

The Harmony Tarot

by
Harmony Nice





About the Author

Harmony Nice grew up in a small rural town in South Norfolk in the UK. She started practicing witchcraft at the age of 14 after discovering that her great-grandmother Hilda was a witch. Three years later, Harmony also became interested in Wicca and she began her YouTube channel. Now in her twenties, she uses her YouTube and Instagram platforms to talk about spirituality, mental health and well-being. In 2018, Harmony wrote her first book, *Wicca: A Modern Guide to Witchcraft & Magick*.

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Introduction

MY STORY AND JOURNEY WITH TAROT

I was born in South Norfolk on 19 May 1997 to creative parents; my father is a book printer who lives to play his guitar and my mother writes poetry. I grew up on the edge of a small town, surrounded by nature and our own beautifully cared for garden. I always felt a great deal of connection to the spirit of the earth and to nature around me, spending most of my time outside, picking flowers and playing in the rain (and then the mud). At the age of 14, after learning that my great-grandmother Hilda was a witch back in the 1940s, I started reading tarot cards. She was an innovative cook and my other great-grandmother, Maud, was a keen gardener. Despite not having been privileged to

have known either of them, I still feel a great deal of connection to both sides of my ancestry.

My struggles with mental health have been a big factor in my life since I was very young. I have suffered from periods of depression since the age of 16 and due to severe anxiety and dissociation, I had a breakdown in 2018. In the middle of this journey, in 2014, I became interested in Wicca. I began researching and practicing the Wiccan faith and exploring different forms of spirituality, all of which, I truly believe, helped lift me into the light from a place of darkness. I created a YouTube channel soon after that, through which over the years I have discussed many subjects, from my spirituality to witchcraft, lifestyle, makeup and more recently, mental health.

After my breakdown, I decided

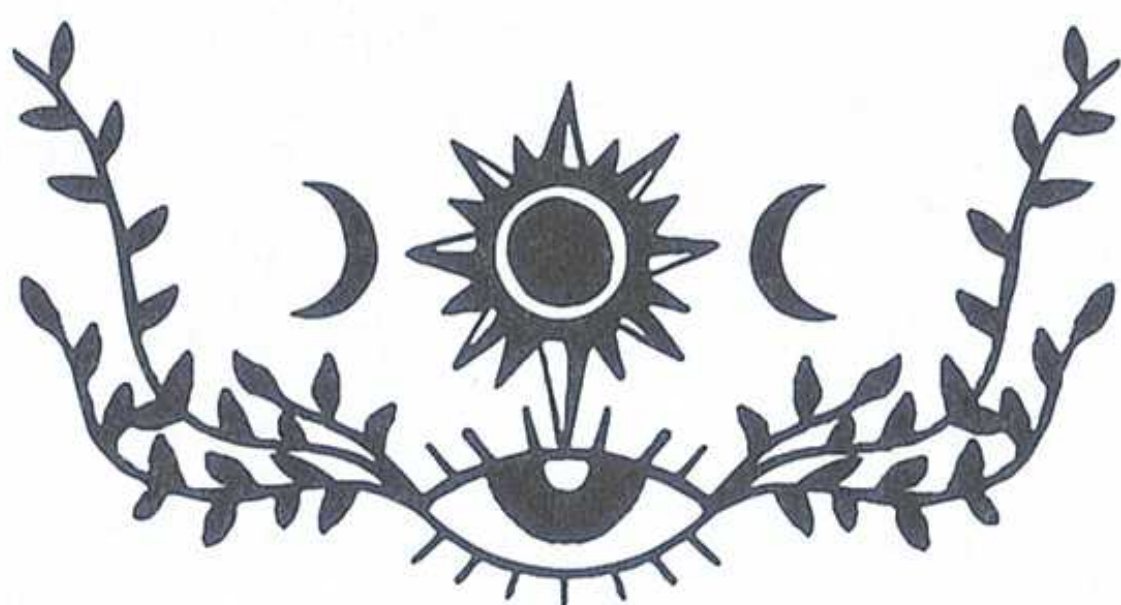
to embark on my second spiritual journey toward improving my life. From that point, I started truly healing from what I had been burying from a young age, and working through the repercussions of toxic relationships, self-esteem issues and self-destructive behavior. My spirituality within Wicca progressed to incorporate self-help spells, grounding-based rituals and using my connection to the earth in order to enhance my life. I have explored many aspects of mental health along with practices that have helped me live a more positive way of life, express gratitude and continue to heal. I have also gained so much from trying to help others through sharing my experiences on YouTube.

