



SOUL
MEDITATIONS
GUIDEBOOK

SOUL MEDITATIONS GUIDEBOOK

SOUL MEDITATIONS GUIDEBOOK

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SOUL MEDITATIONS

WELCOME

Hello and welcome to the Soul Meditations program. You're about to take a very deep and profound journey through the Major Arcana cards.

THE 'BIRTH' OF THE SOUL MEDITATIONS PROGRAM

I wish I could tell you a story about how I meditated for days in a tepee in the desert, with just bread and water and my 22 Major Arcana Tarot cards. But I'd be lying if I did, because my journey takes a slightly different path.

In 2009, I was preparing to give birth to my first daughter, Chloe.

I felt fearful and anxious.

I had no clue of what to expect and the whole idea of birthing a little human being from my body seemed quite impossible.

What's more, I had an underlying feeling of dread passed down through over-the-top movies and TV shows, well-intentioned friends with dramatic birth stories, and caregivers who'd seen the worst.

I tell you what, childbirth seemed pretty scary.

But I didn't want it to be that way. I didn't want to have a fearful birth – I wanted a joyful, positive birth.

So I turned to guided meditation and visualisation to connect to my inner wisdom and source of power, and to shift my mindset.

Over time, I went from feeling anxious about the birth to feeling a sense of calm and excited anticipation.

I embraced the uncertainty of birth and when I took the leap of faith, I manifested the joyful, positive birth I had always wanted.

And guess what? You, too, can manifest joy and positivity in your life.

How?



WELCOME

By connecting with the energy of the Tarot cards through guided meditation and manifesting that energy in your everyday life.

It's simple, but incredibly powerful.

And you've just given yourself this gift with the Soul Meditations program. Well done!

It's like having your wise spiritual guides on speed-dial. You can call on them any time to create life-changing transformations for yourself, simply by tapping into their energy through guided visualisation.

TAROT CARDS ARE A PATHWAY TO THE SOUL

Through the rich, symbolic tapestry woven into the 78 cards, the Tarot offers us a pathway to the soul. The imagery in each card evokes our inner wisdom, intuition and connection with our Higher Selves, allowing us to reach deep into our subconscious minds.

The Major Arcana, in particular, illuminates a spiritual path that offers life lessons and profound insights regarding ways we can live in harmony with the Divine.

These 22 cards also reveal a series of archetypes that we can draw upon throughout our life's journey. When we begin to connect with these cards on a deep level, we open ourselves to a magnificent world beyond our conscious understanding. And when we seek to understand these Universal truths, we allow ourselves the opportunity to walk the pathway of enlightenment, where we will find ourselves surrounded by infinite possibilities, imbued with infinite creativity and imagination, and wielding the infinite power of intention.

ABOUT THE SOUL MEDITATIONS PROGRAM

Through a series of guided visualisations and journaling, I'll lead you through these powerful Tarot cards to help you unlock your fullest potential.

These meditations are designed to help you:

- ▷ Form a deep and intuitive connection with the Major Arcana cards
- ▷ Create the opportunity for self-reflection and insight into your deepest thoughts and feelings
- ▷ Manifest the desired energy in your life, with the Tarot as your guide



SOUL MEDITATIONS

As part of Soul Meditations, you'll get access to:

- ▷ 22 guided visualisations – 1 for each of the Major Arcana cards
- ▷ The Fool's Journey meditation
- ▷ The Soul Meditations Guidebook filled with journaling prompts and additional information about the Tarot cards
- ▷ And a few extra juicy bonus materials to support your journey

HOW TO MAKE THE MOST OF THE PROGRAM

The Soul Meditations program is an intensely powerful experience. As with all programs, you will get out of it what you put in. Here's how you can maximise your participation.

Choose an appropriate time for your Soul Meditation practice. Morning and evening coincide with the body's quieter rhythms and are, therefore, more conducive for meditation and visualisation. That said, any time you look forward to meditating is the right time.

Choose a quiet place where you will not be disturbed for at least 25 minutes. Find a comfortable position, preferably sitting upright, either on the floor or on a chair, to cultivate alertness. Avoid lying down, as the mind has been conditioned to sleep when the body is prone, and that position may make you feel sleepier. Relax your hands on your lap, palms up or any way that you feel most open.

Choose a Tarot card you want to work with. It might be a card you want to better understand and master. It might be a card whose energy you want to create in your own life. Or it might simply be the next card in the Major Arcana order, starting with the Fool.

I've included a summary guide in the Appendix to help you decide which Tarot card to work with, based on what energy you want to bring into your life.

Have your selected Tarot card with you, or use the images provided in the Soul Meditations Guidebook. In the meditation recording, you'll be invited to spend some time taking in the imagery. If you're less familiar with the Tarot cards and their imagery, spend longer with the card and taking note of the pictures.

During the meditation, unrelated thoughts will inevitably drift into your mind. That's normal. Don't try to fight them—let them be. If you find yourself focusing on what's passing through your mind, just return to your awareness of my voice, the music or your breath, and you will soon slip into the space between thoughts. Allow your breath to flow in and out, easily and effortlessly, in a natural rhythm.

Immediately after the meditation, record your experience in the Guidebook. Allow at least 10-15 minutes for this. I also recommend that you complete the self-reflection questions and exercises within 24 hours of the meditation as that will further embed



WELCOME

the energy of the card within you.

Don't just read about the activities and questions and trick yourself into thinking you've completed them. Actually take the time and space to work through each question and exercise and be truly 'present' with it.

Return to your notes a few days after your meditation. You may be surprised at what else comes up as you give yourself more time to process your innermost thoughts.

You can choose to work with the meditations on a daily basis or just once a month – it's up to you. And you can work with the same card, or change it up.

Trust your intuition and allow yourself to be guided to what's right for you.

We're about to take a deep and profound journey into the soul—you, me and the Tarot cards. Let's go!

Warm Wishes

Brigit
xox

LET'S CONNECT

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A vibrant purple nebula with scattered white and blue stars, serving as the background for the title.

THE MEDITATIONS

THE FOOL

THE FOOL

AFFIRMATION

“I am limitless energy, a free spirit on the path of life in search of new experiences and new beginnings.”

KEYWORDS

Upright: Beginnings, innocence, spontaneity, a free spirit.

Reversed: Holding back, recklessness, risk-taking.

QUOTES

“There are two mistakes one can make along the road to truth...not going all the way, and not starting.” – Buddha

“A journey of a thousand miles must begin with a single step.” – Lao Tzu

“The knack of flying is learning how to throw yourself at the ground and miss.” – Douglas Adams (Author of The Hitchhikers Guide to the Galaxy)



DESCRIPTION

The Fool is numbered 0 – the number of unlimited potential – and so does not have a specific place in the sequence of the Tarot cards. The Fool can be placed either at the beginning of the Major Arcana or at the end. The Major Arcana is often considered the Fool's journey through life and as such, he is ever present and therefore needs no number.

On the Fool Tarot card, a young man stands on the edge of a cliff, without a care in the world, as he sets out on a new adventure. He is gazing upwards toward the sky (and the Universe) and is seemingly unaware that he is about to skip off a precipice into the unknown. Over his shoulder rests a modest knapsack containing everything he needs – which isn't much (let's say he's a minimalist). The white rose in his left hand represents his purity and innocence. And at his feet is a small white dog, representing loyalty and protection, that encourages him to charge forward and learn the lessons he came to learn. The mountains behind the Fool symbolise the challenges yet to come. They are forever present, but the Fool doesn't care about them right now; he's more focused on starting his expedition.



SOUL MEDITATIONS

TAROT CARD MEANINGS

The Fool is a card of new beginnings, opportunity and potential. Just like the young man, you are at the outset of your journey, standing at the cliff's edge, and about to take your first step into the unknown. Even though you don't know exactly where you are going, you are being called to commit yourself and follow your heart, no matter how crazy this leap of faith might seem to you. Now is a time when you need to trust where the Universe is taking you.

As you undertake this new journey, the Fool encourages you to have an open, curious mind and a sense of excitement. Throw caution to the wind and be ready to embrace the unknown, leaving behind any fear, worry or anxiety about what may or may not happen. This is about new experiences, personal growth, development, and adventure.

The time is NOW! Take that leap of faith, even if you do not feel 100% ready or equipped for what is coming (who knows what it could be?!). Seriously, what are you waiting for? Do you think you need to have everything mapped out before you can begin? No way! Not with the Fool. He ventures out on his journey with just his essential belongings – and now he invites you to do the same. You don't need to wait for someone to give you the green light or hold off until you have all the skills, tools and resources you think you might need. You are ready! If you've been watching for a sign, this is it!

This is a time of great potential and opportunity for you right now. The world is your oyster, and anything can happen. Use your creative mind with a dash of spontaneity to make the most of this magical time and bring forth your new ideas in powerful ways.

The Fool is your invitation to relax, play, and have fun. Treat life like one big experiment and feel yourself in the flow of whatever comes your way. This card asks you to embrace your beautiful, carefree spirit, allowing yourself to connect to the energy that surrounds you and flows through you. Tap into your fullest potential by stepping into a place of wonderment, curiosity and intrigue. Live life as though you were a child once again. Laugh more, dance, and let your heart go free.

This is an excellent card to meditate on if you are struggling with dread, worry or self-doubt in your life. The Fool is your guide, as someone who is daring and carefree. He is the embodiment of who you really are – your free spirit, your inner child, and your playful soul. Any time you experience fear, remember the essence of the Fool as he encourages you to acknowledge that fear and do it anyway! You never know what the future holds, but like the Fool, you must step into the unknown, trusting that the Universe will catch you and escort you along the way. Take a chance and see what happens.



THE FOOL

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the Fool share with you? What did he tell you? Show you?



SOUL MEDITATIONS

What gift did the Fool have for you? Did you accept it? If so, how will you use this gift in your everyday life?

What can you learn from the Fool? How can you bring his energy into your life?

What new insights do you have about this Tarot card itself?



THE FOOL

JOURNALING PROMPTS

What new beginnings are arising in your conscious awareness?

What is your pure, untapped potential?

What might happen if you were to step off a metaphorical cliff, into the unknown?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: THE 'BUCKET LIST'

Choose a project, hobby or idea that has been on your 'bucket list' for some time. For example, learning how to draw, sky-diving, or booking a safari to Africa.

Make a start! Explore the possibility with a curious mind and an open heart.

Reflections

How do you feel as you make a new beginning?

RECOMMENDED RESOURCES

[A New Earth: Awakening to Your Life's Purpose](#) by Eckhart Tolle

[The Power of Now](#) by Eckhart Tolle

[Buddha Standard Time: Awakening to the Infinite Possibilities of Now](#) by Lama Surya Das



THE MAGICIAN

THE MAGICIAN

AFFIRMATION

“I have the skills, resources and energy within me to manifest my true desires, dreams and goals.”

KEYWORDS

Upright: Manifestation, resourcefulness, power, inspired action.

Reversed: Manipulation, poor planning, untapped talents.

QUOTES

“Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person.” – Albert Einstein

“Spiritual love is a position of standing with one hand extended into the universe and one hand extended into the world, letting ourselves be a conduit for passing energy.” – Christina Baldwin (Author and seminar presenter)

DESCRIPTION

The Magician card is numbered One – the number of new beginnings and opportunities – and associates with the planet of Mercury. He stands with one arm stretched upwards towards the Universe, and the other pointing down to the earth. His positioning represents his connection between the spiritual realms and the material realms. The Magician uses this relationship to create and manifest his goals in the physical realm. He is the conduit that converts energy into matter. The Magician’s robe is white, symbolising purity, and his cloak is red, representing worldly experience and knowledge.

On the table in front of him are the four symbols of the Tarot suits – a cup, pentacle, sword and wand – each symbolising one of the four elements – water, earth, air and fire. It is also a sign that he has all the tools (and elements) he needs to manifest his intentions into being. Above his head is the infinity symbol, and around his waist is a snake biting its own tail – both of which signal that he has access to unlimited potential. And in the foreground is an array of foliage and flowers, symbolising the blossoming and fruition of his ideas and aspirations.



SOUL MEDITATIONS

TAROT CARD MEANINGS

As a master manifestor, the Magician brings you the tools, resources and energy you need to make your dreams come true. Seriously, everything you need right now is at your fingertips. You have the spiritual (fire), physical (earth), mental (air) and emotional (water) resources to manifest your desires. And when you combine them with the energy of the spiritual and earthly realms, you will become a manifestation powerhouse! The key is to bring these tools together synergistically so that the impact of what you create is greater than the separate parts. This is alchemy at its best!

Now is the perfect time to move forward on an idea that you recently conceived. The seed of potential has sprouted, and you are being called to take action and bring your intention to fruition. The skills, knowledge and capabilities you have gathered along your life path have led you to where you are now, and whether or not you know it, you are ready to turn your ideas into reality.

In your quest to manifest your goals, you must establish a clear vision of what you will create (and why) before you act. It is not enough to be motivated by ego (money, status, or fame) – you need to have a soul connection to your goals and intentions. You are a powerful, creative being, and this is your opportunity to bring your Higher Self in alignment with your day-to-day actions to create the future you want most.

When you are clear about your 'what' and your 'why', the Magician calls on you to take inspired action. You will need focused attention and intense concentration to bring your goals to fruition. Focus on the ONE thing that will move you towards your goal. Commitment to the task is essential, so drop any distractions that may draw your focus away from what you want to achieve. Be methodical in your planning to make sure that you stay on track and carry out your tasks.

The Magician also lets you know you're doing a great job pulling together all the skills, resources and tools available to you so you can work toward an outcome that suits you. You're maintaining a very pragmatic attitude and are remaining as objective and 'can-do' as possible—even if you're worried on the inside. Keep it up! This will help you to create as much success as possible in the situation. Consider what other skills and resources you can put to use and stay focused on the task at hand.

Spiritually, the Magician refers to the ways in which you are applying Universal knowledge and power to your material world. You are creating a link between the spirit, the mind and the body, without over-emphasising any of these three elements. You are in a grounded, centred frame of mind and are keen to actually practice your spiritual knowledge and beliefs, rather than just contemplate or meditate upon spirituality as a concept.



THE MAGICIAN

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the Magician share with you? What did he tell you? Show you?



SOUL MEDITATIONS

What gift did the Magician have for you? Did you accept it? If so, how will you use this gift in your everyday life?

What can you learn from the Magician? How can you bring his energy into your life?

What new insights do you have about this Tarot card itself?



THE MAGICIAN

JOURNALING PROMPTS

What are you here to manifest?

What desires, dreams and goals are you manifesting in your life right now?

What energy, tools, resources and skills are at your disposal to manifest your dreams?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: GOAL-SETTING AND MANIFESTATION

What is one desire, dream or goal that you are actively working to manifest in your life (e.g., find a new job, become more self-aware, create a loving relationship)?

How can you put the energy of each of the four elements to work for you to help manifest this goal?

Remember, Air = communication, intellectual power, mental clarity; Earth = groundedness, practicality, financial orientation; Fire = passion, energy, enthusiasm and individuality; Water = expression of emotions, relating with others.

Air

Earth

Fire



THE MAGICIAN

Water

What other tools, resources and skills are at your disposal to manifest your goal?

Reflections

Realising how many tools, resources and skills you have available to apply to manifesting your goals, how do you feel?



SOUL MEDITATIONS

How will you continue to bring existing and new resources to your projects?

RECOMMENDED RESOURCES

[The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change](#) by Stephen R. Covey

[The Law of Divine Compensation: On Work, Money, and Miracles](#) by Marianne Williamson



THE HIGH PRIESTESS

THE HIGH PRIESTESS

AFFIRMATION

“I am a highly intuitive being, connected to my Higher Self and trusting of my inner voice.”

KEYWORDS

Upright: Intuition, sacred knowledge, divine feminine, the subconscious mind.

