

You may not have it all, but you are endowed with blessings that others have not been endowed with, that others lack. You have under your belt achievements that others have failed at. Turn the cards face up and sift through the deck to identify one card that represents a blessing in your life that you are proud of and note it in the diagram below. Then complete the sentences below by following the prompts. For the final prompt on how

you might optimize your blessing, think about how you can contribute to the greater good or how you can be of service to benefit another by utilizing your blessing.



I am blessed because...

This blessing is a weapon of Light I use to defeat the Darkness that my shadow sense of lacking or failing has created. This blessing is the Light that conquers the Dark.

I will optimize my blessing by...

Optional. From the earlier prompt, “It makes me feel _____ to feel that I lack (or) fail at _____,” write out that emotion after “feel” onto a scrap sheet of paper. Fold it three times and as you fold it, envision all bottled feelings of inadequacy and that emotion surging out of your fingertips and into the paper. When you finish folding, you will feel a sense of release. Then burn the scrap of paper in the flame of your pillar candle. The light of the flame dissipates the shadow.

2.

It makes me _____
Input emotion(s) [adjectives].

Check one of the boxes.

to feel that I **lack** **fail at**

Complete the sentence with what you feel you lack or fail at.

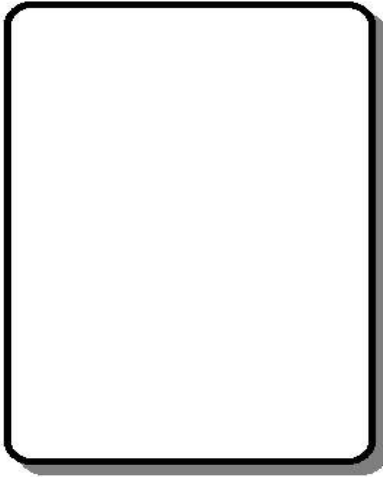
However, that which I perceive to be lacking or failing is illusory.

Behind the feelings of inadequacy is the superficial and materialistic desire for

Complete the sentence.

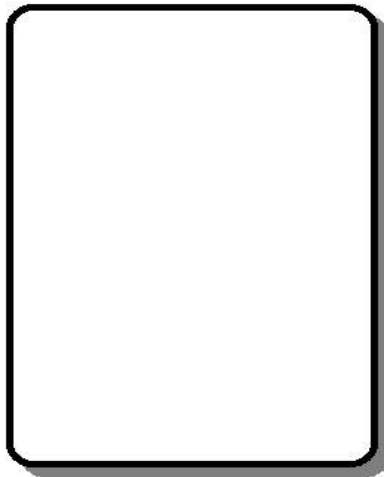
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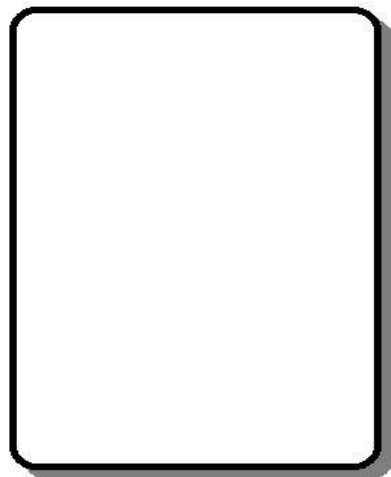
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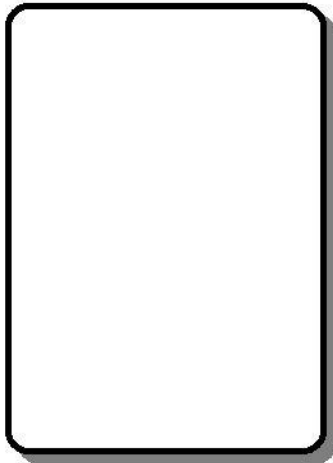
3.

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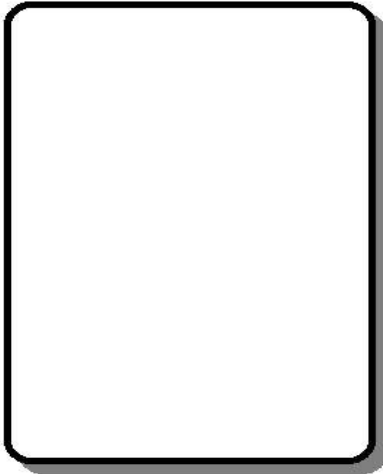
I will optimize my blessing by...