Tarot has always had a special place in my heart, as the first form of divination that I

practiced. I had an angel deck followed by a Rider-Waite deck during my teenage years, before being gifted my great-grandmother Hilda's deck when I was around 17. I kept reading tarot through my hardships during my teens, as well as incorporating it into spells. It became a daily routine for me and I also began reading the cards for close family and friends. Tarot became the only spiritual well-being practice that I kept up consistently. It was a way to help me make choices and work through situations in which I felt trapped. It still partly feels like that now but it has also developed into something more meaningful.

As I faced the challenges that came after my mental breakdown, I progressed on a path with Paganism, Wicca and other spiritual values at its core. As the

rest of my practices changed, so did tarot; it continued to give me the space to think and evaluate my choices while also helping me to reflect on what I was satisfied or dissatisfied with in my daily life. It allowed me to choose and create more mindful and optimistic possibilities, to understand my emotions and find out what was behind the cracks in my life and my subconscious. As with my meditation and other grounding practices, tarot gave me a place to connect to myself; I felt as though I was that adolescent girl again, curious about the world. Despite the negative connotations that tarot has faced throughout history, it has always felt mysterious and overwhelmingly positive to me.



ABOUT THIS TAROT DECK

Some of my favorite subjects to discuss, and create videos about for my YouTube channel, focus on self-help, growth and the spiritual practice of Wicca. I have seen an increase in people being interested and moved by these topics, which led me to think about creating a tarot deck that encourages positive life practices. I hope that this deck cultivates the curiosity about the cards that I felt from a young age while also providing an outlet for connecting with your thoughts and choices, and helping you flourish and care for yourself as well as others around you.

The Harmony Tarot deck has a traditional format of 78 cards: 22 Major Arcana cards and 56 Minor Arcana cards, each one representing an area or aspect

of life. With this deck, each card also provides guidance, insights, encouragement and inspiration for personal growth and healing. In a reading, the self-care and action elements of each meaning only apply to the time (i.e. the past, present or future) that the particular position in the spread is referring to. Don't overwhelm yourself with multiple suggestions for looking after yourself—just apply each card to the period that your spread is addressing.

The Major Arcana in this deck are represented by magical elements and features of the natural world. The Minor Arcana also follows the theme of nature, with each suit being represented by a season: spring, summer, autumn and winter. This guidebook includes the meanings behind each tarot card and each suit,

and provides instructions on how to read your cards within tarot formations.

Anyone can teach themselves to read tarot cards and my deck is for everyone, not just Wiccans or those practicing witchcraft. Looking after our well-being and mental health is so important, particularly in our increasingly busy lives. Many people are turning to traditional spiritual practices in order to gain inner strength, calm and self-awareness. I'm hoping that this deck will help you towards achieving these personal goals as well as providing new ways of looking at the questions and experiences that life throws at every one of us.

WHAT ARE TAROT CARDS?

Tarot cards are an ancient form of divination. You can use them to either predict the future or, more commonly now, gain insight into situations, issues and questions. A tarot deck traditionally has 78 cards. The Major Arcana usually have scenic images on them and the Minor Arcana are made up of four suits with the cards going from the ace (one) up to ten, then followed by a page, knight, queen and king. Each tarot card represents a situation, feeling, emotion, goal or intention.