Reversed: Secrets, disconnected from intuition, withdrawal and silence.

QUOTES

“All perceiving is also thinking, all reasoning is also intuition, all observation is also invention.” – Rudolf Arnheim (Psychologist)

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and science – Albert Einstein

DESCRIPTION

The High Priestess sits in front of a thin veil decorated with pomegranates. The veil represents the separate conscious and subconscious realms, the seen and the unseen, and serves to keep casual onlookers out. Only the initiated may enter. The pomegranates on the veil are a symbol of abundance, fertility and the divine feminine, and are sacred to Persephone who ate a pomegranate seed in the underworld and was forced to return every year.

On either side of the High Priestess stand two pillars, marking the entrance to this sacred, mystical temple (also associated with the Temple of Solomon). One pillar is black with the letter B (Boaz, meaning ‘in his strength’) and the other is white with the letter J (Jachin, meaning ‘he will establish’). The black and white colours of the pillars symbolise duality – masculine and feminine, darkness and light – stating that knowledge and acceptance of duality are required to enter this sacred space.

The High Priestess wears a blue robe with a cross on her chest and a horned diadem (or crown), both a symbol of her divine knowledge and her status as a divine ruler. In her lap, she holds a scroll with the letter TORA, signifying the Greater Law (according to A. E. Waite). It is partly covered, signifying that this sacred knowledge



SOUL MEDITATIONS

is both explicit and implicit, it will only be revealed when the student is ready to look beyond the material realm. The crescent moon at her feet symbolises her connection with the divine feminine, her intuition and subconscious mind, and the natural cycles of the moon.

TAROT CARD MEANINGS

While the Magician is the guardian of the conscious mind and the tangible world, the High Priestess is the guardian of the subconscious mind and the teacher of sacred knowledge and hidden mysteries. Sitting at the threshold of the conscious and subconscious mind, the High Priestess has an innate ability to travel between these realms effortlessly. She teaches you that the world is not always as it seems and more profound influences are often at play. She ushers you through the thin veil of awareness, offering you a deep, intuitive understanding of the Universe and a heightened awareness of secret or hidden information.

The High Priestess signifies spiritual enlightenment, inner illumination, divine knowledge and wisdom. She shows up in your Tarot readings when the veil between you and the underworld is thin, and you have the opportunity to access the knowledge deep within your soul. Now is the time to be still so you can tune in to your intuition. The answers you are seeking will come from within, from your deepest truth and 'knowing'. Allow the High Priestess to become your guide as you venture deep into your subconscious mind and access this inner wisdom. Connect with your intuition and your Higher Self through meditation, visualisation, shamanic journeying, and being part of spiritual communities.

Your intuitive sense right now is providing you with useful information and is assisting you to become more in touch with your subconscious mind. Knowledge of how to fix these issues will not come through thinking and rationalising, but by tapping into and trusting your intuition, so allow yourself the time and space to meditate and attend to your inner voice. Look for areas in your life that may be out of balance or lacking 'flow' and ease.

Now is also a time of heightened intuitive ability and psychic insight. If you are developing these skills, the High Priestess offers you further encouragement to continue your journey and trust that you are on the right path. The more you listen to your intuition, the more it will flow.

Finally, the High Priestess is a signal that you are being called to embrace the Divine Feminine – your connection to your intuition, compassion, empathy, and inner wisdom. Regardless of your gender, it is vital for you to balance and integrate your masculine and feminine energies, and the presence of the High Priestess signals that your sacred feminine needs your attention right now. Feel, rather than think. Collaborate, rather than compete. Create, rather than destroy. Trust your Divine Feminine energy, even if the masculine energy around you may appear to be stronger. Be proud of your ability to nurture, trust, sense, and empathise instead of hiding it away.



THE HIGH PRIESTESS

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the High Priestess share with you? What did she tell you? What did you see in the open book?



SOUL MEDITATIONS

What was behind the veil? What remained hidden to you?

Did you accept the gift from the High Priestess? If so, how will you use this gift in your everyday life?

What can you learn from the High Priestess? How can you bring the High Priestess's energy into your life?



THE HIGH PRIESTESS

What new insights do you have about the Tarot card itself?



SOUL MEDITATIONS

JOURNALING PROMPTS

How can you bring your intuition into your everyday life?

What has been your most profound intuitive experience?

What energy, tools, resources and skills are at your disposal to manifest your dreams?



THE HIGH PRIESTESS

HEART-CENTRED PRACTICE: MESSAGES FROM THE HIGHER SELF

Get out a blank sheet of paper and a pen. Close your eyes and take in a few deep breaths, drawing in white light and feeling it fill your body with pure energy.

When you feel ready, open your eyes and ask yourself, "What messages does my Higher Self have for me?"

Pick up the pen and 'free write' for the next 10 minutes. It doesn't matter what you put down, just let it come freely and fill the page. Keep the pen moving on the page—just write!

After the 10 minutes are up, read through what you have written and take note of the most important or insightful 2-3 messages in the space below.

1.

2.

3.



SOUL MEDITATIONS

Reflections

What did you experience as you connected in to your Higher Self? Was making the connection easy or hard?

How can you continue to connect with your Higher Self and your intuition?

RECOMMENDED RESOURCES

[The Purpose of Your Life: Finding Your Place In The World Using Synchronicity, Intuition, And Uncommon Sense](#) by Carol Adrienne

[The Intuitive Way: The Definitive Guide to Increasing Your Awareness](#) by Penney Peirce



THE EMPRESS

THE EMPRESS

AFFIRMATION

“I bring forth my creations with joy. I love and nurture them to fruition.”

KEYWORDS

Upright: Fertility, femininity, beauty, nature, abundance.

Reversed: Creative block, dependence on others.

QUOTES

“Spiritual and religious traditions, when shaped by the feminine principle, affirm the cyclical phrases of our lives and the wisdom each phase brings, the sacredness of our bodies and the body of the Earth.” – Patrick Wynne

“The deepest experience of the creator is feminine, for it is experience of receiving and bearing.” – Rainer Maria Rilke

DESCRIPTION

The Empress is a beautiful, full-figured woman with blonde hair and a peaceful aura about her. On her head, she wears a crown of twelve stars, showing her connection with the mystical realm and the cycles of the natural world (the twelve months of the year and the twelve planets). Her robe is patterned with pomegranates, symbolic of fertility, and sits upon a luxurious array of cushions and flowing red velvet. One cushion features the symbol of Venus, the planet of love, creativity, fertility, beauty and grace – the essence of the Empress.

A beautiful, lush forest and winding stream surround the Empress, signifying her connection with Mother Earth and life itself. She draws her sense of peace from the trees and the water and is rejuvenated by the energy of nature. In the foreground, golden wheat springs from the soil, reflecting abundance from a recent harvest.



SOUL MEDITATIONS

TAROT CARD MEANINGS

The Empress signifies a strong connection with our femininity. Femininity translates in many ways – elegance, sensuality, fertility, creative expression, nurturing – and is necessary for creating balance in both men and women. The Empress calls on you to connect with your feminine energy. Create beauty in your life. Connect with your senses through taste, touch, sound, smell and sight. Draw on these senses to experience pleasure and deep fulfilment. Treat yourself to a day spa, learn massage, enjoy a fine restaurant or spend more time with your partner. Discover different approaches to expressing yourself creatively, be it through painting, music, drama or other art forms. This may be the perfect chance to take up a new hobby that enables you to access this part of yourself.

The Empress signifies abundance. You are surrounded by life's pleasures and luxuries and have everything you need to live a comfortable lifestyle. You are in a period of growth, in which all you have dreamed of is now coming to fruition. When the Empress appears in your Tarot readings, take a moment to reflect on the bounty that surrounds you and offer gratitude for all you have created so you can continue to build on this energy and create even more abundance in your life.

As the Mother Earth archetype, the Empress urges you to venture out into nature to ground your energy and be in flow with the earth. Take a trip to your favourite natural setting, be it a forest, beach, mountain or lake, and sit for a couple of minutes, hours or even days to breathe in the energy that surrounds you while marvelling in the beauty of your surroundings. Allow yourself the time and the space to enter a different frame of mind and receive the grounding spirit of nature into your heart and consciousness. When you do this, you can reach higher planes of consciousness.

When you are in tune with the energy of the Empress, you will naturally take on her mothering nature. You feel a strong urge to nurture and care for others, from a place of loving compassion and support. You see it as a gift and an honour to tend to others, and in doing so you, too, receive benefit. In a more literal sense, you may step into the role of 'mother', perhaps as the mother of a newborn, caretaker of other people's children, or spending more quality time with your kids.

The Empress can also suggest pregnancy or birth. This may be an actual pregnancy or childbirth, or a metaphorical 'birth' of a new idea or project. Bring your creative ideas into being by nurturing them and supporting their growth. Allow those designs and their manifestation to flow through you, acting with compassion and love.



THE EMPRESS

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the Empress share with you? What did she tell you? Show you?



SOUL MEDITATIONS

What did you 'give birth' to?

What can you learn from the Empress? How can you bring the Empress's energy into your life?

What new insights do you have about the Tarot card itself?



THE EMPRESS

JOURNALING PROMPTS

What ideas, relationships, or projects are you bringing to fruition? How can you continue to nurture these and sustain these over time?

How are you nurturing yourself?

What do you give thanks for? What is truly abundant in your life right now?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: RECONNECTING WITH NATURE

Go to a beautiful place in nature. It might be your backyard garden, the local beach or forest, or for a weekend retreat in a remote location.

Find a place to sit where you will be uninterrupted for at least 20 to 30 minutes (longer if possible). Become aware of what is supporting you and what is connecting you to the earth. Feel the sun on your skin. Listen for birds, buzzing bees and other natural sounds. Look on the ground for tiny insects, small plants or fallen leaves. Look above you, at the clouds or the canopy of trees. And look around you, both in the foreground and the background, and allow yourself to truly absorb this natural setting.

Just take this time to be in harmony with nature, to feel grounded and connected to the earth, and to be present in the beauty of the natural world.

You don't have to think, feel or do. Just be.

Reflections

When you're ready, return to your Guidebook and jot down what you experienced and what you noticed.

RECOMMENDED RESOURCES

[The Healing Power of the Sacred Woman: Health, Creativity, and Fertility for the Soul](#) by Christine R. Page



THE EMPEROR

THE EMPEROR

AFFIRMATION

“I trust my personal power and authority and use it to master all aspects of life.”

KEYWORDS

Upright: Authority, establishment, structure, a father figure.

Reversed: Domination, excessive control, lack of discipline, inflexibility.

QUOTES

“A leader is one who knows the way, goes the way, and shows the way.” – John C. Maxwell (Motivational speaker)

“He that cannot obey, cannot command.” – Benjamin Franklin

DESCRIPTION

If the Empress is the Mother archetype of the Tarot deck, the Emperor is the Father. He sits upon a large stone throne, adorned with four rams' heads (symbolic of his connection with Aries and the planet Mars). In his right hand, the Emperor holds an ankh, the Egyptian symbol of life, and in his left is an orb representing the world over which he rules.

He wears a red robe, indicative of his power, passion and energy for life. Underneath it, he wears a suit of armour, suggesting that he is protected from any threat (and any emotional response or vulnerability). His long white beard is symbolic of his age-old wisdom and experience, and along with his gold crown, he is an authority figure who demands to be heard.

Behind his throne looms a tall, impenetrable mountain range, signifying that he is backed by a solid foundation but resistant to making any changes unless he deems it necessary. Beneath the peaks flows a small river, giving some hope that despite his tough exterior, he is still an emotional being – it will just take a lot of digging and trust to open him up to his softer side.



SOUL MEDITATIONS

TAROT CARD MEANINGS

As the father figure of the Tarot deck, the Emperor suggests that you are adopting this fatherly role (regardless of whether you are male or female), providing for your family, and protecting and defending your loved ones. You may be the breadwinner or the 'rock' for those who rely on your stability and security.

Similarly, the Emperor represents a powerful leader who demands respect and authority. Status, power and recognition are essential to you, and you are most comfortable in a leadership role where you can command and direct others. As a leader, you rule with a firm but fair hand. You have a clear vision of what you want to create, and you organise those around you to manifest your goal. You listen to the advice of others, but you prefer to have the final say. Conflict doesn't scare you, and you won't hesitate to use your power to protect those you care about. And in return, those people will repay you with the loyalty and respect you deserve. Claim your authority as leader and influencer and don't let others put you down.

The Emperor reflects a system bound by rules and regulations. You create law and order by applying principles or guidelines to a specific situation. Create calm out of chaos by breaking down any problem into its parts and then mapping out the actions you need to take to resolve it. Be systematic, strategic and highly organised in your approach, and stick to your plan until the end.

The Emperor card also signifies world knowledge and expertise. Through the course of your life, you have gained valuable wisdom and life experience, and now you enjoy offering guidance, advice, and direction to someone who might benefit from it. You may be a teacher, coach, boss, or just a good friend who likes to take what you have learned and pass it on so that others can be as wise and powerful as you.



THE EMPEROR

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the Emperor share with you? What did he tell you? Show you?



SOUL MEDITATIONS

Did you accept the Emperor's gift? What 'rule' was written on the piece of paper?
How will you use this gift in your everyday life?

What can you learn from the Emperor? How can you bring the Emperor's energy into your life?

What new insights do you have about the Tarot card itself?



THE EMPEROR

JOURNALING PROMPTS

What rules and structures dominate your world? How can you create rules and structures to benefit yourself and others?

When do you feel powerful?

How can you positively use authority, power and rulership in your life?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: JOIN A GROUP CLASS

The Emperor embodies rules and structures, using these to create the discipline necessary for success. Take a moment to reflect on any personal rules or structures that you abide by (or would like to abide by). Map them out for different areas of your life. For instance: Work: "I keep Saturday and Sundays 'unplugged' from work"; Love: "I make every second Monday date night"; etc.

My Rules for Love & Relationships

My Rules for Work & Career

My Rules for Health & Well-Being

My Rules for Personal Development & Spirituality



THE EMPEROR

Reflections

Did these 'rules' come easily to you? How do they fit when you 'try them on for size'?

How will you keep yourself on track with these 'rules'?

RECOMMENDED RESOURCES

[The Four Agreements: A Practical Guide to Personal Freedom](#) by Don Miguel Ruiz

[Lean In: Women, Work, and the Will to Lead](#) by Sheryl Sandberg

[The 7 Habits of Highly Effective People: Powerful Lessons in Personal Change](#) by Stephen R. Covey



THE HIEROPHANT

AFFIRMATION

“I honour the teacher and the student within me. I draw on the traditions and knowledge of my ancestors.”

KEYWORDS

Upright: Spiritual wisdom, religious beliefs, conformity, tradition, institutions.

Reversed: Personal beliefs, freedom, challenging the status quo

QUOTES

“Teaching is more than imparting knowledge, it is inspiring change. Learning is more than absorbing facts, it is acquiring understanding.” – William Arthur Ward (Author and pastor)

“The Supreme Lord said: I shall reveal to you, who do not disbelieve, the most profound secret of self-knowledge and self-realisation. Having known this you will be freed from the miseries of worldly existence.” – Bhagavad Gita

DESCRIPTION

The Hierophant is the masculine counterpart to the High Priestess. He is also known as the Pope or the Teacher in other Tarot decks and is ruled by Taurus.

The Hierophant is a religious figure sitting between two pillars of a sacred temple – though this temple differs from the one in which the High Priestess sits. He wears three robes – red, blue and white – and a three-tiered crown, both representing the three worlds over which he rules (the conscious, sub-conscious and super-conscious). In his left hand, he holds the Papal Cross, a triple sceptre that signifies his religious status. He raises his right hand in a religious blessing, with two fingers pointing towards Heaven and two towards Earth.