Optional. From the earlier prompt, “It makes me feel _____ to feel that I lack (or) fail at _____,” write out that emotion after “feel” onto a scrap sheet of paper. Fold it three times and as you fold it, envision all bottled feelings of inadequacy and that emotion surging out of your fingertips and into the paper. When you finish folding, you will feel a sense of release. Then burn the scrap of paper in the flame of your pillar candle. The light of the flame dissipates the shadow.

3.
It makes me _____ <div style="text-align: right; font-size: small;"><i>Input emotion(s) [adjectives].</i></div>
<i>Check one of the boxes.</i>
to feel that I <input type="checkbox"/> lack <input type="checkbox"/> fail at
<i>Complete the sentence with what you feel you lack or fail at.</i>
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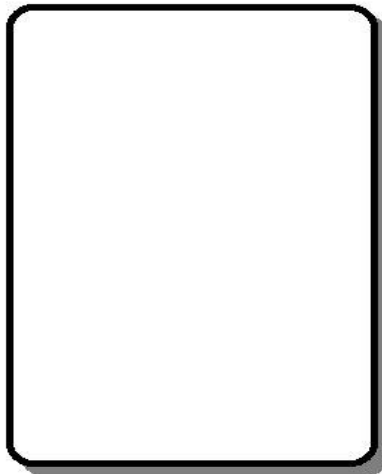
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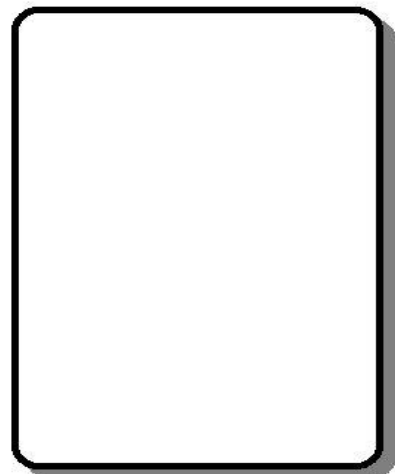
1.

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2.

How do I defeat the inner demon that is compelling my desire?



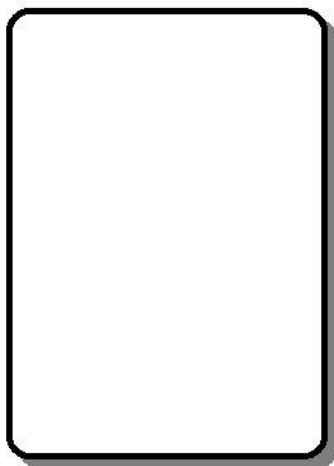
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I will optimize my blessing by...

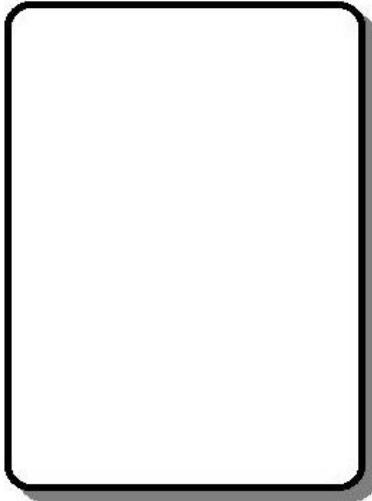
Optional. From the earlier prompt, “It makes me feel _____ to feel that I lack (or) fail at _____,” write out that emotion after “feel” onto a scrap sheet of paper. Fold it three times and as you fold it, envision all bottled feelings of inadequacy and that emotion surging out of your fingertips and into the paper. When you finish folding, you will feel a sense of release. Then burn the scrap of paper in the flame of your pillar candle. The light of the flame dissipates the shadow.

For the next step, you’ll need extra paper. On a scrap sheet of paper, write out a desire or impulse that you feel ashamed for having. You’d say immediately that this is, of course, something you would *never* act out. You *know better* than that.

Yet if you’re being honest with yourself, that desire or impulse is there nonetheless. You don’t have to write it out explicitly in this workbook. Instead, write it on a scrap sheet of paper. If you’re not sure what is meant by “desire or impulse,” think about sins as many religions have dictated.

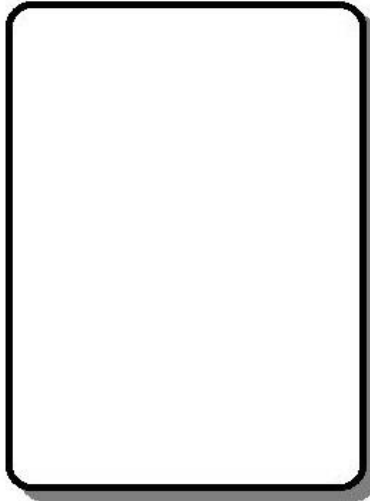
Think about what would be criminal or immoral. What desire or impulse do you have that society would deem either criminal or immoral? That’s what you write on that scrap of paper.