As the cards are laid out, they can give you a bird's eye view of different aspects of your own life or the life of whomever you are doing the reading for. The cards can bring thoughts and ideas out from your subcon-

scious and help you understand circumstances that have happened or might happen, inform decisions, aid change or even just satisfy curiosity and open up thoughtful discussions.

The way that you read tarot cards will depend on your perception of their purpose. Some people draw a singular tarot card every day and use it to reflect on how their day will go and may use the reading to decide the best way to respond to what happens. Some choose to do wider readings, exploring specific situations in their life, be it their past, present and future, or some opt for a miniature, low-key, focused ritual. You can use any of these methods (or work somewhere in the middle), or just stick to simple readings if you find that they work best for you. Tarot can also be used

within spellwork, astrology, meditation and many other spiritual practices as a base or as the central focus.

With tarot readings it is important to remember that the future is never set. Tarot can be a great insight into forthcoming situations and can give you the ability to make changes if the outcome doesn't look as you would wish. The cards read your life as it is now, interpreting your current behaviors and circumstances. There is a card in the deck that can relate to every human experience.

Reading Tarot

HOW TO READ TAROT CARDS

There are so many ways to read tarot cards and lots of different methods have been used throughout history. As your tarot journey continues you may find yourself discovering a routine that works best for you and for whatever you would like to gain insight into through your readings. You may find that you are increasingly using intuition, along with the knowledge and experience gained with practice. If you have never read tarot cards before, here is my personal, simple routine to get you started.

- First, begin by removing the deck from the box and hold the cards in your hands. Feel them—the goal is for the cards to get to know your energy.

If you have never used these cards before you will need them to get used to your vibe, in order to form a bond with you. The best way to start this process is to cleanse the cards before you use them.

- There are numerous ways to cleanse the cards but the most common is by burning incense or any dried cleansing herb such as sage, then running the deck through the smoke until you feel the energy lift from the cards. This ritual will cleanse any unwanted energy within them that may remain from the manufacturing process or that has been left by anyone else who has handled them before you. You can repeat this step if someone else touches your cards but some people like to only cleanse them once, as they

believe that doing this too frequently can rid the cards of your own energy, making them less accurate. If you just want to clear some energy but not cleanse them, I recommend holding the deck with your non-dominant hand (the one you don't write with), then make a fist with your dominant hand and lightly knock the energy out of your cards. The best way for these cards to get used to you is to carry them around with you. You could keep them in your bag or sleep with them next to you on your bedside table or under your pillow. If you have a spiritual altar, placing your cards in such a personal space will also help channel your energy into them. You don't have to do this for months and months before reading with the cards. In fact,

the sooner that you start using them, the quicker that you form a connection with them. The best way to get your tarot cards used to your rhythms is simply by reading with them frequently. At first, your readings may not be as accurate as you'd hoped but the more you practice, the more they will synchronize with your life and your routines.

- You can do a reading in any environment as long as you are comfortable and have a few minutes to concentrate. Shuffle your cards when you first get a new deck. When you sit down with your cards, hold them in your non-dominant hand, then lay your dominant hand on top of the deck and place your energy into the cards or focus on what you would like to gain insight into

for this current reading. Once you feel you have directed your energy, stop.

- Shuffle the deck with both of your hands until you intuitively feel that it's time to stop.
- If a card falls out during shuffling, it's up to you to let your intuition guide you as to whether this card needs to be in your spread, if it has any significance and has been brought to your attention, or whether it should be left out of the cards you are dealing and put to the side.
- Allow your cards to slide or fall from your non-dominant hand to the dominant one, with the backs of the cards facing you and the fronts facing down. They will fan out slightly, then when you spot a card that stands out to you, that is your starting point.

- The deck will now be split into two halves; place the half with the card that stood out to you on top of the other half. This prominent card will then be at the top of the deck and will be the first card in your reading and you will read the cards beneath your starting card. I like to keep all of the cards face down until I've laid them out in a spread, then reveal them one by one as I'm reading. Some people like to lay them all face up as they place them in their positions—it's up to you.
- If the cards are in an upright position when you turn them over; you read them in the typical way but if they are in a reversed position (if they're facing away from you), then you can read them with reversed meanings if you wish.
- You are now ready to read.