Before him kneel two followers. The Hierophant’s task is to pass down his spiritual wisdom and initiate the two into the church so they can take up their appointed roles. This imagery speaks to a shared group identity and a rite of passage to enter the next level. The crossed keys at the Hierophant’s feet represent the balance



THE HIEROPHANT

between the conscious and subconscious minds and the unlocking of mysteries, which only he can teach.

TAROT CARD MEANINGS

The Hierophant card represents an established set of spiritual values and beliefs and is often correlated with religion and other formal doctrines. Before you can discover your own belief systems and make your own choices (as associated with the next card, the Lovers), the Hierophant encourages you to learn the fundamental principles from a trusted source.

Work with a teacher, mentor, or guide to teach you about spiritual values and beliefs in a structured way. He may be an authority or a kind and generous mentor who nurtures your spiritual awareness and helps you access the Divine by understanding the traditions and core principles. You may also undertake a period of formal study as you delve into a subject that has been widely explored and documented.

If you have already mastered a particular field of study, you may be taking on the role of teacher and mentor to others. In this position, you honour and acknowledge your responsibility to share your knowledge in a structured way, one that respects the age-old traditions.

The Hierophant's arrival suggests you are following convention and staying within the bounds of a 'tried and tested' model. You are not yet willing to go out on a limb or offer any new and innovative ideas. Instead, you adhere to the key principles and rules that you know will lead to a successful result.

The Hierophant may call you to honour family traditions or sacred rituals that sit neglected. You are being asked to commit to spiritual practice in its most wholesome form – no customisation, no adaptation, no bending the rules. If you have been lacking ritual and tradition, create a regular practice such as daily prayer or saying grace before a meal. Consider exploring your spiritual or religious heritage.

The Hierophant Tarot card often speaks to group membership or being part of an institution. You may enjoy a deep sense of comfort being surrounded by people who have well-established belief systems and explicit values. Finding them may be as significant as exploring a new church or religious group, or as simple as joining a gym or online Tarot community. This card is about identifying with others and a way of thinking that will prompt further learning.



SOUL MEDITATIONS

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What teachings did you hear as a disciple or student of the Hierophant?



THE HIEROPHANT

What teachings did you share as the Hierophant himself?

What was the nature of the ritual you conducted? What did it symbolise to you?

Did you take an item after the ritual? If so, what does it symbolise to you? How can you use this item in your everyday life?



SOUL MEDITATIONS

What can you learn from the Hierophant? How can you bring the Hierophant's energy into your life?

What new insights do you have about the Tarot card itself?



THE HIEROPHANT

JOURNALING PROMPTS

What belief systems and ethical principles do you subscribe to? Who has influenced these over time?

What is your core philosophy or life 'motto'?

In what ways do you teach? In what ways do you learn?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: JOIN A GROUP CLASS

The Hierophant embodies teaching and group membership. Sign up for a group class. This might be a spiritual retreat, an exercise class, an art class or a professional development workshop. Go with the intention of learning from both the teacher and the students. Experience what it is like to share similar lessons with like-minded people.

Reflections

What did you learn from the teacher?

What did you learn from your fellow students?

What did you teach the teacher or your fellow students?

How did it feel to be part of the group, learning together?



THE HIEROPHANT

RECOMMENDED RESOURCES

[Awakening the Buddha Within: Tibetan Wisdom for the Western World](#) Lama Surya Das

[Teach Now Program](#) an interactive online program for teaching with authenticity and soul

[The Transcendent Unity of Religions](#) by Frithjof Schuon



THE LOVERS

AFFIRMATION

“I am filled with love, in complete harmony with the Universe.”

KEYWORDS

Upright: Love, harmony, relationships, values alignment, choices.

Reversed: Self-love, disharmony, imbalance, misalignment of values.

QUOTES

“I love you not only for what you are but for what I am when I am with you. I love you not only for what you have made of yourself but for what you are making of me. I love you for the part of me that you bring out.” – Roy Croft (Poet)

“Love is a union with somebody, or something, outside oneself, under the condition of retaining the separateness and integrity of one’s own self. It is an experience of sharing, or communing, which permits the full unfolding of one’s own inner activity.” – Erich Fromm (Psychologist)

“It is our choices that show what we truly are, far more than our abilities.” – Joanne Kathleen Rowling (Author of Harry Potter)

DESCRIPTION

The Lovers card shows a naked man and woman standing beneath the angel, Raphael, whose name means ‘God heals’ and represents both physical and emotional healing. The angel blesses the man and woman and reminds them of their union with the Divine.

The couple stands in a beautiful, fertile landscape, reminiscent of the Garden of Eden. Behind the woman stands a tall apple tree, with a snake winding its way up the trunk. The serpent and apple tree represent the temptation of sensual pleasures that may take one’s focus away from the Divine. Behind the man is a tree of flames, which represent passion, the primary concern of the man. The twelve flames suggest the twelve zodiac signs, the symbol of time and eternity. The man looks to the woman, who watches the angel, showing the path of the conscious to the



THE LOVERS

subconscious to the super-conscious, or from physical desire to emotional needs to spiritual concerns.

The volcanic mountain in the background is rather phallic and represents the eruption of passion that happens when man and woman meet in full frontal nudity.

TAROT CARD MEANINGS

In its purest form, the Lovers card represents conscious connections and meaningful relationships. The arrival of this card in a Tarot reading shows that you have a beautiful, soul-honouring connection with a loved one. You may believe you have found your soul mate or life partner, and the sexual energy between you both goes way beyond instant gratification and lust to something that is very spiritual and almost Tantric. While the Lovers card typically refers to a romantic tie, it can also represent a close friendship or family relationship where love, respect and compassion flow.

The Lovers is a card of open communication and raw honesty. Given that the man and woman are naked, they are both willing to be in their most vulnerable states and have learned to open their hearts to one another and share their truest feelings. They shape the container from which trust and confidence can emerge, and this makes for a powerful bond between the two. In a reading, this card is a sign that by communicating openly and honestly with those you care about, you will create a harmonious and fulfilling relationship built on trust and respect.

On a more personal level, the Lovers card represents getting clear about your values and beliefs. You are figuring out what you stand for and your philosophy. Having gone through the indoctrination of the Hierophant, you are now ready to establish your belief system and decide what is and what is not essential to you. It's time to go into the big wide world and make choices for yourself, staying true to who you are and being authentic and genuine in all your endeavours.

At its heart, the Lovers is about choice. The choice about who you want to be in this lifetime, how you connect with others and on what level, and about what you will and won't stand for. To make good choices, you need to be clear about your personal beliefs and values – and stay true to them. Not all decisions will be easy either. The Lovers card is often a sign that you are facing a moral dilemma and must consider all consequences before acting. Your values system is being challenged, and you are being called to take the higher path, even if it is difficult. Do not carry out a decision based on fear or worry or guilt or shame. Now, more than ever, you must choose love – love for yourself, love for others and love for the Universe. Choose the best version of yourself.

Finally, the Lovers card encourages you to unify dual forces. You can bring together two parts that are seemingly in opposition to one another and create something that is 'whole', unified and harmonious. In every choice, there is an equal amount of advantage and disadvantage, opportunity and challenge, positive and negative. When you accept these dualities, you build the unity from which love flows.



SOUL MEDITATIONS

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did you receive from the man and/or the woman within the Lovers card?



THE LOVERS

What messages did you receive from the archangel within the Lovers card?

What gift did the Lovers have for you? Did you accept it? If so, how will you use this gift in your everyday life?

What can you learn from the Lovers? How can you bring the Lovers' energy into your life?



SOUL MEDITATIONS

What new insights do you have about the Tarot card itself??



THE LOVERS

JOURNALING PROMPTS

When do you experience the most Divine love and compassion in your life? Who are you with? What are you doing? How does this make you feel?

How can you bring even more love and compassion into your life?

What are the core values and ethics that influence major choices in your life?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: RANDOM ACTS OF LOVE

“Practice random beauty and senseless acts of love.” - Unknown

Here’s a wonderful activity to help you radiate your Divine love out into the world through Random Acts of Love. Practice it for one day, one week, one month or one lifetime. You choose.

Here’s what you need to do. Simply show a random act of love, either to someone you know or someone you don’t. Show them that you care for them, that they are in your thoughts and that somebody loves them. Don’t tell them why you are offering a Random Act of Love. Just do it—out of the kindness of your heart.

Here are some ideas:

- Plan a spontaneous and romantic date with your spouse.
- Paint a picture with your child, doing something you love together.
- Call your mum. Tell her what a great mum she is to you.
- Print a photo of you and your dad hanging out when you were young, and give it to him. And remember to say, “I love you.”
- Take time to actually listen to that ‘crazy guy’ on the bus on your way home from work.
- Send some flowers to your best friend.
- Tell your boss you love working with him/her.

What five things can you plan and do straight away?

1.

2.



THE LOVERS

3.

4.

5.

Reflections

How did this activity make you feel?



SOUL MEDITATIONS

How did the other people respond?

How can you integrate this into your daily life, giving love and compassion freely?

RECOMMENDED RESOURCES

[The 5 Love Languages: The Secret to Love That Lasts](#) by Gary D Chapman

[Awakening the Buddhist Heart: Integrating Love, Meaning, and Connection into Every Part of Your Life](#) by Lama Surya Das

[A Return to Love: Reflections on the Principles of "A Course in Miracles"](#) by Marianne Williamson



THE CHARIOT

THE CHARIOT

AFFIRMATION

“I am strong, determined and focused. I overcome obstacles and take control to achieve the outcomes I most desire.”

KEYWORDS

Upright: Control, willpower, success, action, determination.

Reversed: Self-discipline, opposition, lack of direction.

QUOTES

“If you have willpower, then you can change anything. It is usually said that you are your own master.” – Dalai Lama

“Success is not measured by what you accomplish but by the opposition you have encountered, and the courage with which you have maintained the struggle against overwhelming odds.” – Orison Swett Marden (Founder of Success Magazine)

Success means having the courage, the determination, and the will to become the person you believe you were meant to be.” – George Sheehan (Physician)

DESCRIPTION

The Chariot Tarot card shows a brave warrior standing inside a chariot. He wears armour decorated with crescent moons (representing what is coming into being), a tunic with a square (the strength of will) and other alchemical symbols (spiritual transformation). The laurel and star crown signals victory, success and spiritual evolution. Although he appears to be driving the chariot, the charioteer holds no reins – just a wand like the Magician’s – symbolising that he controls through the strength of his will and mind.

The charioteer stands tall – there’s no sitting down for this guy, as he’s all about taking action and moving forward. Above his head is a canopy of six-pointed stars, suggesting his connection to the celestial world and the Divine will. In front of the vehicle sit a black and a white sphinx, representing duality, positive and negative and, at times, opposing forces. Note how the sphinxes are pulling in opposite directions, but the charioteer uses his willpower and sheer resolve to steer the



SOUL MEDITATIONS

chariot forward in the direction he wants.

Behind the chariot flows a wide river, symbolic of the need to be 'in flow' with the rhythm of life while also charging ahead toward your goals and intentions.

TAROT CARD MEANINGS

The Chariot is a card of willpower, determination and strength. You have discovered how to make decisions in alignment with your values with the Lovers card, and now you are taking action on those decisions. When the Chariot appears in a Tarot reading, take it as a sign of encouragement. You have set your objectives and are now channelling your inner power with a fierce dedication to bring them to fruition. When you apply discipline, commitment and willpower to achieve your goals, you will succeed.

Now isn't the time to be passive in the hope that things will work out in your favour. Take focused action and stick to the course, no matter what challenges may come your way – because, believe me, there will be challenges. You may be pulled in opposite directions and find your strength and conviction tested. Others may try to block you, distract you, or drag down the pursuit of your goal. But the Chariot is an invitation to draw upon your willpower and home in on what's essential to you, so you can push past the obstacles in your way.

If you are curious about whether you have what it takes to achieve your aim or complete an important project, the Chariot is a sign you will be successful so long as you keep your focus and remain confident in your abilities. You need to use your willpower and self-discipline to concentrate on the task at hand. You can't cut corners or take the easy route, or you will fail. Instead, see this endeavour as a test of your strength and conviction, and recognise that victory is within reach, but it's up to you to follow through.

The Chariot calls you to assert yourself and be courageous. Be bold in expressing your desires and laying down your boundaries; otherwise, you will not get your way. You need to have faith in yourself and know fundamentally who you are and what you stand for (thus building off the personal belief systems and values established through the Lovers card).

In a very literal sense, the Chariot can represent travel, especially driving or taking a road trip. You may even be considering selling your home and buying an RV so you can head off and roam the country!



THE CHARIOT

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the Chariot share with you? What did the Charioteer tell you?



SOUL MEDITATIONS

Did you accept the Chariot's gift? If so, how will you use this gift in your everyday life?

What can you learn from the Chariot? How can you bring the Chariot's energy into your life?

What new insights do you have about the Tarot card itself?



THE CHARIOT

JOURNALING PROMPTS

How do you exercise self-discipline and control in your life? What could you do to bring even more self-discipline into your life?

How do you overcome obstacles in your life?

What are you fiercely determined to achieve right now?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: THE CHARIOT TAROT SPREAD

Time to pull out your Tarot cards! Here's a Tarot spread based on the Chariot card. It's perfect when you have a clear goal in mind and wish to be truly successful in achieving that goal.

The Crown: What is your ultimate goal or aspiration?

The Charioteer: What mindset do you need to be successful in achieving your goal?

The Chariot: What is the 'container'? What are the surrounding energies that will influence the achievement of your goal?

The Black Sphinx: What obstacles may stand in your way?

The White Sphinx: What opportunities lie ahead?

The Path Ahead: Where are you headed in the achievement of your goal?

Use the full Tarot deck to do your reading.



THE CHARIOT

Reflections

What cards did you draw? What are the key insights from your reading?

RECOMMENDED RESOURCES

[Napoleon Hill's Keys to Success: The 17 Principles of Personal Achievement](#) by Napoleon Hill

[The Success Principles: How to Get from Where You Are to Where You Want to Be](#) by Jack Canfield

[Drive: The Surprising Truth About What Motivates Us](#) by Daniel H. Pink

[Getting Things Done: The Art of Stress-Free Productivity](#) by David Allen



STRENGTH

AFFIRMATION

“I meet my raw emotions with inner strength, calm and centeredness.”

KEYWORDS

Upright: Strength, courage, persuasion, influence, compassion.

Reversed: Inner strength, self-doubt, low energy, raw emotion.

QUOTES

“Promise me you’ll always remember: you are braver than you believe, and stronger than you seem, and smarter than you think.” – A.A. Milne (Author of Winnie the Pooh)

“Strength does not come from physical capacity. It comes from an indomitable will.” – Mahatma Gandhi

“Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.” – Lao Tzu

DESCRIPTION

In the Strength Tarot card, a woman gently strokes a lion on its forehead and jaw. Even though it is known for its ferociousness, the woman has tamed this wild beast with her calming, loving energy. The lion is a symbol of raw passions and desires, and in taming him, the woman shows that animal instinct and raw passion can be expressed in positive ways when inner strength and resilience are applied. She doesn't use force or coercion; she channels her inner strength to subdue and subtly control the lion.

The woman wears a white robe, showing her purity of spirit, and a belt and crown of flowers that represent the fullest, most beautiful expression of nature. Over her head is the symbol of infinity, representing her infinite potential and wisdom.



STRENGTH

TAROT CARD MEANINGS

The Strength card represents strength, determination, and power – like the Chariot. However, while the Chariot signifies outer strength and will, the Strength card speaks to the inner strength and the human spirit's ability to overcome any obstacle. Strength is about knowing you can endure life's obstacles. You have great stamina and persistence, balanced with underlying patience and inner calm. You are committed to what you need to do, and you go about it in a way that shows your composure and maturity.