Now shuffle your deck and draw three cards, while focusing on what you’ve written on that scrap of paper. Also, as you draw each card into the spread, present the question noted for each card and ask it of your cards (i.e., of your Higher Self or of Divinity). Note your card results in the subsequent card diagram.



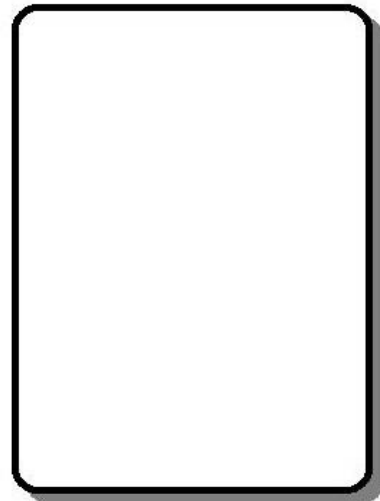
1.

What is the source of this impulse or desire?



2.

How do I live in harmony with this animal inside me?



3.

How do I take away power from this animal?

At your option, document any notes from the reading below.

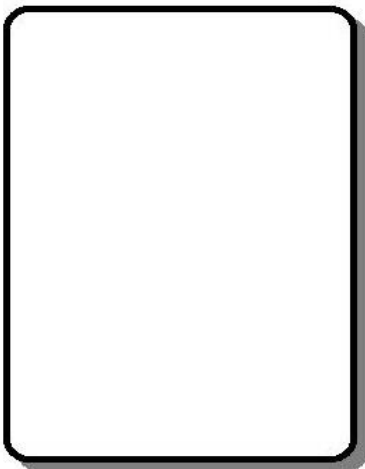
Next, fold that scrap of paper three times and as you fold, recite the following: **“I live in harmony with my inner beast, because I control you and I take away your power. I expose you to the Light and with that Light, your power is exorcised.”** Then feed the folded paper to the flame of your pillar candle and watch it burn. Ring the bell once to scatter any residual unwanted energies in the air.

Often when we dislike someone with intensity, it is because that person represents traits we secretly wish we could embody ourselves, but we do not because we “know better.” We know that based on social constrictions, we cannot act that way. It wouldn’t be “right.” So when we see someone else acting in ways we *want* to act but don’t because we “know better,” we project. We feel deep dislike for that person because they are doing something “wrong,” but that “wrong” thing is something we secretly wish we could do ourselves. That person gets to release out into the open what we ourselves have to repress. Therefore we project and what comes out is a deep, intense dislike for that person.

Now, name someone you dislike immensely. This person can be someone you know personally or a public figure, but it must be someone who causes you to have a visceral reaction, and a negative one. In the space below, explain what it is exactly you dislike about this person.

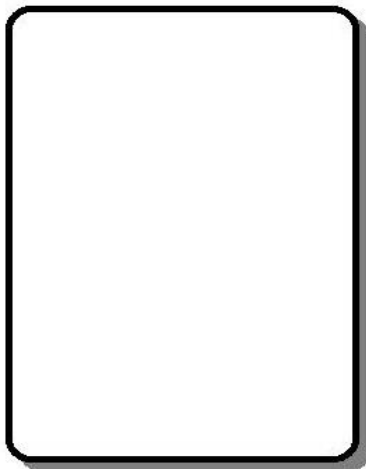
Then be honest with yourself. What is it about this person that you secretly wish you could be yourself, if there were no consequences to you being that way? Think about what *you're* repressing and therefore projecting dislike and even envy onto another.

Intense dislike for another is toxic to ourselves, which is why it is part of our shadow. That negative feeling obfuscates your higher calling and focus on your own path. Shuffle your deck and perform a three-card reading as noted below. As you draw each card, focus on the question prompted for that card position.



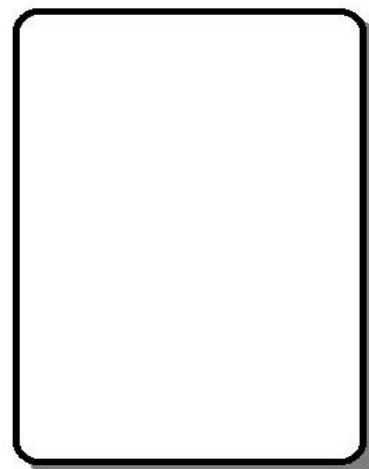
1.