After you have finished reading your cards, simply put them away in the box and store them somewhere safe. If you wish to carry them around with you, place a protective bag around them.

REVERSED TAROT MEANINGS

Tarot cards can be read with a different meaning if they are in a reversed position—when a card is turned over and is seen to be the wrong way up, usually facing away from you or the person who is receiving the reading. Based on personal preference, some choose not to read reversed meanings. You do not have to incorporate this practice, especially if you are a beginner. However, it is perfectly possible to read reversed cards with this deck and there are several ways that you can interpret these

yourself. Doing this can open a new layer of perception for your readings, giving more in-depth insight into situations. Interpreting reversed cards can also help you to decipher deeper associations and push past barriers in your tarot practice to reach a deeper understanding about whatever issues you are bringing to the reading.

FIVE WAYS TO INTERPRET REVERSED TAROT CARDS

Here are a few simple ways to read reversed cards, if it's something that you are interested in. There is no right or wrong way, and as a tarot reader you can do whatever feels right for you. Try some out and work out what feels best for you.

OPPOSITE MEANING

This is the simplest method

as the reversed card is read as having an opposite meaning to the upright card! A straightforward way to do this is to take the keywords for the upright card and think about words that mean the opposite.

POWERFUL REVERSED

If a card is reversed, it could signify that this card is extremely powerful and needs to be considered as a more relevant and long-term theme in your life. The card holds a heightened version of the original meaning. To some, this is the card that they need to pay the most attention to. It may also signify an important aspect of the situation that you are gaining insight into, during the reading.

On the other hand, some people believe that if a card is reversed, it means it's a weaker card. Possibly, it is one that is becoming less rel-

evant, or an element that needs less focus during a reading.

BLOCKED ENERGY

Some like to consider reversed cards as a blocked energy that you cannot reach yet and you might need to clear or change something before reading this element of your life. Even if this is a negative card that you don't particularly want to unblock, it might signify that something needs to be addressed, changed or freed before you can move forward.

'YES' OR 'NO' ELEMENTS

If you want a quick, uncomplicated resolution relating to a question, and like to use divination such as tarot regularly to help you with situations as they come up, you can pull a tarot card out, and if it's reversed it stands for 'no' and if it's upright, it's a 'yes.'

MISGUIDED ENERGY

Reversed tarot cards can also be read as energy that will not serve you, or needs to be realigned in your life. Even if the card is positive it may be a good way for you to understand the difference between what you want and what you truly need, and to re-evaluate your choices and moves with the issue, possibly changing your motives and re-considering what you're looking for. Many use this as a way of reading reversed cards with a positive approach to allow them to guide you towards a more optimistic and constructive path.

READING CARDS FOR OTHER PEOPLE

If you're reading tarot for someone else, again, you will find your own momentum and routines as you gain experience. I would recommend waiting until

you have bonded with these cards before helping others. And when you do feel ready to try this, I would suggest letting the other person direct their energy into the cards.

Some tarot readers are OK with other people holding their tarot cards for short periods of time—allowing them to place their hand on the cards to focus energy toward the reading and to touch their chosen, beginning card. Other readers prefer to be the only ones who handle their own deck. If you are the latter, just be sure that the person whom you are reading for is the focus of the reading and at the center of any questions, energy or situations. Also try to ensure that you're not putting any of your own energy into the cards during the reading as this could affect the outcome. You could

follow the same steps as when reading your own cards, shuffling them yourself but then allow the person receiving the reading to inform you when they feel the time is right to stop shuffling and let them pick the starter card.

Then, you would follow by telling the other person the meanings and your interpretations of the cards, allowing them to interact, connect and relate to them however they feel is right.

After the reading, if you feel the need to recharge or clear your tarot cards, give them a knock—hold them in your non-dominant hand, clutch your dominant hand into a fist and gently knock the energy out of the cards before reading for anyone else or for yourself. You can always cleanse the cards with some smoke if you feel that they're too blocked.