When the Strength Tarot card appears in a reading, you are fuelled by your inner strength, personal power, strong will and determination. You do not rule by trying to control others; you quietly influence and persuade. Others may underestimate your power because it is so 'invisible' – but you should see that as an advantage. You can control a situation without excessive, outward force. No one knows it's you calling the shots.

Your strength gives you the confidence to overcome any growing fears, challenges or doubts. Feel the fear and do it anyway! If you have been going through a rough time and are burnt out or stressed, the Strength card encourages you to find the power within yourself to persevere. You have got what it takes to see this situation through to its eventual end. You're a loyal friend and a solid supporter, willing to step up and be present when others are in need, and you might also feel compelled to hold space for someone who needs your strength and support.

The Strength card urges you to 'tame' your animal instincts, gut reactions, and raw emotions, and channel these initial responses constructively. It's normal for feelings such as anger, rage, sadness, guilt or shame to arise in certain situations. However, it's what you do with these emotions that makes all the difference. Now is a time when you need to be conscious of your instinctual urges and bring them into balance with the greater good. This is no time to act out in rage or hatred. Approach your situation from a place of forgiveness, love and compassion. Working with a therapist may also help you create coping strategies for what comes up.



SOUL MEDITATIONS

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the woman in the Strength card share with you? What did she tell you?



STRENGTH

What energies did you feel flowing between you and the lion? What does this tell you about the dual energy flow within yourself?

What can you learn from the Strength card? How can you bring Strength's energy into your life?

What new insights do you have about the Tarot card itself?



SOUL MEDITATIONS

JOURNALING PROMPTS

What gives you strength to overcome life's challenges?

How do you deal with failure?

When did you recently encounter raw, untamed emotion, either within yourself or from another person? How did you constructively respond?



STRENGTH

HEART-CENTRED PRACTICE: MEETING FEAR WITH COURAGE

Here's an activity designed to overcome your fears and replace them with strength and courage. It taps into the idea of dual energies flowing through you, helping you to meet fear with courage.

Below, write down one fear you have that you would like to overcome. Then, list the numbers 1 to 10. Write down ten variations of your fear, with 1 being the least anxiety-producing and 10 being the most anxiety-producing. For example, if your fear is public speaking, 1 might be talking to a stranger in a shop. 4 might be talking to a group of friends or family about something that you're passionate about. 7 might be recording yourself giving a presentation and posting it on YouTube (set to "Public" of course!). And 10 might be talking to 200 people as a keynote speaker.

The fear that I am ready to work with is...

Step 1 (the least anxiety-producing step I can take):

Step 2:

Step 3:

Step 4:

Step 5:



SOUL MEDITATIONS

Step 6:

Step 7:

Step 8:

Step 9:

Step 10:

You're going to do this in baby steps, tackling the first (and easiest) challenge, first. Then, the second challenge. Then, the third. All the way to the tenth. Each step takes you further away from fear and closer to courage and increases your knowledge that you can accomplish tasks that you were originally worried about. Take it as slowly as necessary and repeat a particular step if you feel the need to master it before continuing to the next step.

Go!



STRENGTH

Reflections

What did you feel and experience when you first read the activity? Were you enthusiastic about confronting your fears? Or were you nervous and afraid?

What did you feel and experience as you started to work through each step?

What has this activity taught you about fear and courage?



SOUL MEDITATIONS

RECOMMENDED RESOURCES

[Women Who Run with the Wolves](#) by Eckhart Tolle

[The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life's Hurdles](#) by Eckhart Tolle

[Courage: Overcoming Fear and Igniting Self-Confidence](#) by Lama Surya Das

[Finding Inner Courage](#) by Mark Nepo



THE HERMIT

THE HERMIT

AFFIRMATION

“I turn my attention inward as I seek my inner truth and connect with my inner wisdom.”

KEYWORDS

Upright: Soul-searching, introspection, being alone, inner guidance.

Reversed: Isolation, loneliness, withdrawal.

QUOTES

“I went to the woods because I wished to live deliberately, to front only the essential facts of life and see if I could not learn what they had to teach; and not, when I came to die, discover that I had not lived.” – Henry David Thoreau (Author of Walden)

“A man who realises the potential of his mind by means of introspection and contemplation does not lack self-confidence. He has control over his mind and he is able to realise its full potential.” – Sama Veda

DESCRIPTION

The Hermit stands alone on the top of a mountain. The snow-capped range symbolises his spiritual mastery, growth and accomplishment. He has chosen this path of self-discovery and, as a result, has reached a heightened state of awareness.

In his right hand, he holds a lantern with a six-pointed star inside; it is the Seal of Solomon, a symbol of wisdom. As the Hermit walks his path, the lamp lights his way – but it only illuminates his next few steps rather than the full journey. He must step forward to see where to go next, knowing that not everything will be revealed at once. In his left hand, the side of the subconscious mind, the Hermit holds a long staff (a sign of his power and authority), which he uses to guide and balance him.



SOUL MEDITATIONS

TAROT CARD MEANINGS

The Hermit shows that you are taking a break from everyday life to draw your energy and attention inward and find the answers you seek, deep within your soul. You realise that your most profound sense of truth and knowledge is within yourself and not in the distractions of the outside world. You leave behind the mundane to set off on a journey of self-discovery, led only by your inner wisdom and guiding light. Now is the perfect time to go on a weekend retreat or sacred pilgrimage, anything in which you can contemplate your motivations, personal values and principles, and get closer to your authentic self.

The Hermit invites you to retreat into your private world and experience a deep sense of seclusion and introspection. You know that you need to take this journey alone or with a small, intimate group of spiritually minded people. When you allow yourself to tune in to your inner, guiding light, you will hear the answers you need and grow wise beyond your years. Find your light, shine it on your soul and create your unique path. You will see what lies ahead of you – not miles upon miles, but enough to know where to step next. From there, take one step at a time.

The Hermit often appears when you are at a pivotal point in your life and considering a new direction. Through meditation, contemplation, and self-examination, you may begin to re-evaluate your personal goals and change your overall course. You will look at your life with a deeper, more spiritual understanding and a few of your priorities will change as a result.

The Hermit also represents the desire to turn away from a consumerist or materialistic society to focus on your inner world. Have you ever seen (or read) *Into the Wild*? After graduating from university, top student and athlete Christopher McCandless abandons his possessions, gives his entire \$24,000 savings account to charity and hitchhikes to Alaska to live in the wilderness alone. Whilst his story has a tragic ending, his journey into the wild was like that of the Hermit, who seeks answers within and knows they will come only with quiet and solitude.

Finally, the Hermit may appear in your life as a spiritual mentor here to raise your vibration and enhance your consciousness. The beauty of this mentor is that, while he may be an expert in his own right, he will teach you how to find your answers within you.



THE HERMIT

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw..

What messages did the Hermit share with you? What did he tell you?



SOUL MEDITATIONS

Who did you sense was around you? What ancestors or guides did you see? How do you embody their knowledge and guidance within you?

What can you learn from the Hermit? How can you bring the Hermit's energy into your life?

What new insights do you have about the Tarot card itself?



THE HERMIT

JOURNALING PROMPTS

What does it mean to you to be on your own? How can you increase your comfort level with having time on your own?

In what ways do you connect with your inner truth and your inner wisdom? How can you introduce these spiritual practices into your daily routine?

What is your inner 'light'? What (or who) guides you on your spiritual path?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: ALONE IN NATURE

Choose a place in nature where you know you won't be disturbed. Somewhere isolated (but safe), perhaps on the top of a rock or even a mountain, just like the Hermit. Go and spend at least 30 minutes alone in this place in nature.

No mobile/cell phone. No iPod or iPad. No pen and paper. No pets. Nada. Just you and the great outdoors.

You might even like to work this into your weekly or monthly schedule to do it more regularly.

Reflections

How do you feel as you make a new beginning?

How can you incorporate this into your daily life?

RECOMMENDED RESOURCES

[Walden](#) by Henry David Thoreau

[The Alchemist](#) by Paulo Coelho

[Quiet: The Power of Introverts in a World That Can't Stop Talking](#) by Susan Cain

[The Untethered Soul: The Journey Beyond Yourself](#) by Michael A. Singer

[Into the Wind: My Six-Month Journey Wandering the World for Life's Purpose](#) by Jake Ducey



THE WHEEL OF FORTUNE

THE WHEEL OF FORTUNE

AFFIRMATION

“I embrace the cycles of life and accept that my life is in constant change and movement.”

KEYWORDS

Upright: Good luck, karma, life cycles, destiny, a turning point.

Reversed: Bad luck, resistance to change, breaking cycles.

QUOTES

“Tempt not the stars, young man, thou canst not play with the severity of fate.” – John Ford (Dramatist)

“Luck is taking a chance when you have a choice...destiny is making a choice when you are given the chance.” – Unknown

DESCRIPTION

The Wheel of Fortune card shows a giant wheel, with three figures on the outer edges. Four Hebrew letters – YHVH (Yod Heh Vau Heh), the unpronounceable name of God – are inscribed on the wheel's face. There are also the letters TORA, thought to be a version of the word Torah, meaning 'law', or TAROT, or even ROTA (Latin for 'wheel'). The middle wheel has the alchemical symbols for mercury, sulphur, water and salt – the building blocks of life and the four elements – and represents formative power.

On the outer circle is a snake, the Egyptian god Typhon (the god of evil), descending on the left side. The snake also represents the life force plunging into the material world. On the right side rises the Anubis, the Egyptian God of the dead who welcomes souls to the underworld. And on top of the wheel sits the Sphinx, representing knowledge and strength.

In the corners of the Wheel of Fortune card are four winged creatures, each associated with the four fixed signs of the Zodiac: the angel is Aquarius, the eagle



SOUL MEDITATIONS

is Scorpio, the lion is Leo, and the bull is Taurus. Their wings signify stability amidst movement and change, and each holds the Torah, representing wisdom.

TAROT CARD MEANINGS

The Wheel of Fortune reminds you that the wheel is always turning and life is in a state of constant change. If you're going through a difficult time rest assured that it will get better from here. Good luck and good fortune will make their return in time. Similarly, if things are going well, know this, too, will change and life may return to 'normal' soon. This cycle shows why it is so important to cherish the blissful moments in your life and make the most of them while they are within reach – because in a flash they could be gone.

The Wheel of Fortune is also known as the wheel of karma and reminds you that 'what goes around comes around.' Be a kind and loving person to others, and they'll be kind and loving to you. Be nasty and mean, and you will get nasty and mean turning back your way. So, if you want happiness and abundance, make sure you're sending out that positive jujū in kind. What you send out into the Universe will come back your way.

The Wheel of Fortune card asks you to be optimistic and have faith that the Universe will take care of your situation in the best way possible. Meditation and visualisation can reinforce your intention to bring increased abundance, good fortune and prosperity to you. Your life is about to turn in more positive directions if you are willing to grow and expand. Keep your mind open to all kinds of synchronicities and signs from the Universe. The magic of fate and destiny is behind you, and miracles are happening.

Be open to the help of others, too, as guidance from both the physical and spiritual realms is supporting you along your journey. They want you to do well, so relish their support right now. Call on them any time you need it. You may also feel compelled to work with the archangels and ascended masters to support and guide you.

If you are someone who likes to have control and stability, then the Wheel of Fortune may come as a shock to the system. This Tarot card suggests that factors outside your control are influencing your situation. It is as though the Universe is dishing up whatever it pleases; it's unpredictable and unnerving. This is one of the challenging aspects of the Wheel of Fortune since no matter which way the Wheel turns, it is impossible to try to change it. You need to accept what is happening and adapt. Go with the flow!

Finally, the Wheel of Fortune can show a critical turning point in your life. Opportunities you could never imagine are suddenly available to you, and you have the chance to make a significant change in your life. While it may be unexpected and unfamiliar, see this as an invitation to turn things around and take an entirely new direction in your life. The more you tune in to your intuition and allow the Universe to guide you, the better the outcomes will be.



THE WHEEL OF FORTUNE

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

Which winged character came to greet you? What message did this character have for you?



SOUL MEDITATIONS

Did you accept the gift? If so, how will you use this gift in your everyday life?

What did you intuitively feel when you encountered the snake? The jackal? The sphinx?

What can you learn from the Wheel of Fortune? How can you bring the Wheel of Fortune's energy into your life?



THE WHEEL OF FORTUNE

What new insights do you have about the Tarot card itself?



SOUL MEDITATIONS

JOURNALING PROMPTS

Reflect on your life thus far. What key life cycles have you experienced? (In general, in relationships, in your work, in your family, spiritually, etc.)?

What events have lead to where you are now?

Are you the master of your own destiny? What role does fate play in your life?



THE WHEEL OF FORTUNE

HEART-CENTRED PRACTICE: TELLING YOUR STORY

Choose one aspect of your life right now (e.g. your career, your family, your relationship status, your home, your lifestyle). Tell the story of where it all began. What events led to where you are now?

If you find your starting point is in your 20s, for example, push yourself back further, perhaps even to the time of your birth, to see how your whole life has led you to where you are now.

Reflections

What patterns and cycles do you see now as a result of telling your story?

How do you think your story will continue?



SOUL MEDITATIONS

RECOMMENDED RESOURCES

[Synchronicity: The Art of Coincidence, Choice, and Unlocking Your Mind](#) by Kirby Surprise

[The Spontaneous Fulfilment of Desire: Harnessing the Infinite Power of Coincidence](#) by Deepak Chopra

[Synchronicity: An Acausal Connecting Principle](#) by C. G. Jung

[Infinite Life: Awakening to Bliss Within](#) by Robert Thurman



JUSTICE

JUSTICE

AFFIRMATION

“I act from a place of truth and equality, and I take full responsibility for my actions.”

KEYWORDS

Upright: Justice, fairness, truth, cause and effect, law.

Reversed: Unfairness, lack of accountability, dishonesty.

QUOTES

“Moral excellence comes about as a result of habit. We become just by doing just acts, temperate by doing temperate acts, brave by doing brave acts.” – Aristotle

“Laws control the lesser man... Right conduct controls the greater one.” – Mark Twain

“The time is always right to do what is right.” – Martin Luther King, Jr.

DESCRIPTION

The figure of Justice sits in front of a loosely hung purple veil, signifying compassion, and between two pillars, similar to those framing the High Priestess and the Hierophant, which symbolise balance, law and structure.

She holds a sword in her right hand, showing the logical, well-ordered mindset necessary to dispense fair justice. The sword points upwards – expressing a firm and final decision – and the double-edged blade signifies that our actions always carry consequences. The scales in her left (intuitive) hand, show intuition must balance that logic and are a symbol of her impartiality. Justice wears a crown with a small square on it representing well-ordered thoughts, and a red robe with a green mantle. A little white shoe pops out from beneath her clothing as a reminder of the spiritual consequences of your actions.



SOUL MEDITATIONS

TAROT CARD MEANINGS

The Justice card represents justice, fairness, truth and the law. You are being called to account for your actions and will be judged accordingly. If you have acted in alignment with your Higher Self and for the greater good of others, you have nothing to worry about. However, if you haven't, you will be called out and made to own up to your actions. If this has you shaking in your boots, know that the Justice card isn't as black and white as you may think. A level of compassion and understanding accompany Justice, and although you may have done something you regret, this card suggests that you will be treated fairly and without bias. Be ready to take responsibility for your actions and stand accountable for the ensuing consequences.

If you seek justice, then the Justice card is a positive sign that it will indeed be served. You may be part of a legal case or awaiting final judgement from the courts or a governing body or institution. A ruling will be passed down shortly. Once the decision is made, you must accept it and move on; there are no retrials or second chances with the upright Justice card.