How do I make peace with what I lack, which that person has?



2.

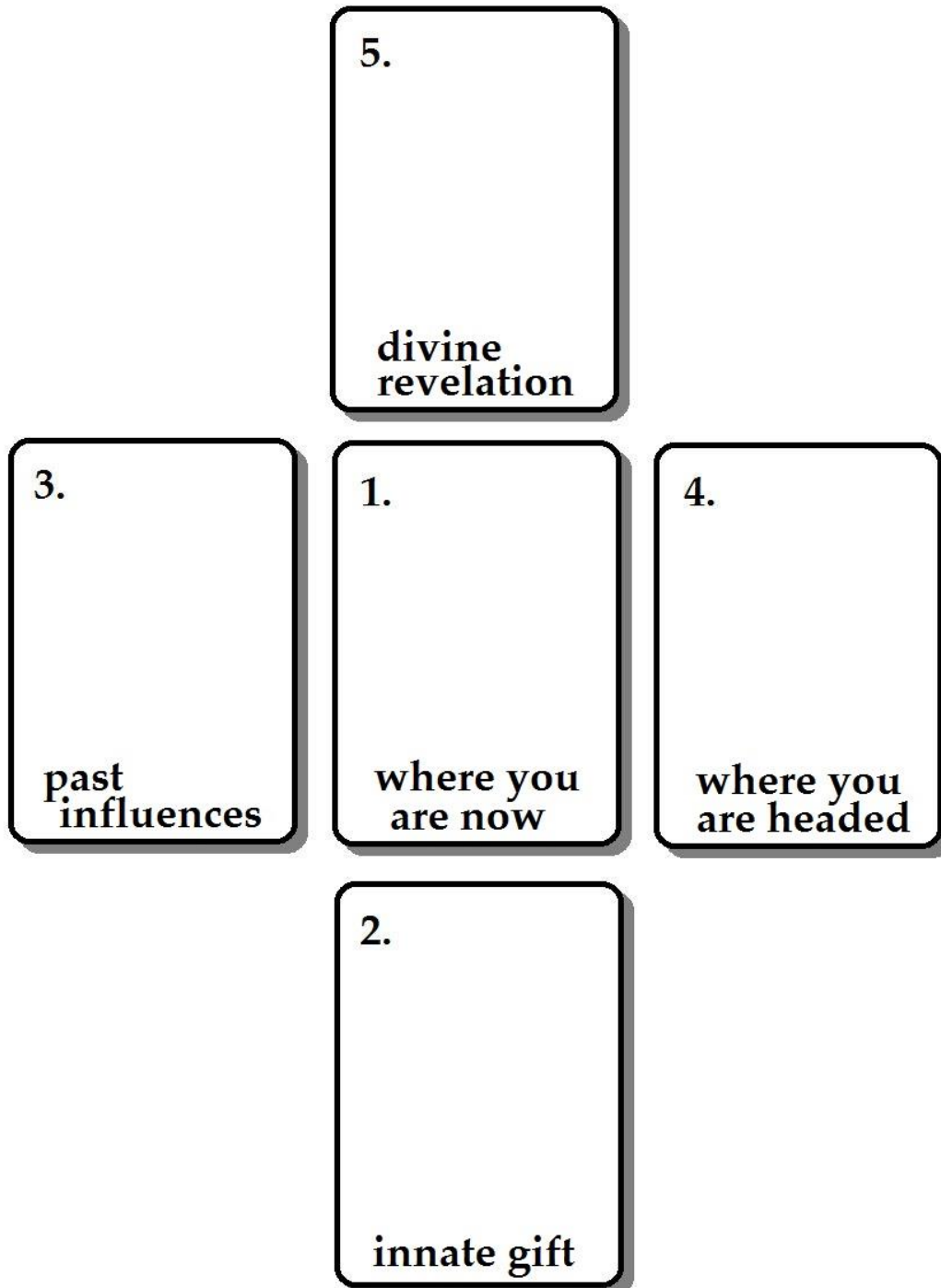
How do I quash the negativity I harbor toward this person?



3.

What will I gain or overcome after I neutralize my negativity?

Do a five-card cross reading for yourself. Draw the cards in the order and into the spread position noted below. Card 1 is where you are now. Card 2 is an innate gift or talent for you to develop and bring to the surface. Card 3 represents past influences. Card 4 is where you are headed, given present variables at play. Card 5 is a revelation, a spiritual message from the Divine, or from your Higher Self to your present consciousness. In the space provided below, note the cards drawn and your insights into the cards.