TIPS AND ADVICE FOR BEGINNERS

If you're just starting out in tarot reading, here's some advice that you may find useful.

- You might want to take notes during the reading to track your progress or to remember the meaning of the cards. Some people like to follow whether a situation plays out in the way suggested by your initial reading or even keep questions and reminders with them to make changes before events occur. Some people take pictures of the cards to keep with them for later research, while others might find this to be a distraction. You might feel as though taking notes or photos means that you can't put your full attention and focus on the reading but the choice is there if you

feel that these are helpful tools.

- It is NOT recommended that you read your tarot cards when you are highly emotional or angry as the results will follow your energy at that time and give you a less accurate reading or one that is directly related to your emotional state.
- You do not have to know all the card meanings by heart. At the start of your journey, tarot card readings will not flow and it's perfectly OK if you need to refer to the guidebook.
- If, for whatever reason, you don't wish to use the detailed meanings given in this guidebook, you can interpret the cards with your intuition. You can read them with just the keywords, by thinking about what the suit stands for, and interpreting the images within

the illustrations. Or, you can let your senses contribute as much or as little to the reading as seems to work for you. Whatever feels right and has the best outcomes and accuracy for your readings is the way that you should go.

- You should look for your own truth within the cards and sometimes you may not understand the relationship between your situation and the reading. In these circumstances it might be helpful to take notes. Occasionally, something comes up after a reading and you suddenly think, "Oh! My tarot cards said that would happen!" Don't just ignore a reading that feels irrelevant, thinking that it doesn't apply to you, as it could come up in your future or it can be stowed away somewhere in your subconscious.

- You might find that meanings may not completely fit the theme of the spread that you have chosen. For example, if you find a love-themed card in regards to a question about a work situation, it may not seem to fit in with the reading that you were hoping for. It could be that your focus needs to be shifted to this card in order to resolve a blockage or to highlight a different but related issue. It may be that looking at the position of this misfit card in the spread will help you make sense of it.
- Your cards may be trying to reveal something important but may not suit the situation specifically. So, if you read something that doesn't match up, it may be information your subconscious is trying to reveal to you. From my experience,

tarot cards are incredibly accurate but depending on the circumstances, they can have broader meanings and you may have to read between the lines to see how their significance relates to you.

- Tarot card predictions are not set in stone; they relate to your energy and situation at the time. The future is never definite, therefore, the cards give you an opportunity to change and work through things before events occur. So, if you do get a negative card, that doesn't mean fate is striking out at you and there's nothing that you can do about it. It is giving you an opportunity to think and make adjustments.
- The more you use your deck, the more accurate your readings will be and the more you will come to trust it. I have

been using the same deck for around six years now and we work together like clockwork.

- Be confident with tarot reading—it's not a scary thing. Use it as a form of positive insight or curiosity to help you find inner strength with your life and whatever it throws at you!

TAROT CARD LAYOUTS

Tarot card layouts or formations are ways to arrange the cards in different orders, shapes or patterns that help guide your readings. You can pick different layouts depending on the theme or direction of your reading. The form will often help you understand what the cards are saying. You can create your own formations or follow traditional approaches, but in keeping with the theme of this deck, I have devised some relevant tarot spreads. These will be

particularly useful in getting you started if this is your first time reading tarot cards. This deck can be read with other tarot formations and you may already have layouts that you like to use. Either way, here are six spreads to get you started.