The Justice card often appears when you need to make an important choice with the potential for long-term repercussions. Be aware of the impact your decisions will have on your well-being and the well-being of others. Choose consciously by connecting with your inner guidance system (your intuition) and asking for the answer that is most in alignment with the highest good of all. Be ready to stand by your decisions as you will be held to account for the choices you make. You need to ask yourself, "Do I stand by my decisions and accept the consequences of my actions?" If you cannot, then dig deeper, plunging into the shadows of what is right and wrong, until you find the place where you can stand in integrity and strength.

At its core, Justice is about the search for truth. As you explore your truth, you will discover that things are not as clear-cut as you had thought. Be prepared to dip into the murky waters and explore what truth means to you. Be consciously aware of what you believe to be true and what you believe to be fair and ethical. It may not be as clear-cut as you think, so prepare to challenge yourself and to explore new territories of your belief system.



JUSTICE

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw..

What messages did the woman in the Justice card share with you? What did she tell you?



SOUL MEDITATIONS

Did you accept the woman's gift? If so, how will you use this gift in your everyday life?

What can you learn from the Justice card? How can you bring Justice's energy into your life?

What new insights do you have about the Tarot card itself?



JUSTICE

JOURNALING PROMPTS


How do you hold yourself accountable? How do you ensure you act from a place of honesty and responsibility?

In what areas of your life do you seek justice, truth and fairness? What cause are you fighting for?



SOUL MEDITATIONS

How do you make important decisions in order to ensure fairness and equality for all involved?



JUSTICE

HEART-CENTRED PRACTICE: MINDFUL DECISION-MAKING

Think about an important or difficult decision that you need to make (where to live, whether to change direction in your career, whether to end or start a relationship). You're going to assess the decision you need to make, using the core concepts of the Justice card.

First, write out the decision facing you in as much detail as possible.

Next, embody the energy of the **sword** in the Justice card—the objective, intellectual perspective that seeks out the truth and the facts.

Map out the pros and cons of each option available to you. Be as objective as possible. Does one option have more advantages than the other?

Now, imagine you are a stranger to yourself who has just learned of your situation and the decision you must make. What would you, as this objective stranger, advise you to do in this situation?

Next, embody the energy of the **scales**—balancing the emotional elements of the decision with the rational elements.

Gently close your eyes. Take a deep breath and ground yourself by becoming aware of what you are sitting on and how it connects you to the earth. Now, imagine you have taken the first option and are truly living this option. Picture yourself experiencing this option. Take note of how it feels in your body. Is it a good feeling? Or does it give you tightness or discomfort? In what part of your body do you experience the sensations most? Just sit with this and observe.

Then, when you're ready, move to the second option. Again, imagine it as if you have taken this option and are now truly living it. Take note of what it feels like in your body. Is it a good feeling? Or does it give you a tightness or discomfort? In what part of your body do you experience the sensations most? Just sit with this and observe.

If there are more options available to you, repeat the process until you have explored each one.

Now, before you open your eyes, ask your Higher Self which option is best for you. You may even call on the energy of the Justice card to help you choose. Then, when you're ready, open your eyes.

Write down what you experienced and which option feels intuitively 'right.' Is this the same option as that which feels intellectually 'right'?

Finally, consider how this decision may impact others. Who else needs to be consulted in making this decision? Who else is affected? How can you address their needs as well as your own?

And now it is time to make your final decision. Make the decision and commit to it.



SOUL MEDITATIONS

Set a clear intention and write it down.

“My decision is...

because...

Reflections

Pay close attention to your feelings as you make your decision. What emotions come up for you? How do these evolve over time? It is natural to feel nervous and apprehensive about a major decision, but know that over time a decision made with a clear intention will pay off.



JUSTICE

What came more easily as you assessed your options? The objective thinking or the emotive/intuitive feeling?

RECOMMENDED RESOURCES

[Decisive: How to Make Better Choices in Life and Work](#) by Chip Heath and Dan Heath

[Nonviolent Communication: A Language of Life](#) by Marshall B. Rosenberg

[Boundaries: When To Say Yes, How to Say No](#) by Henry Cloud and John Townsend

[Crucial Conversations: Tools for Talking When Stakes Are High](#) by Kerry Patterson, Joseph Grenny, Ron McMillan and Al Switzler



THE HANGED MAN

AFFIRMATION

“I suspend all judgement and thought and remain truly present and illuminated.”

KEYWORDS

Upright: Pause, surrender, letting go, new perspectives.

Reversed: Delays, resistance, stalling, indecision.

QUOTES

“Sometimes when you sacrifice something precious, you are not really losing it. You are just passing it on to someone else.” – Mitch Albom (Author)

“Surrender means, by definition, giving up attachment to results. When we surrender to God, we let go of our attachment to how things happen on the outside and we become more concerned with what happens on the inside.” – Marianne Williamson (Spiritual lecturer)



DESCRIPTION

The Hanged Man shows a man suspended from a T-shaped cross made of living wood. He is hanging upside-down, viewing the world from a completely different perspective, and his facial expression is calm and serene, suggesting that he is in this hanging position by his own choice. He has a halo around his head, symbolising new insight, awareness and enlightenment. His right foot is bound to the tree, but his left foot remains free, bent at the knee and tucked in behind his right leg. His arms are bent, with hands held behind his back, forming an inverted triangle. The man is wearing red pants representing human passion and the physical body, and a blue vest for knowledge. The Hanged Man is the card of ultimate surrender, of being suspended in time and of martyrdom and sacrifice to the greater good.



THE HANGED MAN

TAROT CARD MEANINGS

The Hanged Man reminds you that sometimes you have to put everything on hold before you can take the next step, or the Universe will do it on your behalf (and it may not always be at the most convenient time!). You may have heard the saying, 'What got you here won't get you there', and that indeed is at play in this card. The Hanged Man calls you to release the old mental models and behavioural patterns that no longer serve you so you can see your world from a new perspective and embrace new opportunities that would have otherwise been hidden from you if you didn't hit the brakes.

Here's the thing. These 'pauses' can be voluntary or involuntary. If you're in tune with your intuition, you'll start to have a sense for when it's time to hit the brakes and put things on hold – before things get out of hand. But if you're out of alignment and oblivious to those intuitive signs, the Universe will probably put things on hold for you, in the form of continued obstacles, ill-health, and breakdowns. When you sense the 'pause' coming, pay attention to it; otherwise the Universe will turn up the volume until you can't ignore it any longer.

When the Hanged Man appears in a Tarot reading, your projects and activities may be coming to an unexpected and abrupt halt. Don't keep pushing forward, hoping that more force will drive you to where you want to go. Instead, surrender to the opportunity to pause and view it as your chance to reassess and re-evaluate where you are on your path. Something new is emerging, and you won't be able to see it unless you allow the time and space for it to come through.

The Hanged Man is your invitation to welcome these 'pauses' with open arms and surrender to the 'what is' – even if it is different from what you expected. Take time away from your routine to connect with a new way of thinking and seeing. Sure, you might have to put important projects on hold while you do this (and it might be super inconvenient) but trust me, it'll be worth it. This is the Universe's way of helping you see new perspectives and preparing you for the next uplevelling that is happening in your life. If you push or resist, you will meet more obstacles along the way; instead, 'allow' the opportunities to flow smoothly and effortlessly to you.

The Hanged Man can sometimes reflect that you are feeling stuck or restricted in your life. What is holding you in this 'stuck' position? What is preventing you from moving forward? On one level, the Hanged Man is asking you to surrender and let go. Instead of investing in specific outcomes or resisting your current circumstances, accept them and allow yourself to flow with life. On another level, you are being called to change your perspective and shift your energy and may find that separating yourself from your everyday life is helpful, whether it's going for a walk in nature, going on a retreat or moving to a new country. Change up your routine so you can start to shift your energy and flow more freely again.



SOUL MEDITATIONS

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the Hanged Man share with you? What did he tell you?



THE HANGED MAN

Did you accept the Hanged Man's gift? If so, how will you use this gift in your everyday life?

What can you learn from the Hanged Man? How can you bring the Hanged Man's energy into your life?

What new insights do you have about the Tarot card itself?



SOUL MEDITATIONS

JOURNALING PROMPTS

What do you need to suspend or release in your life for enlightenment?

What does it feel like to surrender to life? How can you make this work for you?

What attitudes, thoughts or feelings need to be released in order for you to create space and freedom?



THE HANGED MAN

HEART-CENTRED PRACTICE: HIT THE PAUSE BUTTON

Here's an easy way to integrate the essence of the Hanged Man into your life: Hit the pause button. Before speaking, acting or thinking, stop for a moment and take a breath. Clear your mind momentarily and become completely present. Now, go ahead and speak, act or think. You may find that your response is very different to what you were initially going to say, do or think.

This works well when you are trying to change a habit. Here's an example. You want to break the habit of having a glass of wine with each meal. You go to the cupboard to take out the wine glass. Hit the pause button. Take a breath. Okay, do you really want to take out the wine glass? You go to ask your partner if he/she would like a glass of wine. Pause! Breathe! Is this really what you want to do?

Try it out this week (or this month, this year or this lifetime). Hit the pause button. Suspend action. Clear the mind. Then think.

Reflections

What was your experience of hitting the pause button? How did it change your actions or responses?

RECOMMENDED RESOURCES

[Letting Go: The Pathway of Surrender](#) by David R. Hawkins

[The Power of Now](#) by Eckhart Tolle



DEATH

AFFIRMATION

“I embrace death as a means to create change and transformation in my life.”

KEYWORDS

Upright: Endings, change, transformation, transition.

Reversed: Resistance to change, personal transformation, inner purging.

QUOTES

“A sun sets, a day is born.” – Maori proverb

“In the midst of winter, I finally learned that there was in me an invincible summer.” – Albert Camus (Philosopher)

“The call of death is a call of love. Death can be sweet if we answer it in the affirmative, if we accept it as one of the great eternal forms of life and transformation.” – Hermann Hesse (Author)



DESCRIPTION

The Death card shows the Messenger of Death – a skeleton dressed in black armour, riding a white horse. The skeleton represents the part of the body which survives long after life has left it; the armour symbolises invincibility and that death will come no matter what. Its dark colour is that of mourning and the mysterious, while the horse is the colour of purity and acts as a symbol of strength and power. Death carries a black flag decorated with a white, five-petal rose, reflecting beauty, purification and immortality and the number five representing change. Together, these symbols reveal that death isn't just about life ending. Death is about endings and beginnings, birth and rebirth, change and transformation. There is beauty in death, and it is an inherent part of being alive.

A royal figure appears to be dead on the ground, while a young woman, child and bishop plead with the skeletal figure to spare them. But, as we all know, death spares no one.



DEATH

In the background, a boat floats down the river, akin to the mythological boats escorting the dead to the afterlife. On the horizon, the sun sets between two towers (which also appear in the Moon Tarot card), in a sense dying each night and being reborn every morning.

TAROT CARD MEANINGS

The Death card is probably the most feared and misunderstood of all the cards in the Tarot deck. Just mention the card's name and most people freak out, worried they will suddenly keel over and die as soon as this card appears. Relax! The Death card can be one of the most positive cards in the deck.

After a period of pause and reflection with the Hanged Man, the Death card symbolises the end of a major phase or aspect of your life that you realise is no longer serving you, opening up the possibility of something far more valuable and essential. You must close one door to open another. You need to put the past behind you and part ways, ready to embrace new opportunities and possibilities. It may be difficult to let go of the past, but you will soon see its importance and the promise of renewal and transformation. If you resist these necessary endings, you may experience pain, both emotionally and physically, but if you exercise your imagination and visualise a new possibility, you allow more constructive patterns to emerge.

Similarly, Death shows a time of significant transformation, change and transition. You need to transform yourself and clear away the old to bring in the new. Any change should be welcomed as a positive, cleansing, transformational force in your life. The death and clearing away of limiting factors can open the door to a broader, more satisfying experience of life.

The Death card has elements of a sudden and unexpected change. Death happens to everyone, no matter who you are, how much money you have, where you live, or what colour your skin is; it is the same with a significant change. So, the Death card can be a sign you may feel as though you are caught in the path of sweeping change and cannot escape its effects (especially if accompanied by the Tower or the Hanged Man). Although the upheaval may seem unwanted and painful, this massive change could bring with it a series of unexpected surprises that create new opportunities and advantages for you.

Finally, Death is a sign that you need to learn to let go of unhealthy attachments in your life to pave the way to a fuller, more fulfilled life of deeper meaning and significance. Death teaches you to let go of outworn and outgrown ways of life and to move forward from them. This is a perfect card to break a bad habit or pattern of behaviour. See this as a time to cut out excess and let go of what is unnecessary for your life. Purge the old belongings, memories and baggage that are getting in your way.



SOUL MEDITATIONS

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did Death himself share with you? What did he tell you?



DEATH

Did you accept the Death's gift? If so, how will you use this gift in your everyday life?

What can you learn from the Death? How can you bring the Death card's energy into your life?

What new insights do you have about the Tarot card itself?



SOUL MEDITATIONS

JOURNALING PROMPTS

What is ending in your life? What is beginning?

What do you need to let go of or release so that you can start over and live the life you want to live?

What does Death teach you about life?



DEATH

HEART-CENTRED PRACTICE: RENEWING HABITS

This exercise was inspired by Leo Babauta of Zen Habits who wrote “Living Without.”

Select a habit that you can do without for at least a month—something that may not be serving you well or that you have come to depend upon. For example, you might give up drinking coffee or alcohol, sitting for extended periods of time, using the internet or gossiping.

Then, select a replacement habit—something that would serve you better or that would create positive change in your life. For example, if you gave up drinking coffee, you might replace it with drinking green tea. Or you might replace using the internet with reading a book.

You can do this activity for just a month, with one habit, or for a full year, with 12 habits, as Leo Babauta has done.

Reflections

As you participate in this activity, take note of what it feels like to let go of a habit. What does the ‘death’ of the habit feel like? How do your feelings evolve over time, from before you released the habit, during the release and afterwards? Does it enable you to make a lasting change in your life?



SOUL MEDITATIONS

Take note of how you experience the replacement habit. What does the 'birth' of a new habit feel like? Is it something you can sustain over time?

Reflect on your experience of this activity in light of what you have learned through the guided visualisation with the Death card..

RECOMMENDED RESOURCES

[The Tibetan Book of Living and Dying](#) by Sogyal Rinpoche

[Letting Go of the Person You Used to Be: Lessons on Change, Loss, and Spiritual Transformation](#) by Lama Surya Das

[The Last Lecture](#) by Randy Pausch and Jeffrey Zaslow



TEMPERANCE

TEMPERANCE

AFFIRMATION

“I bring balance and harmony to my life’s journey.”

KEYWORDS

Upright: Balance, moderation, patience, purpose.

Reversed: Imbalance, excess, self-healing, re-alignment.

QUOTES

“Everything in moderation.” – Aristotle

“In intuitive balance, love is balanced and detached. In the state of intuitive balance, peace and tranquillity are produced. Without intuitive balance, life is useless.” – Sri Guru Granth Sahib

“If the person you are talking to does not appear to be listening, be patient. It may simply be that he has a small piece of fluff in his ear.” – Winnie the Pooh



DESCRIPTION

The Temperance card shows a large, winged angel who is both masculine and feminine. She wears a light blue robe with a triangle enclosed in a square on the front, representing that humans (the triangle) are bound by the Earth and natural law (square). The angel balances between one foot on the rocks, expressing the need to stay grounded, and one foot in the water, showing the need to be in flow. She pours water between two cups, symbolic of the flow and alchemy of life.

In the background, there is a winding path up to a mountain range, reflecting the journey through life. Above the mountains hovers a golden crown encased in a glowing light, a symbol of taking the Higher path and staying true to one's life purpose and meaning.