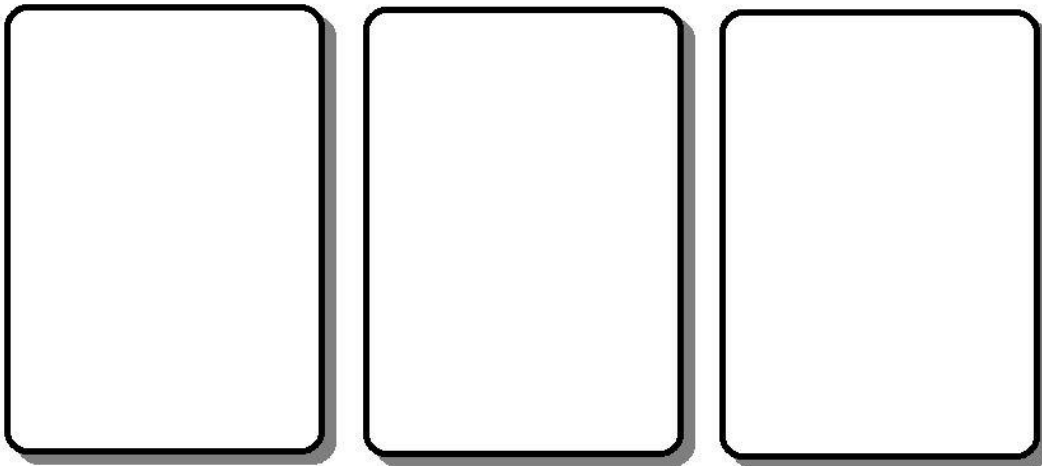


THE GHOST OF YET TO COME

We often let our fears of what has yet to happen disable us. We allow our fears of the future to disempower our present. When you think about the next five years of your life path, what are you most afraid of? What is that *event* or terrifying *outcome* that you fear *could* happen, that you would rather not speak of or think of, that the mere utterance of gives you a sense of disempowerment? Utter it. Write it below. Face that fear head-on.

You can prevent that outcome from ever happening to you.

Pick up your deck. Shuffle and envision all your fears of that event or terrifying outcome intensifying within you and then surging through you, toward your hands, and out your fingertips into your cards. As you envision these fears, like an intense, concentrated current of energy being released into the cards, also state loud, "Transform my fears into a positive plan." Repeat that sentence, "**Transform my fears into a positive plan**" several times until you feel drained of energy. Then pull three cards and note the results below.



The three cards you pulled represent a three-step plan for how you can transform your fears and seize the power back from those fears. You will know the chronology, whether it is right to left or left to right for you. In the subsequent space provided, free-write on this three-step plan that the Divine or your Higher Self has revealed to you.

In the left column below, indicate the card you pulled that represents that particular step in the chronology. Then in the right column, interpret that card as insights into how you can transform your fears into an empowering plan forward.

<i>First Card</i> Step One	
<i>Second Card</i> Step Two	
<i>Third Card</i> Step Three	

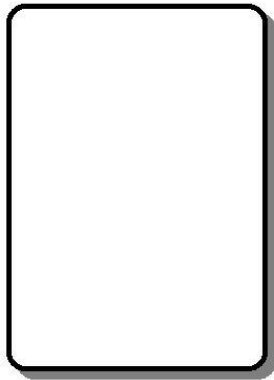
Notwithstanding your solid empowerment plan forward that will avert the danger of your fears, know this: **Your fear is illusory**. Thus, knowing that, complete the below sentence.

Behind the fear is attachment and bondage to
<i>Complete the sentence.</i>

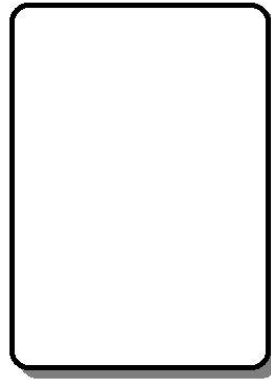
Pick up and shuffle your deck. While you do so, recite the passage below. Recite it aloud.

That bondage is created by my ego and its desires for materialistic and superficial forms of happiness. If I defer to my ego, then I give in to my fears and that bondage. Instead, I will defer to my Higher Self, to Divinity, and every step forward, I will be mindful of conduct and speech that is virtuous with my moral code. I will be mindful of the empowerment plan. All else I release to the Cosmos. What I cannot control was not intended for me to control, and when I defer to my Higher Self and not my ego, I can fully accept that Truth.

When you have finished reciting the passage, stop shuffling after you've recited the final word. Draw the top-most card in the deck and set it down. Then draw the bottom-most card in the deck and set it next to the first card, as indicated below.