BASIC STARTER THREE-CARD SPREAD

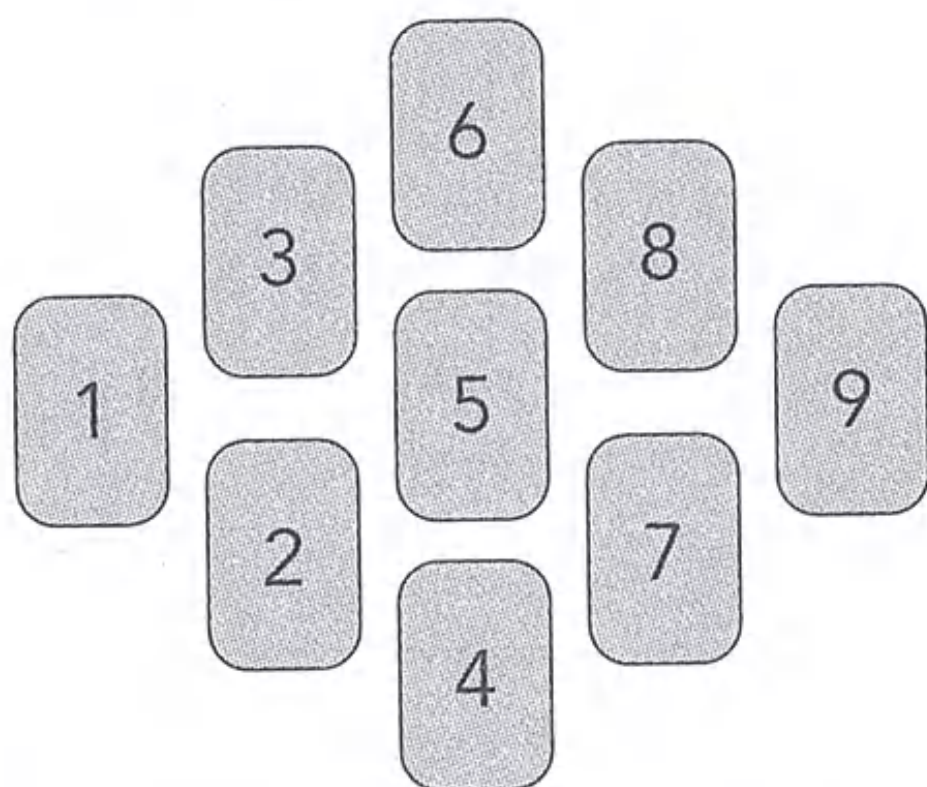


This spread is based on the traditional layout of 'past, present, future.' It's commonly used by many tarot practitioners and can be an everyday spread or used when you feel that you

would like insight into a current situation, including how the past plays into it and what the relative future will be.

- Firstly, lay your starter card nearest to you; it will be at the lowest or base position of your spread. This first card represents the past. If you are focusing on a particular situation this will relate to how it has already played out so far and how that past applies to your current situation.
- Then, lay your second card above the first one, as if it's going up in a line. This card represents the present or the situation as it currently is.
- The third card goes above the second card, continuing upwards in a line. This card represents the near future or the future of the situation at hand.