SOUL MEDITATIONS

TAROT CARD MEANINGS

Temperance is the card for bringing balance, patience and moderation into your life. You are being invited to stabilise your energy and to allow the life force to flow through you without force or resistance. It's time to recover your flow and get your life back into order and balance.

This card calls on you to remain calm, even when life feels stressful or frantic. Maintain an even temperament and manage your emotions. You have learned to keep composed in stressful situations. Little things don't get to you, thanks to your seemingly abundant source of patience. Your respect for balance and tranquillity is what will help you achieve and experience fulfilment in your life.

Temperance asks you to take the middle path and accommodate all perspectives. Now is not the time to be highly opinionated or controversial. Be the peacekeeper and take a balanced and moderate approach, avoiding any extremes. Include others and bring together diverse groups of people to create harmony and cooperation. By working together, you will collectively leverage the right mix of talents, experiences, abilities and skills.

There is alchemy within Temperance. This Tarot card is about blending, mixing, and combining diverse elements in a way that creates something new and even more valuable than its separate parts. 'Blending' can take on many forms; for example, a blended family, an artist who blends different materials or techniques, a bartender who mixes new and exciting cocktails, or a chef who combines different cuisines and cooking styles.

The Temperance card shows that you have a clear, long-term vision of what you want to achieve. You are not rushing things along; instead, you are taking your time to ensure that you do the best job you can. You know you need a moderate, guided approach to reach your goals.

Finally, this card reflects higher learning. You are learning a great deal where you are now and are at peace with what you are doing – it is all coming together well. Your inner voice is guiding you to the right outcome, and you are patiently listening and following.



TEMPERANCE

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the angel in the Temperance card share with you? What did she tell you??



SOUL MEDITATIONS

Where did the path lead, beyond the lake? What does this tell you about your personal life direction?

Did you accept the angel's gift? If so, how will you use this gift in your everyday life?

What can you learn from Temperance? How can you bring the Temperance card's energy into your life?



TEMPERANCE

What new insights do you have about the Tarot card itself?



SOUL MEDITATIONS

JOURNALING PROMPTS

What is in harmony and in flow in your life?

How can you integrate the different aspects of yourself and your life, in order to create balance and harmony?

What brings you inner peace?



TEMPERANCE

HEART-CENTRED PRACTICE: FIND A SANCTUARY

To create balance and harmony in your life, find a special place that offers you a sanctuary. Choose a place that is free from toxic chemicals, people, and energy—a place where you can truly feel at peace. It might be a secluded beach, a majestic mountain range, a room within your home where you will not be disturbed, or your favourite day spa. And, if you can, pick a place where you can enjoy the flow of water nearby to help you connect with the energy of the Temperance card.

Spend some time in this place occasionally to restore your energy and to bring yourself back into balance and harmony with the Universe.

Reflections

Where is your sanctuary?

What was your experience of spending time in your sanctuary? Were you able to bring harmony and balance into other areas of your life after spending time there?



SOUL MEDITATIONS

RECOMMENDED RESOURCES

[Finding Your Element: How to Discover Your Talents and Passions and Transform Your Life](#) by Ken Robinson and Lou Aronica

[From Stress to Stillness: Tools for Inner Peace](#) by Gina Lake

[Emotional Alchemy: How the Mind Can Heal the Heart](#) by Tara Bennett-Goleman

[The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions](#) by Christopher K. Germer, PhD

[Finding the Deep River Within: A Woman's Guide to Recovering Balance and Meaning in Everyday Life](#) by Abby Seixas



THE DEVIL

THE DEVIL

AFFIRMATION

“I release myself from unhealthy and harmful attachments.”

KEYWORDS

Upright: Shadow self, attachment, addiction, restriction, sexuality.

Reversed: Releasing limiting beliefs, exploring dark thoughts, detachment.

QUOTES

“Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing. Use the pain as fuel, as a reminder of your strength.” – August Wilson (Author)

“No one can make you feel inferior without your consent.” – Eleanor Roosevelt (US diplomat)

“Pleasure can be supported by an illusion; but happiness rests upon truth.” – Nicolas Chamfort (Author)

DESCRIPTION

The Devil card shows Baphomet, or the Horned Goat of Mendes, a creature that is half man, half goat. Baphomet originally represented the balance between good and evil, male and female, and human and animal; however, more recently, this figure has been linked to the occult and has become a scapegoat for all things considered 'evil'.

The Devil has the wings of a vampire bat, an animal that sucks the lifeblood out of its prey, symbolic of what happens when you give in to your raw desires. He has a hypnotic stare which 'magnetises' and entrances those who come near him, bringing them under his power. Above him is an inverted pentagram – a sign of the darker side of magic and occultism. He raises his right hand in the Vulcan Salute – a Jewish blessing, later made famous by the film series, Star Trek. In his left hand, he holds a lit torch.



SOUL MEDITATIONS

At the foot of the Devil stand a man and a woman, both naked and chained to the podium on which the Devil sits. They appear to be held here against their will – but look closer, and you will notice that the chains around their necks are loose and could be easily removed. Each has small horns on their head, like the devil's, a sign that they are becoming increasingly like him the longer they stay here. Both have tails, a further symbol of their animalistic tendencies and raw instincts, and the grapes and the fire on their respective tails signify pleasure and lust.

TAROT CARD MEANINGS

The Devil card represents your shadow (or darker) side and the negative forces that constrain you and hold you back from being the best version of yourself. You may be at the effect of negative habits, dependencies, behaviours, thought patterns, relationships, and addictions. You have found yourself trapped between the short-term pleasure you receive and the longer-term pain you experience. Just as the Lovers card speaks to duality and choice, so too does the Devil; however, with the Devil, you are choosing the path of instant gratification, even if it is at the expense of your long-term well-being. In effect, you have sold your soul to the devil!

The Devil card often appears when you have been tricked into thinking you have no control over your shadow self or these negative forces, and that you can never break free from their hold. You believe you need it and you must have it, even if it means going against what you know to be right to obtain it. Deep down, though, you know it's to your detriment, and you are only doing yourself (and often others) a disservice when you cave in to these lower needs and desires. To break free of these negative patterns, you need to acknowledge the hold they have over you and the impact they are having on your life. For example, the first step of Alcoholics Anonymous is an admission: "We admitted we were powerless over alcohol—that our lives had become unmanageable."

When the Devil shows up in a Tarot reading, see it as an opportunity to bring these negative influences into your conscious awareness, so you can then take action to free yourself from their hold. Shine your light on the negative patterns that have been standing in your way for so long, and over time, you will loosen the grip they have on you. Given that the Devil is a Major Arcana card, it is unlikely that you will be free from your addictions and dependencies overnight. It may be a recurring pattern for you, and it will take a tremendous amount of willpower and strength to free yourself from their influence. But know this: it IS possible, and it is up to you to make it happen.

On the positive side, the Devil can also show a powerful attachment between two people, such as a mum and her newborn, or a new romance still in its 'honeymoon phase'. Be careful, though, because, with the Devil card, this healthy attachment can turn into an unhealthy, co-dependent relationship if you lose connection with your inner guidance or don't protect your personal boundaries.

The Devil can also represent sexuality and your wild side. You may be exploring bondage, fetishes and your deepest, darkest fantasies. If you can do this within a safe, sacred space, it can be a very enriching experience. However, it has the potential to turn into something that may be unsafe or detrimental to your well-being in the long-term, so again, set clear boundaries, choose your partners wisely and have your 'safe words' ready to go.



THE DEVIL

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the Devil share with you? What did he tell you?



SOUL MEDITATIONS

Did you accept the Devil's gift? If so, how will you use this gift in your everyday life?

What can you learn from the Devil? How can you bring the Devil's energy into your life?

What new insights do you have about the Tarot card itself?



THE DEVIL

JOURNALING PROMPTS

What does it feel like to be the one in control? What does it feel like to be controlled?

What attachments and dependencies exist in your life? Are you as attached to these as much as you think you are? What if you were to simply release them and let go?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: WHAT DO YOU REALLY WANT?

Often times we crave something: a new car, a leather couch, a modern kitchen with a double oven, a perfect, romantic relationship, a week in a luxurious resort. We think about it day in and day out, believing we really, really, really want it and our life would be different if only we could have this one thing. We become fixated on this 'thing,' believing it is going to solve all of life's problems.

But what happens when we finally get it? Does it really provide the long-term happiness and satisfaction we think it will? Or does all the craving only lead to a 'fizzle' once we finally get it?

This activity is inspired by Sara Wiseman, who wrote *Living a Life of Gratitude*. She craved a fancy coffee maker—the one with those little coffee pods that you simply insert into the machine and beautiful, hot coffee comes out. But when she finally had one of her own (well, for a few nights in a hotel room), she realised that what she really wanted was for her beloved to bring her coffee to her in the mornings—not all the trimmings.

So, start by writing a list of everything you think you want. What do you really crave? What consumes your thoughts? Now, ask the Universe or your inner self to show you if you really want this or not. Will it bring you long-term, sustainable happiness and bliss? Or are you missing the point of what you truly want?

What I want is...

What I 'really' want is...



THE DEVIL

Is it what I really want?

Reflections

As you move through this activity, what did notice about your desire for immediate satisfaction versus long-term fulfilment? Do the same things fall into both camps?

What was your experience when you started to see that what you actually wanted was different to what you thought you wanted?



SOUL MEDITATIONS

RECOMMENDED RESOURCES

[Co-dependent No More: How to Stop Controlling Others and Start Caring for Yourself](#) by Melody Beattie

[Freedom from Addiction: The Chopra Center Method for Overcoming Destructive Habits](#) by Deepak Chopra and David Simon M.D.

[Let Go Now: Embracing Detachment](#) by Karen Casey



THE TOWER

THE TOWER

AFFIRMATION

“I am the catalyst for change. I tear down my existing structures to make way for the new.”

KEYWORDS

Upright: Sudden change, upheaval, chaos, revelation, awakening.

Reversed: Personal transformation, fear of change, averting disaster.

QUOTES

“So go ahead. Fall down. The world looks different from the ground.” – Oprah Winfrey

“It is a good thing to have all the props pulled out from under us occasionally. It gives us some sense of what is rock under our feet, and what is sand.” – Madeleine L'Engle (Author)

“Crises refine life. In them you discover what you are.” – Allan K. Chalmers

“Sometimes a breakdown can be the beginning of a kind of breakthrough, a way of living in advance through a trauma that prepares you for a future of radical transformation.” – Cherrie Moraga (Writer and poet)

DESCRIPTION

The Tower shows a tall tower perched on the top of a rocky mountain. Lightning strikes set the building alight, and two people leap from the windows, head first and arms outstretched. It is a scene of chaos and destruction.

The Tower itself is a solid structure, but because it has been built on shaky foundations, it only takes one bolt of lightning to bring it down. It represents ambitions and goals made on false premises.

The lightning represents a sudden surge of energy and insight that leads to a breakthrough or revelation. It enters via the top of the building and knocks off the crown, symbolising energy flowing down from the Universe, through the crown chakra. The



SOUL MEDITATIONS

people are desperate to escape from the burning building, not knowing what awaits them as they fall. Around them are 22 flames, representing the 12 signs of the zodiac and 10 points of the Tree of Life, suggesting that even in times of disaster, there is always divine intervention.

TAROT CARD MEANINGS

When the Tower card appears in a Tarot reading, expect the unexpected – massive change, upheaval, destruction and chaos. It may be a divorce, death of a loved one, financial failure, health problems, natural disaster, job loss or any event that shakes you to your core, affecting you spiritually, mentally and physically. There's no escaping it. Change is here to tear things up, create chaos and destroy everything in its path (but trust me, it's for your Highest Good).

Just when you think you're safe and comfortable, a Tower moment hits and throws you for a loop. A lightning bolt of clarity and insight cuts through the lies and illusions you have been telling yourself, and now the truth comes to light. Your world may come crashing down before you, in ways you could never have imagined as you realise that you have been building your life on unstable foundations – false assumptions, mistruths, illusions, blatant lies, and so on. Everything you thought to be true has turned on its head. You are now questioning what is real and what is not; what you can rely upon and what you cannot trust. This can be very confusing and disorienting, especially when your core belief systems are challenged. But over time, you will come to see that your original beliefs were built on a false understanding, and your new belief systems are more representative of reality.

The best way forward is to let this structure self-destruct so you can re-build and re-focus. And let's be real – with a card like the Tower, you have no choice but to surrender to the destruction and chaos, no matter how unwanted or painful. Change on this deep level is hard, but you need to trust that life is happening FOR you, not TO you and this is all for a reason. This destruction will allow new growth to emerge and your soul can evolve.

After a Tower experience, you will grow stronger, wiser and more resilient as you develop a new perspective on life you did not even know existed. These moments are necessary for your spiritual growth and enlightenment, and truth and honesty will bring about a positive change, even if you experience pain and anxiety throughout the process.

Thankfully, the Tower doesn't always associate with pain and turmoil. If you are highly aware and in tune with your inner guidance system, then this Tarot card can indicate a spiritual awakening or revelation. You may be able to see the cracks forming and take action before the whole structure comes tumbling down. You may create a massive transformation before you reach the point where change is your only option. In its most positive form, the Tower card is your opportunity to break free from the old ways of thinking that have been holding you back.



THE TOWER

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the Tower share with you? What did it teach you?



SOUL MEDITATIONS

What did you see emerge from the rubble? What does this tell you about your own regeneration?

What can you learn from the Tower? How can you bring the Tower's energy into your life?

What new insights do you have about the Tarot card itself?



THE TOWER

JOURNALING PROMPTS

Which of your structures, beliefs and thought patterns are in a state of destruction?
What new structures, beliefs and thought patterns are emerging from this destruction?

How can you be a catalyst for change? How can you challenge the status quo and create something new?



SOUL MEDITATIONS

What radical shifts and unexpected changes are you experiencing right now?



THE TOWER

HEART-CENTRED PRACTICE: A BLESSING IN DISGUISE

Think back to a particularly challenging or difficult time in your life. It might have been the loss of a loved one, a serious illness, an accident or the loss of your home or job. What did you experience during this difficult event/period?

Now, think about what has evolved since this period. What positive aspects have emerged? What are the blessings in disguise?



SOUL MEDITATIONS

Reflections

What does this blessing in disguise show you about how to deal with other major and unexpected events?

RECOMMENDED RESOURCES

[The Deeper Wound: Recovering the Soul from Fear and Suffering, 100 Days of Healing](#) by Deepak Chopra

[Broken Open: How Difficult Times Can Help Us Grow](#) by Elizabeth Lesser

[A Blessing in Disguise: 39 Life Lessons from Today's Greatest Teachers](#) by Andrea Joy Cohen M.D.Surya Das

[When Things Fall Apart: Heart Advice for Difficult Times](#) by Pema Chodron

[The Art of Non-Conformity: Set Your Own Rules, Live the Life You Want, and Change the World](#) by Chris Guillebeau



THE STAR

THE STAR

AFFIRMATION

“I open my heart and have faith and trust in the Universe. I release all fears and doubts.”

KEYWORDS

Upright: Hope, faith, purpose, renewal, spirituality.

Reversed: Lack of faith, despair, self-trust, disconnection.

QUOTES

“If you follow your star, you cannot fail of glorious heaven.” – Dante Alighieri (Poet)

“You cannot connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something—your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.” – Steve Jobs (Co-founder of Apple)

“For my part I know nothing with any certainty, but the sight of the stars makes me dream.” – Vincent van Gogh

DESCRIPTION

The Star card shows a naked woman kneeling at the edge of a small pool. She holds two containers of water: one in her left hand (the subconscious) and one in her right (the conscious). She pours the water out to nourish the earth and to continue the cycle of fertility, represented by the lush greenery around her. The other container pours the water onto dry land in five rivulets, representing the five senses.