Top card in deck.



Bottom card in deck.

The top card represents what is most likely to manifest in the immediate and upcoming stage of your life, i.e., the rest of this year and the next. The bottom card represents the most likely outcome to manifest five years from now.

Reflect on the two cards. What do they say about your fears of the future? If the energies prognosticate a positive outcome that shows your fears are unfounded, then write out what measures you will take each year, from Year 1 (represented by the top card in the deck) to Year 5 (the bottom card) to strive fearlessly for your goals and ambitions. If, however, the energies prognosticate a likelihood that the terrifying outcome you fear most could happen, then revisit the three-card reading and that three step plan revealed to you through divination. Write out your resolutions and what you will do each year for the next five years to stay the course of that empowerment plan.

Year 1	
Year 2	
Year 3	
Year 4	
Year 5	

Now think about what you have. What are three blessings you have in your life right now that you are afraid of losing? These blessings can be your beauty, your physical health, your business, career success, your wealth, someone you love, your marriage, your child, a particular talent or ability, or a particular physical or non-physical attribute of yours. Note three of such blessings in the space below.

1.	2.	3.
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Now let's address each one in turn. For each numbered box, transfer over the blessing you noted above into the given space and continue the line of prompts and inquiry for that particular blessing or attachment. We will begin with the first one.

1.

Blessing or current attachment you are afraid of losing.

Why is this something you are afraid of losing? Specifically, how would the loss affect *you*?

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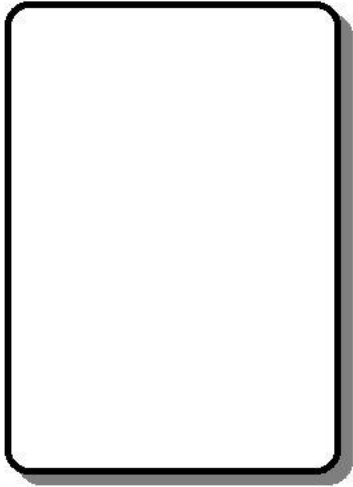
How does having this blessing in your life right now serve your ego?

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In what way is your attachment superficial or materialistic? [Refrain from being defensive. If you face the truth, you'll accept that there is *some* way in which this blessing is bondage.]

--

Shuffle your tarot or oracle deck and as you do, ask yourself, "How do I overcome my fear of losing..." and complete the sentence with what it is specifically you've noted above in 1. Then draw a single card and free-write your impressions in the space provided below.



Recall the second blessing or attachment in your life right now that you fear losing. Follow the prompts below.

2.

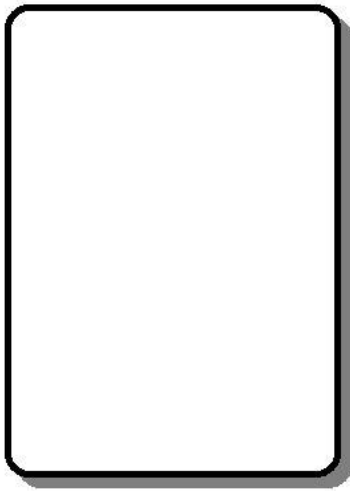
Blessing or current attachment you are afraid of losing.

Why is this something you are afraid of losing? Specifically, how would the loss affect you?

How does having this blessing in your life right now serve your ego?

In what way is your attachment superficial or materialistic?

Shuffle your tarot or oracle deck and as you do, ask yourself, "How do I overcome my fear of losing..." and complete the sentence with what it is specifically you've noted above in 2. Then draw a single card and free-write your impressions in the space provided below.



Finally, the third blessing in your life right now you are attached to:

3.

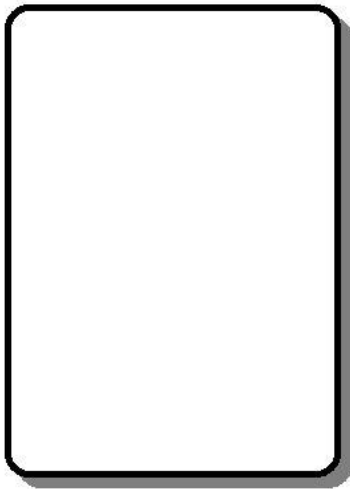
Blessing or current attachment you are afraid of losing.

Why is this something you are afraid of losing? Specifically, how would the loss affect *you*?

How does having this blessing in your life right now serve your ego?

In what way is your attachment superficial or materialistic?

Shuffle your tarot or oracle deck and as you do, ask yourself, "How do I overcome my fear of losing..." and complete the sentence with what it is specifically you've noted above in _____. Then draw a single card and free-write your impressions in the space provided below.



Embedded in our shadow selves is the fear of not achieving what we most want to achieve. Think about the next ten years of your life path. What is that one aspiration you hope to achieve in the coming ten years, which if you do not achieve will cause regret?

What is the selfish reason for why you want to achieve that aspiration?

You believe you will regret it if you do not achieve your aspiration because the self-interested reason you noted for the aspiration is what you think you need to validate the worth of your life.

However, that sentiment is illusory. Your worth is not tethered to this aspiration.

Your worth comes from spiritual awakening and the relationship you establish with your Higher Self or the Divine. To strengthen that relationship, you dedicate yourself to service of a greater good. Right-hand path or left-hand path, to establish your self-worth, you have to become what is much greater than your physical self. Irrespective of personal gnosis, part of what establishes your sense of self-worth is feeling like the essence of you occupies space that is much larger and greater than the physical space that is you.

How do you achieve that? You may have convinced yourself that it will be through the manifestation of that particular aspiration of yours. Your subconscious believes that manifesting that particular aspiration will establish the essence of you as occupying space that will be much larger and greater than the physical body that is you.

So deconstruct your aspiration. There is an aspiration behind the aspiration. What is that aspiration behind your aspiration? How exactly would the achievement of your initial aspiration empower you to occupy space that is much larger and greater than you?

Know that so long as you achieve that aspiration behind that aspiration, whether you accomplish it through the initial aspiration or by other means, you will find fulfillment. That is why it is important to know the aspiration behind the aspiration.

Now defer to the Divine. Shuffle your deck and draw three cards into the spread illustrated in the subsequent diagram, following the questions prompted for each card position. Cards 2 and 3 are read as a pair.

1.

What is most important for me to be mindful of to ensure sufficient willpower to achieve my aspiration?

2. and 3.

If I do not achieve my aspiration, what is the alternative means for me to serve the greater good or cause?

Remember: there are many paths to the same destination. Do not fear whether you will achieve your aspiration, though pursue that aspiration proactively. Focus on the present and what steps need to be taken in the present toward that goal. If you do not achieve that aspiration, know that there is an alternate route to still achieve what it is you ultimately want from that aspiration—validation for the worth of your life.

Below, free-write your impressions of the card reading.

Now pick up your bell, exhale deeply, and with your exhale, envision all of your disempowering fears leaving you through that exhale of breath. Then ring your bell. As you ring your bell, envision those dark emotions, on that exhale, scattering and dissipating from your vicinity. You feel the release, you are relaxed, and you feel at peace. Ring the bell once more to fully cleanse the area.

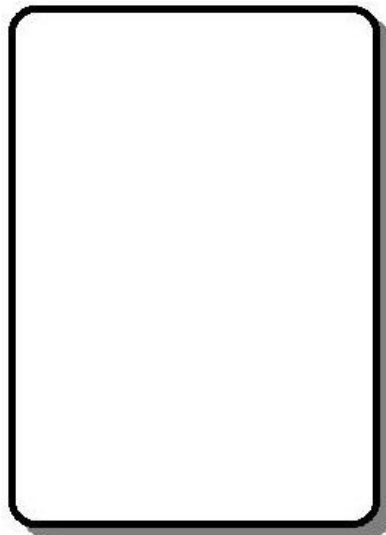
You now feel some of what was in the shadow is now out in the light.

BACK INTO THE LIGHT

In the cross reading you did for yourself earlier, one of the cards represented your innate gift. Sift through your deck and locate that card again. Pull it out of the deck and set it on your work space. Note the card in the space below for "(2. Innate Gift)." In the cell to its right, note in what ways you are aware of this innate gift.

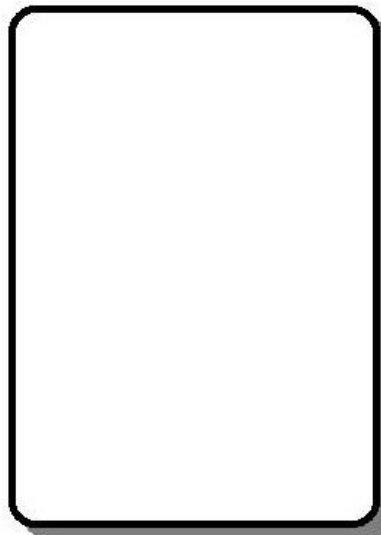
(2. Innate Gift)	
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Shuffle the rest of the deck and while you do so, fix your gaze on the innate gift card. Shuffling, before you draw each of the three cards below, ask the noted question for each card position, shuffle, and then draw your card. Note your results in the diagram.