The woman has one foot on the ground, representing her practical abilities and good common sense, and the other foot in the water, representing her intuition and inner resources and listening to her inner voice. She is naked, representing her vulnerability and purity under the vastness of the starry night sky. Behind her shines one large star, representing her core essences, and seven smaller stars, representing the chakras.



SOUL MEDITATIONS

TAROT CARD MEANINGS

As the Star follows the Tower card in the Tarot, it comes as a welcome reprieve after a period of destruction and turmoil. You have endured many challenges and stripped yourself bare of any limiting beliefs that have previously held you back. You are realising your core essence, who you are beneath all the layers. No matter what life throws your way, you know that you are always connected to the Divine and pure loving energy. You hold a new sense of self, a new appreciation for the core of your Being.

The Star brings renewed hope and faith, and a sense that you are truly blessed by the Universe. You are entering a peaceful, loving phase in your life, filled with calm energy, mental stability and more in-depth understanding of both yourself and others around you. This is a time of significant personal growth and development as you are now ready to receive the many blessings of the Universe.

With the Star card, anything is possible and the magic is flowing around you. Your heart is full of hope, and your soul is being uplifted to the highest of highs as you realise that your dreams really can come true. Allow yourself to dream, to aspire, to elevate in any way possible so you can reach the stars. They are right here waiting for you.

You may also want to find or rediscover a sense of meaning, inspiration, or purpose in your life. You are making some significant changes in your life, transforming yourself from the old you to the new you and, in doing so, you are bringing about a fresh perspective: "Out with the old and in with the new!" You are choosing the highest version of yourself. This is a profound spiritual journey that will bring greater meaning and purpose into your life and will renew your inner energy. Strip back any limiting beliefs, facades, or deceptions, and live in your authentic nature. Be open to new ideas and growth, and listen to the still voice within.

The Star also suggests a generous spirit. You want to give or share your wealth with others to help transform their lives. Yours is an open heart, and you now want to give back the blessings you received so that others may benefit.



THE STAR

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the woman in the Star card share with you? What did she tell you?



SOUL MEDITATIONS

Did you accept the Star's gift? If so, how will you use this gift in your everyday life?

What can you learn from the Star? How can you bring the Star's energy into your life?

What new insights do you have about the Tarot card itself?



THE STAR

JOURNALING PROMPTS

What gives you a renewed sense of hope and faith right now?

How do you create the space for clarity and personal transformation?

When has the Universe offered you a true blessing?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: WISH UPON A STAR

Go out tonight under the starry sky and make a wish upon a star. Feel it with your whole body. Open your heart to the possibility that your wish may come true.

Reflections

Do you have complete faith that your dream will come true?

What energy did you feel under the starry sky?

RECOMMENDED RESOURCES

[The Path to Love: Spiritual Strategies for Healing](#) by Deepak Chopra

[You Can Heal Your Life](#) by Louise Hay

[The Book of Maybe: Finding Hope and Possibility in Your Life](#) by Allison Carmen

[Life Without Limits: Inspiration for a Ridiculously Good Life](#) by Nick Vujicic



THE MOON

THE MOON

AFFIRMATION

“Through inner reflection, I illuminate the deep recesses of my self.”

KEYWORDS

Upright: Illusion, fear, anxiety, subconscious, intuition.

Reversed: Release of fear, repressed emotion, inner confusion.

QUOTES

“Everyone is a moon and has a dark side which he never shows to anybody.” – Mark Twain

“Fear is only an illusion. It is the illusion that creates the feeling of separateness—the false sense of isolation that exists only in your imagination.” – Jeraldine Saunders (Writer)

DESCRIPTION

The Moon card shows a full moon in the night's sky, positioned between two large towers. The Moon is a symbol of intuition, dreams, and the unconscious. Its light is dim compared to the sun, and only slightly illuminates the path to higher consciousness winding between the two towers.

In the foreground is a small pool, representing the watery, subconscious mind. A small crayfish crawls out of the pool, symbolising the early stages of consciousness unfolding. A dog and a wolf stand in the grassy field, howling at the moon, representing both the tamed and the wild aspects of our minds.



SOUL MEDITATIONS

TAROT CARD MEANINGS

The Moon represents your fears and illusions and often comes out when you are projecting fear into your present and your future, based on your past experiences. You may have a painful memory that caused emotional distress, and rather than dealing with the emotions you pushed them down deep into your subconscious. Now, these emotions are making a reappearance, and you may find yourself under their influence on a conscious or subconscious level. For example, if you had a car accident when you were young but didn't deal with the emotions, you may get sad or anxious every time you get into the backseat of a car. To remedy this, connect with your subconscious mind and release any fears or anxieties holding you back. Hypnosis, therapy and shamanic healing can support this process.

The Moon can indicate a time of uncertainty and illusion, when nothing is what it seems. Be careful of making fast decisions when the Moon appears because you may later realise you only had half the information you needed. You need to listen to and trust your intuition so you can see beyond what is in front of you. Feel into situations rather than thinking what they mean. Let go of your conscious mental blocks or negative self-talk and allow your intuition to guide you. Your dreams, intuitions and inner guidance lead you forward toward higher levels of understanding if you listen and use your judgement to help interpret the messages of the subconscious.

When the Moon card appears in your Tarot reading, pay close attention to the lunar cycles and attune to its divine power using ritual, visualisation or Tarot readings. Connect with the divine feminine and uncover deep intuitive insights and visions of what lies beyond everyday life. On the New Moon, set your intentions and plant the seeds of opportunity so they can grow. And on the Full Moon, honour your achievements and look at what you need to release so that new aspects of yourself can shine.



THE MOON

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did you receive from the Moon card? What did the card tell you?



SOUL MEDITATIONS

What did you see when you looked along the illuminated path? What is your subconscious mind trying to reveal to you?

What object did you see on the ground? What symbolic meaning does it have for you? How will you use this gift in your everyday life?

What can you learn from the Moon? How can you bring the Moon's energy into your life?



THE MOON

What new insights do you have about the Tarot card itself?



SOUL MEDITATIONS

JOURNALING PROMPTS

What aspects of your shadow self are you consciously aware of? When does your shadow self come to the fore? Is it for your benefit or detriment? How can you make the most of your shadow self?

What are the deepest fears and anxieties that you keep to yourself?



THE MOON

How do you best receive messages from your subconscious? (E.g., dreams, meditation, working with the Tarot, etc.?)



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: BATHE IN THE FULL MOONLIGHT

At the next full moon in a clear night's sky, go outside and bathe in the full moonlight. Make sure all other forms of light are extinguished so you absorb only the light of the moon. Stretch your arms out and receive the energy that the moon has to share with you. Gaze up at the moon and reflect on the meditation that have you just completed.

Don't be afraid to let go and dance in the moonlight. Or, take a sacred object with you, such as your Tarot deck, and hold it up to the moon. If you're really bold (and have the privacy), you might even want to take a nude moon bath.

Reflections

What energy did you experience as you bathed in the full moonlight?

What new insights did you have about the moon and its significance in your life?



THE MOON

RECOMMENDED RESOURCES

[The Book of Secrets: Unlocking the Hidden Dimensions of Your Life](#) by Deepak Chopra

[The Shadow Effect: Illuminating the Hidden Power of Your True Self](#) by Deepak Chopra, Marianne Williamson and Debbie Ford

[Shadow Dance: Liberating the Power & Creativity of Your Dark Side](#) by David Richo



THE SUN

AFFIRMATION

“I live an abundant and radiant life.”

KEYWORDS

Upright: Positivity, fun, warmth, success, vitality.

Reversed: Inner child, feeling down, overly optimistic.

QUOTES

“Once we recognize what it is we are feeling, once we recognize we can feel deeply, love deeply, can feel joy, then we will demand that all parts of our lives produce that kind of joy.” – Audre Lorde (Writer, poet and activist)

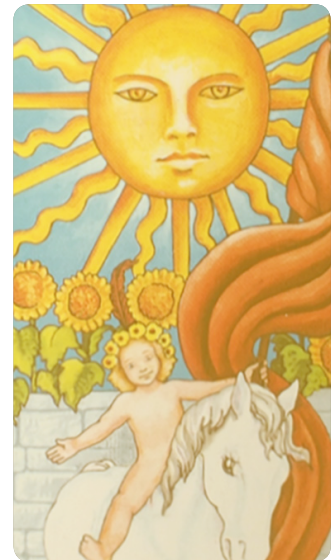
“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity.... It turns problems into gifts, failures into success, the unexpected into perfect timing, and mistakes into important events. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.” – Melodie Beattie (Author)

“Success, happiness, peace of mind and fulfilment—the most priceless of human treasures—are available to all among us, without exception, who make things happen—who make ‘good’ things happen—in the world around them.” – Joe Klock

DESCRIPTION

The Sun Tarot card radiates with optimism and positivity. A large, bright sun shines in the sky, representing the source of all life on Earth. Underneath, four sunflowers grow tall above a brick wall, representing the four suits of the Minor Arcana and the four elements.

In the foreground, a young, naked child is sitting on top of a calm white horse. The child represents the joy of being connected with your inner spirit, and his nakedness is a sign he has nothing to hide and has all the innocence and purity of childhood. The white horse is also a sign of purity and strength.



THE SUN

TAROT CARD MEANINGS

The Sun represents success, radiance and abundance. The Sun gives you strength and tells you that no matter where you go or what you do, your positive and radiant energy will follow you and bring you happiness and joy. People are drawn to you because you can always see the bright side and bring such warmth into other people's lives. This beautiful, warm energy is what will get you through the tough times and help you succeed. You are also in a position where you can share your highest qualities and achievements with others. Radiate who you are and what you stand for; shine your love on those you care about.

If you are going through a difficult time, the Sun brings you the message you have been waiting for: that things will get better, a lot better! Through the challenges along your path, you discovered who you are and why you're here. Now you are full of energy and zeal for the future and can already perceive success and abundance flowing to you. You are brimming with confidence because you know everything will work out – it always does! Life is good!

The Sun connects you to your power base – not fear-driven, egotistical power, but the abundant, inner energy radiating through you right now. You'll sense it in your Solar Plexus chakra, calling you to express yourself authentically and be fully present in the world around you. You have what others want and are being asked to radiate your energy and your gifts out into the world in a big way. Tap into your power and use your Divine will to express that power in positive ways.

The Sun is also an energetic card. It reflects a time when you can expect to experience an increase in physical energy, vitality and general positivity. You are bursting with enthusiasm, invigorated and enjoying a wonderful sense of good health.



SOUL MEDITATIONS

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the Sun and the young boy share with you? What did they tell you?



THE SUN

Did you accept the boy's gift? If so, how will you use this gift in your everyday life?

What can you learn from the Sun? How can you bring the Sun's energy into your life?

What new insights do you have about the Tarot card itself?



SOUL MEDITATIONS

JOURNALING PROMPTS

What do you feel really good about right now?

What fills you with positivity and enthusiasm for life?

What gives you a sense of freedom and fun in your life?



THE SUN

HEART-CENTRED PRACTICE: THE GRATITUDE LIST

At the end of each day, take 5 minutes to write down 3 things that you are most grateful for. It might be the time you spent with your niece or nephew, or the smile your neighbour gave you from across the road, or the promotion you received at work, or simply having food on the table.

Over time, you will have built up a wonderful gratitude list that you can keep coming back to when you want to be filled with enthusiasm and positivity.

Reflections

When you reflect on your gratitude list, how does it change your feelings about your life?

What is a recurring theme in your gratitude list? Are you most thankful for your relationships, your achievements, your ability to fulfil basic needs, or something else? How can you bring more of this into your life??

RECOMMENDED RESOURCES



SOUL MEDITATIONS

[Wishes Fulfilled: Mastering the Art of Manifesting](#) by Dr. Wayne W. Dyer

[The Seven Spiritual Laws of Success: A Practical Guide to the Fulfilment of Your Dreams](#) by Deepak Chopra

[The Ultimate Happiness Prescription: 7 Keys to Joy and Enlightenment](#) by Deepak Chopra



JUDGEMENT

JUDGEMENT

AFFIRMATION

“As I speak my truth, I release my burdens, learn my lessons and rise above with Divine love and compassion.”

KEYWORDS

Upright: Judgement, rebirth, inner calling, absolution.

Reversed: Self-doubt, inner critic, ignoring the call.

QUOTES

“People move forward into the future out of the way they comprehend the past. When we do not understand something in our past, we are therefore crippled.” – Norman Mailer (Novelist, journalist and poet)

“What you need to know about the past is that no matter what has happened, it has all worked together to bring you to this very moment. And this is the moment you can choose to make everything new. Right now.” – Author Unknown

“Wisdom is your perspective on life, your sense of balance, your understanding of how the various parts and principles apply and relate to each other. It embraces judgment, discernment, comprehension. It is a gestalt or oneness, and integrated wholeness.” – Stephen R. Covey (Author)



DESCRIPTION

The Judgement card shows naked men, women, and children rising from their graves, arms outspread and looking up into the sky. Above, Archangel Gabriel – the Messenger of God – blows his trumpet. The people respond to his call, ready to be judged and to find out if they will be accepted into the heavens or not. In the background is an extensive mountain range, signifying the insurmountable obstacles and the impossibility of avoiding judgement.



SOUL MEDITATIONS

TAROT CARD MEANINGS

The Judgement card is calling you to rise up and embrace a higher level of consciousness for the service of your Highest Good. You are experiencing a spiritual awakening and realising that you are destined for so much more. This is your cosmic up-levelling! You hear the call and are ready to act. Tune in to a higher frequency. Let go of your old self and step into this newest version of who you really are.

The Judgement card often indicates that you need to make a life-changing decision, but unlike those associated with the logical Justice card, this decision requires a blend of intuition and intellect. You may be at a crossroads, aware that any choice you make will bring a significant change with long-lasting effects. Tune in to your Higher Self, trust your judgement and know you are on the right path. If you still need clarity on the situation, look to your past and life lessons to guide you.

Judgement pops up in a Tarot reading when you are close to reaching a significant stage in your journey. You have reviewed and evaluated your past experiences and have learned from them. All the pieces of the puzzle of your life are finally coming together to form one, unified picture of your life story. This integration has healed deep wounds, and you are now able to put the past behind you. You have found your absolution, having cleared any wrongdoings or regrets, and releasing any guilt or sadness about the past. This purging process will leave you refreshed and ready to take on any new challenges.

The Judgement card suggests that you may find comfort in sharing your struggles with others within a group environment. There will be others who have experienced something similar and who can show you the way to freedom from your troubles. Let them guide you and help you - rise together.



JUDGEMENT

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the archangel in the Judgement card share with you? What did he tell you?



SOUL MEDITATIONS

Did you accept the Judgement card's gift? If so, how will you use this gift in your everyday life?

What can you learn from the Judgement card? How can you bring Judgement's energy into your life?

What new insights do you have about the Tarot card itself?



JUDGEMENT

JOURNALING PROMPTS

What burdens do you carry with you from your past, when you were not honouring your Highest Self? How can you seek forgiveness, absolution, and eventually find release from these burdens?

What new awakening or epiphany have you had recently? How has this changed your life?

How can you remain close to what is sacred?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: REFLECTING ON YOUR LIFE

Think back to a time when your life was at risk, when you thought you might die, or when you had a near-death experience. Close your eyes and go back to that memory. Bring yourself right back to that experience.

What did you see, feel and experience during that moment? Did your life flash before your eyes? How did you feel about your life? Were there regrets or a desire to turn back time? Or was there a feeling of peace and gratitude?

How did life change for you after the experience? What did you do differently? What still needs to be addressed?

Activity inspired by Sara Wiseman in Living a Life of Gratitude.



JUDGEMENT

Reflections

As you moved through this activity, what was your experience? What has it taught you about the essence of the Judgement card?