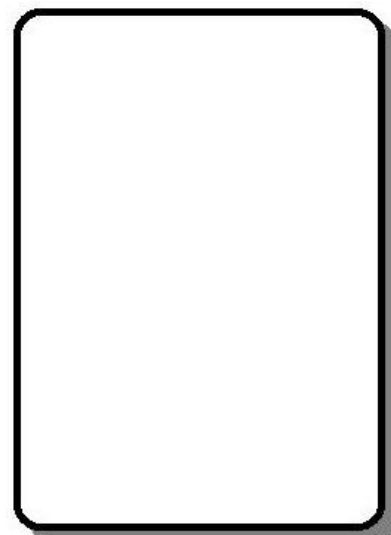
1.

What must I do going forward to advance my gift?



2.

What am I being called to do with my innate gift?



3.

How do I pull my innate gift from the shadow into the light?

Following the counsel of the three cards, make plans. Think about what you seek to overcome your inner feelings of inadequacy. You will do this by utilizing your innate gift and being productive through use of that gift. Solidify a concrete plan for what you seek to

accomplish in the next year toward utilizing your gift in a way that will be productive. In the below space, write out at least five resolutions on how you will develop, advance, or utilize your innate gift in the coming year.

RESOLVED:	
RESOLVED:	
RESOLVED:	
RESOLVED:	
RESOLVED:	

Practice Tip. If you have a daily planner or journal, integrate your resolutions into a personal document that you will see day to day and be consistently reminded of.

CLOSING THE SESSION

After you have completed this self-guided workbook, take a moment to review your responses and reading results, from the first page to the last. Direct your gaze at the flame of the burning pillar candle. Observe the new formation of wax around the candle, which has occurred during the time you went through this session. Like the candle, you are still the same, but now you have a reformed consciousness.

Recite aloud: **“There is no weight to my shadow. It does not hold me down. I release my pain into the light and by doing so, free the innate gift with which I will manifest my life purpose and higher calling.”**

Solidify within you all the pain, regrets, feelings of inadequacy, disappointments at your own failures and as you exhale firmly to blow out the candle, envision all that darkness and toxic negativity exit from you with the exhale. When the flame goes out, that light takes with it all the toxic negativity you’ve released out of yourself and as the smoke dissipates, your bondages, tethers, and attachments dissipate with it. Ring the bell one final time to scatter completely all residual toxic energies. You now feel calm and relaxed.

Make a note to revisit the results of your session three months from now. If some facets of the divinatory readings you performed during the session don't make sense in the moment, trust the process, because later in time when you revisit the reading, more pieces will fall into place and you can gain new insights.

For record-keeping purposes, note the tarot or oracle deck you used for your session.

<i>Deck used for this self-guided shadow work session.</i>

Date session was conducted:

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Calculate three months from the session date and note below. Also write down the anniversary date. You'll want to revisit the reading yet again one year from now.

<i>Three Months from Date of Session</i>	<i>One Year from Date of Session</i>

THREE MONTH REVIEW

After three months, review your session notes and document any new insights gained from the review. Note any new impressions below.

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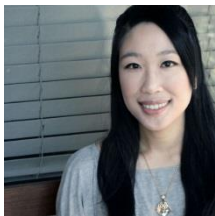
ONE YEAR REVIEW

After one year, reflect on your actions that year and whether you've stayed the course of your own resolutions. In the space below, note impressions and any progress you've made in the year on working through shadows of the present (the section of this workbook titled "FACING THE DARKNESS OF THE PRESENT").

--

If any remain incomplete, enter them as resolutions tasked for the coming year. After your one-year review, what else remains to be done? Note your five resolutions for the next year. Start by carrying over all incomplete resolutions from the previous year. If all five remain incomplete, then the upcoming year will be focused on those same five resolutions. If only three were complete, then carry over the two remaining resolutions and add three new ones.

RESOLVED:	
RESOLVED:	
RESOLVED:	
RESOLVED:	
RESOLVED:	



This workbook, "Independent Shadow Work Cartomancy Session," is a complimentary gift to you for participating in the 2016 Card Reading Summit organized by Tori Hartman. It was created by one of the feature speakers, Benebell Wen, author of *Holistic Tarot* and *The Tao of Craft*. Please feel free to use the contents of this workbook, in part or in whole, word for word or paraphrased, as you will, without limitation. However, if you share it publicly or use it in a commercial manner, please give credit back to Benebell Wen. Thank you. For more information about the author, visit www.benebellwen.com.