RECOMMENDED RESOURCES

[The Untethered Soul: The Journey Beyond Yourself](#) by Michael A. Singer

[Reinventing the Body, Resurrecting the Soul: How to Create a New You](#) by Deepak Chopra

[The Book of Awakening](#) by Mark Nepo

[Seven Thousand Ways to Listen: Staying Close to What Is Sacred](#) by Mark Nepo

[The Power of Soul: The Way to Heal, Rejuvenate, Transform, and Enlighten All Life](#)
by Zhi Gang Sha



THE WORLD

AFFIRMATION

“I honour my life’s journey and give thanks for my achievements.”

KEYWORDS

Upright: Completion, integration, accomplishment, travel.

Reversed: Seeking personal closure, short-cuts, delays.



QUOTES

“Success is peace of mind which is a direct result of self-satisfaction in knowing you did your best to become the best you are capable of becoming.” – John Wooden (Basketball player and coach)

“Man is always more than he can know of himself; consequently, his accomplishments, time and again, will come as a surprise to him.” – Henry Wadsworth Longfellow (Poet and educator)

“Success, happiness, peace of mind and fulfilment—the most priceless of human treasures—are available to all among us, without exception, who make things happen—who make ‘good’ things happen—in the world around them.” – Joe Klock (Educator and writer)

DESCRIPTION

The World card shows a naked woman wrapped in a purple cloth, dancing inside a large laurel wreath. She looks behind her to the past, while her body moves forward to the future. In her hands are two wands or batons, like the one the Magician holds. It is a symbol that what was manifested with the Magician has now come to completion with the World. The wreath is circular, symbolising a continual cycle of successful completion and new beginnings because, as the woman steps through the wreath, she is completing one phase but beginning another one almost straight away.

Around the wreath are four figures (a lion, bull, cherub and eagle), similar to those in



THE WORLD

the Wheel of Fortune. Both the World and the Wheel of Fortune speak to the cyclical nature of your life and your progression through its cycles. The four figures represent the four fixed signs of the Zodiac—Leo, Taurus, Aquarius, and Scorpio. They are symbolic of the four elements, the four suits of the Tarot, four compass points, four seasons, and the four corners of the Universe. They are here to guide you from one phase to the next, bringing balance and harmony to your journey.

TAROT CARD MEANINGS

When the World card appears in a Tarot reading, you are glowing with a sense of wholeness, achievement, fulfilment and completion. A long-term project, period of study, relationship or career has come full circle, and you are now revelling in the sense of closure and accomplishment. This card could represent graduation, a marriage, the birth of a child or achieving a long-held dream or aspiration. You have finally accomplished your goal or purpose. Everything has come together, and you are in the right place, doing the right thing, achieving what you have envisioned. You feel whole and complete.

Now, the World card invites you to reflect on your journey, honour your achievements and tune into your spiritual lessons. Celebrate your successes and bask in the joy of having brought your goals to fruition. All the triumphs and tribulations along your path have made you into the strong, wise, more experienced person you are now. Express gratitude for what you have created and harvested. Finally, make sure you don't rush into the next big project; celebrating your journey will set you up for success when you are ready for your next challenge.

If you have not quite reached this point of completion, then you are very close! You may still need an added level of understanding to graduate to a higher level and enjoy real success. Look back at your past experiences and acknowledge how far you have come and what you learned along the way. It may surprise you to look back at your progress and see how much you achieved. This reflection may also be what you need to bring your project to its final stages.

If loose ends still remain, the World card asks you to bring them to completion. In doing so, you will clear the space for new beginnings and opportunities to emerge.

More literally, the World can mean world travel, particularly on a large scale. You may be lucky enough to embark on a six-month overseas trip, or are working, studying or living overseas for an extended period. This card reinforces Universal understanding and global awareness, and you will find a new appreciation for people and cultures from across the world.



SOUL MEDITATIONS

MEDITATION REFLECTIONS

What 1-3 words describe the energy you experienced meditating with this card?

What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.

What messages did the dancer in the World card share with you? What did she tell you?



THE WORLD

What did you see playing on the movie screen? What past, present and future achievements did you envision?

Did you accept the woman's gift? If so, how will you use this gift in your everyday life?

What can you learn from the World? How can you bring the World's energy into your life?



SOUL MEDITATIONS

What new insights do you have about the Tarot card itself?



THE WORLD

JOURNALING PROMPTS

What are you truly proud of? What major achievements give you a feeling of fulfilment and wholeness?

How does your past connect you to your present, and your present to your future? What is in continual flow for you?



SOUL MEDITATIONS

HEART-CENTRED PRACTICE: CREATE YOUR 'LIFE CV'

Most people have a CV or a resume for their career, but do you have one for your life? Use this opportunity to create a CV that includes all of your life's accomplishments and achievements. Start at birth, progress through childhood and continue until you reach your current age. What milestones are you most proud of? What skills, talents and expertise have you acquired? What life lessons have you learned from the 'School of Life'? What aspirations do you have?

Once you have created a CV for your life's journey so far, think about what you want to achieve for the remainder of your lifetime. What do you want to be known for? What legacy do you want to leave?

Reflections

How do you feel, seeing your life's accomplishments mapped out on paper?



THE WORLD

Do you feel truly fulfilled by what you have achieved? Or do you feel that you want to achieve more in your life? How will you make it happen?

RECOMMENDED RESOURCES

[Leveraging the Universe: 7 Steps to Engaging Life's Magic](#) by Mike Dooley

[The Map: To Our Responsive Universe, Where Dreams Really Do Come True!](#) by Boni Lonnsburry

[A Hidden Wholeness: The Journey Toward an Undivided Life](#) by Parker J. Palmer



BONUS MEDITATION



THE FOOL'S JOURNEY

AFFIRMATION

"I honour my life's journey and embrace my life's lessons with love and compassion." **MEDITATION REFLECTIONS**

What 1-3 words describe the energy you experienced meditating with this card?



What else did you experience? Write as if you were telling a story of what you discovered in the meditation. Or, if you enjoy drawing, draw what you saw.



SOUL MEDITATIONS

What messages did the cards share with you? What did they tell you?

What gifts were offered to you? Did you accept the gifts? If so, how will you use these gifts in your everyday life?

What can you learn from your journey through the Major Arcana? How can you bring the cards' energies into your life?



THE FOOL'S JOURNEY

What new insights do you have about the Major Arana cards themselves?



SOUL MEDITATIONS

JOURNALING PROMPTS

What Major Arcana cards play a significant role in your life right now?

What Major Arcana cards have you already experienced and learned from in your life's journey?

What life lessons are available to you now?



THE FOOL'S JOURNEY

HEART-CENTRED PRACTICE: YOUR OWN FOOL'S JOURNEY

Reflect on your life so far. Give yourself a limit of 15 minutes to write your life story, mapping major milestones, turning points, changes and lessons learned.

Once you have written your life story (remember, keep it short and sweet), match Major Arcana cards to each part of your story. For example, when you gave birth to your first child, you may add the Empress, or when you lost your job, you may add the Tower. You can use any Major Arcana card multiple times, if you like.

Reflect on what life lessons you learned at those pivotal moments. What additional insights can you glean from the cards you've laid along your journey?

RECOMMENDED RESOURCES

[Tarot Wisdom: Spiritual Teachings and Deeper Meanings](#) by Rachel Pollack

[The Transformational Truth of Tarot: The Fool's Journey](#) by Tiffany Crosara

[Tarot and the Journey of the Hero](#) by Hajo Banzhaf

[The Fool's Pilgrimage: Kabbalistic Meditations on the Tarot](#) by Stephan A. Hoeller

[The Hero with a Thousand Faces](#) by Joseph Campbell



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APPENDIX 1: TAROT CARD MEDITATIONS GUIDE

Work with this card when...

YOU FEEL...

YOU WANT TO...




YOU ARE READY TO EXPLORE...

	YOU FEEL...	YOU WANT TO...	YOU ARE READY TO EXPLORE...
<p>THE FOOL</p> 	<p>OVERLY-CAUTIOUS TIMID FEARFUL</p>	<p>START A NEW PROJECT CREATE FREEDOM TAKE A RISK</p>	<p>NEW BEGINNINGS</p>
<p>MAGICIAN</p> 	<p>DISEMPOWERED UNCERTAIN UNDER-UTILISED</p>	<p>MANIFEST A GOAL LEVERAGE YOUR RESOURCES TAKE ACTION</p>	<p>MANIFESTATION</p>
<p>HIGH PRIESTESS</p> 	<p>IN THE DARK DISCONNECTED FROM THE SELF</p>	<p>CONNECT WITH YOUR INTUITION AND PSYCHIC ABILITIES LEARN ABOUT MYSTICISM</p>	<p>INTUITION AND SECRETS</p>



SOUL MEDITATIONS


Work with this card when...

	YOU FEEL...	YOU WANT TO...	YOU ARE READY TO EXPLORE...
<p>THE EMPRESS</p> 	<p>DEPLETED EXHAUSTED UNDER-VALUED</p>	<p>NURTURE YOURSELF AND OTHERS CREATE ABUNDANCE BECOME 'FERTILE'</p>	<p>CREATIVITY</p>
<p>THE EMPEROR</p> 	<p>DISEMPOWERED WEAK UNDISCIPLINED</p>	<p>BE STRONG SET BOUNDARIES TAKE CONTROL</p>	<p>STRUCTURE AND RULES</p>
<p>THE HIEROPHANT</p> 	<p>LEADERLESS LACKING MORALS ISOLATED</p>	<p>LEARN OR TEACH BECOME A PART OF A GROUP</p>	<p>A DEFINED BELIEF SYSTEM OR DOCTRINE</p>
<p>THE LOVERS</p> 	<p>FRAGMENTED UNCERTAIN INDECISIVE OUT OF SYNC WITH OTHERS</p>	<p>CREATE HARMONIOUS RELATIONSHIPS DEFINE YOUR OWN BELIEF SYSTEMS MAKE A MAJOR LIFE CHOICE</p>	<p>LOVE, HARMONY AND CHOICE</p>



APPENDIX 1: TAROT CARD MEDITATIONS GUIDE



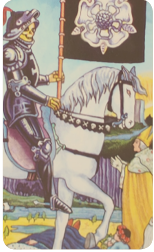

Work with this card when...

	YOU FEEL...	YOU WANT TO...	YOU ARE READY TO EXPLORE...
<p>THE CHARIOT</p> 	<p>UNDISCIPLINED 'LOST' WEAK IMMOBILE</p>	<p>IMPLEMENT AN ACTION PLAN MOVE FORWARD PROGRESS</p>	<p>WILLPOWER AND DETERMINATION</p>
<p>STRENGTH</p> 	<p>WEAK, IMPULSIVE OVERLY CONTROLLING</p>	<p>BE STRONG EXERT SUBTLE FORMS OF CONTROL MANAGE INSTINCTS CONSTRUCTIVELY</p>	<p>INNER STRENGTH</p>
<p>THE HERMIT</p> 	<p>FRAGMENTED LOST DISCONNECTED ISOLATED</p>	<p>GO WITHIN REFLECT ENGAGE IN SOUL SEARCHING SEEK ANSWERS</p>	<p>YOUR INNER WISDOM</p>
<p>THE WHEEL OF FORTUNE</p> 	<p>AT THE MERCY OF FATE DOWN ON YOUR LUCK</p>	<p>TRUST THE UNIVERSE CONNECT TO LIFE'S CYCLES BECOME 'FREE FLOWING'</p>	<p>LIFE CYCLES AND DESTINY</p>



SOUL MEDITATIONS





Work with this card when...

	YOU FEEL...	YOU WANT TO...	YOU ARE READY TO EXPLORE...
<p>JUSTICE</p> 	<p>HARD-DONE-BY JUDGED WRONG REGRETFUL</p>	<p>MAKE THINGS 'RIGHT' MAKE A DECISION TAKE ACCOUNTABILITY STAND UP FOR YOUR RIGHTS</p>	<p>JUSTICE AND ACCOUNTABILITY</p>
<p>THE HANGED MAN</p> 	<p>SUSPENDED 'ON HOLD' HELPLESS</p>	<p>LOOK AT A SITUATION FROM A DIFFERENT PERSPECTIVE PAUSE AND REFLECT PUT SOMETHING ON HOLD</p>	<p>ALTERNATIVES</p>
<p>DEATH</p> 	<p>STUCK DESPONDENT PARALYSED</p>	<p>LET GO 'DECLUTTER' MAKE A TRANSITION START OVER</p>	<p>ENDINGS</p>
<p>TEMPERANCE</p> 	<p>IMBALANCED FRAGMENTED CONFUSED OUT OF SYNC</p>	<p>INTEGRATE DIFFERENT ASPECTS OF YOUR LIFE OR SELF CREATE HARMONY AND BALANCE</p>	<p>INTEGRATION AND HARMONY</p>



APPENDIX 1: TAROT CARD MEDITATIONS GUIDE




Work with this card when...

	YOU FEEL...	YOU WANT TO...	YOU ARE READY TO EXPLORE...
<p>THE DEVIL</p> 	<p>TEMPTED</p> <p>WEAK</p> <p>ADDICTED</p> <p>ATTACHED</p> <p>OBSESSIVE</p> <p>CONTROLLED</p>	<p>DISSOLVE ATTACHMENTS</p> <p>REGAIN CONTROL</p> <p>STOP PLAYING THE VICTIM</p>	<p>ADDICTION AND ATTACHMENT</p>
<p>THE TOWER</p> 	<p>UNSTABLE</p> <p>SHOCKED</p> <p>VULNERABLE</p> <p>DESPAIRING</p>	<p>CHALLENGE THE STATUS QUO</p> <p>DEAL WITH A SHOCKING EVENT</p> <p>CREATE RADICAL CHANGE</p>	<p>RADICAL CHANGE</p>
<p>THE STAR</p> 	<p>HELPLESS</p> <p>HOPELESS</p> <p>DISCOURAGED</p> <p>OVERWHELMED</p>	<p>REINSTALL FAITH</p> <p>REGENERATE HOPE</p> <p>TRUST IN THE UNIVERSE</p> <p>CREATE TRANSFORMATION</p>	<p>HOPE AND FAITH</p>
<p>THE MOON</p> 	<p>WEIRD, CONFUSED</p> <p>BEWILDERED</p> <p>ALONE</p> <p>MISLED</p>	<p>ILLUMINATE THE HIDDEN</p> <p>CONNECT WITH YOUR SUBCONSCIOUS MIND</p> <p>REFLECT ON YOUR INNER SELF</p>	<p>YOUR SHADOW SELF</p>



SOUL MEDITATIONS

Work with this card when...

	YOU FEEL...	YOU WANT TO...	YOU ARE READY TO EXPLORE...
<p>THE SUN</p> 	<p>DEPRESSED LAZY UNINSPIRED APATHETIC SLUGGISH</p>	<p>CREATE ABUNDANCE GENERATE ENERGY GET IN TOUCH WITH YOUR INNER CHILD</p>	<p>ABUNDANCE AND ENERGY</p>
<p>JUDGEMENT</p> 	<p>JUDGED REGRETFUL LOST UNSUPPORTED</p>	<p>REFLECT ON AND EVALUATE YOUR LIFE PATH HONOUR YOUR 'CALLING' CONNECT WITH YOUR LINEAGE</p>	<p>YOUR 'CALLING'</p>
<p>THE WORLD</p> 	<p>INCOMPLETE FRAGMENTED UNACCOMPLISHED INADEQUATE</p>	<p>COMPLETE A MILESTONE HONOUR YOUR ACHIEVEMENTS INTEGRATE ALL ASPECTS OF YOUR LIFE BECOME EMPOWERED</p>	<p>COMPLETION AND INTEGRATION</p>