A SITUATION SPREAD



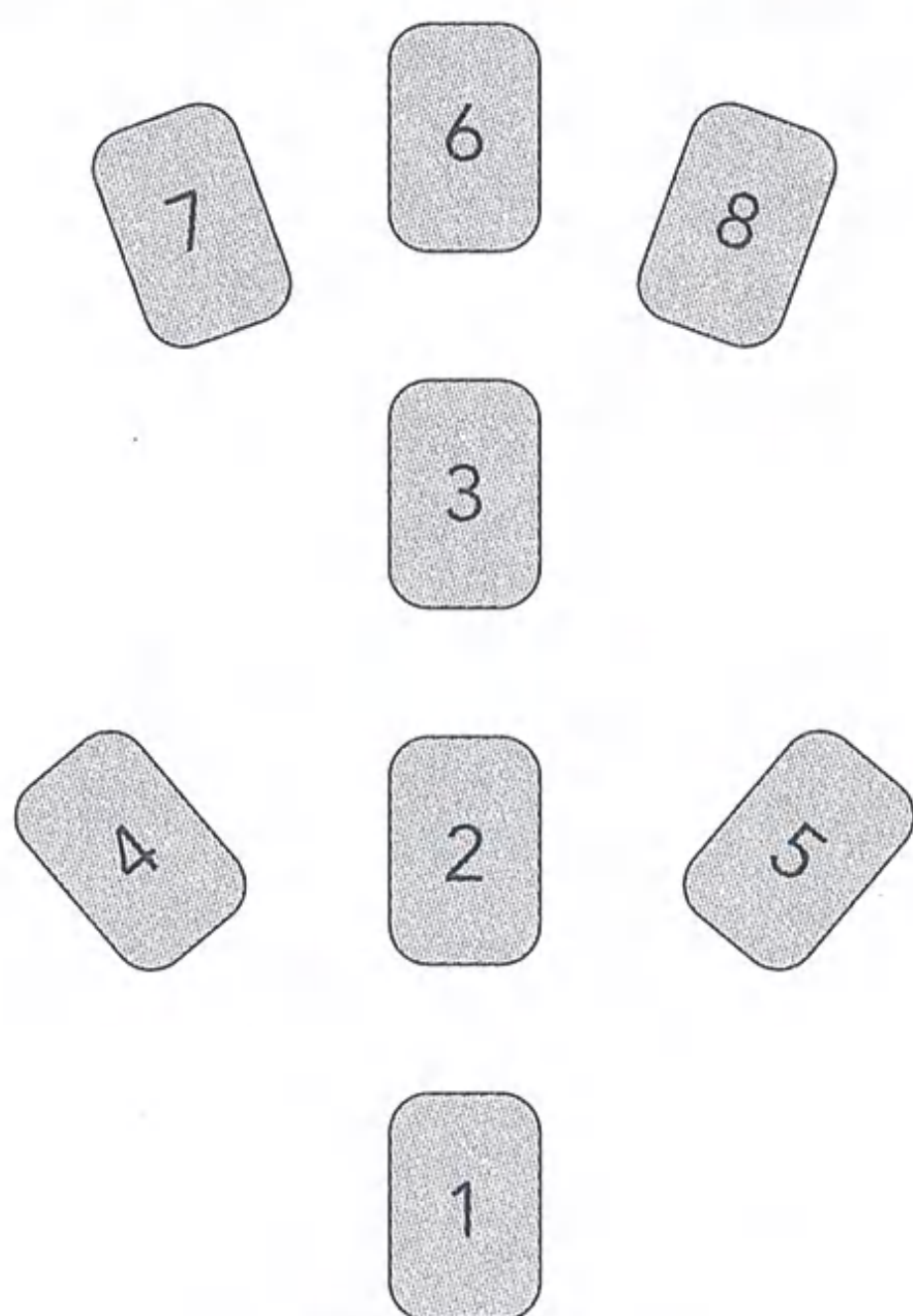
This formation is a wonderful nine-card spread that is perfect for gaining greater understanding of a current situation. This can also be used for general readings but is better suited to when you have a particular issue that you'd like to focus on. While shuffling and placing your energy into the cards, remember to think about this situation and the thoughts and emotions surrounding it in order to make the reading as effective as possible. This spread should look like a

diamond shape lying on its side.

- Start by laying the first card to the far left of where you are planning to place your spread. This card represents the present issue or situation that you are addressing.
- Then, lay a second card to the lower right of your first card. This card represents problems that you are facing with this current situation.
- The third card goes above the second card. This card represents the reality of the situation compared to what's going on in your head (which may be unnecessary worry or illusion).
- The fourth card is laid to the bottom right of your second card. This card represents how the past is affecting this current situation.

- The fifth card is laid directly above the fourth card. This card represents whatever is confusing your perception of this situation or holding you back.
- The sixth card is laid directly above the fifth card. This represents your recommended next move.
- The seventh card is laid to the upper right of your fourth card. This card represents things that you need to take into consideration before moving forward.
- The eighth card is laid above the seventh card. This represents what should be your focus now.
- The ninth card lies to the right of the seventh and eighth card, in the middle of the two. This final card represents the near future regarding the situation.

THE GROWTH SPREAD



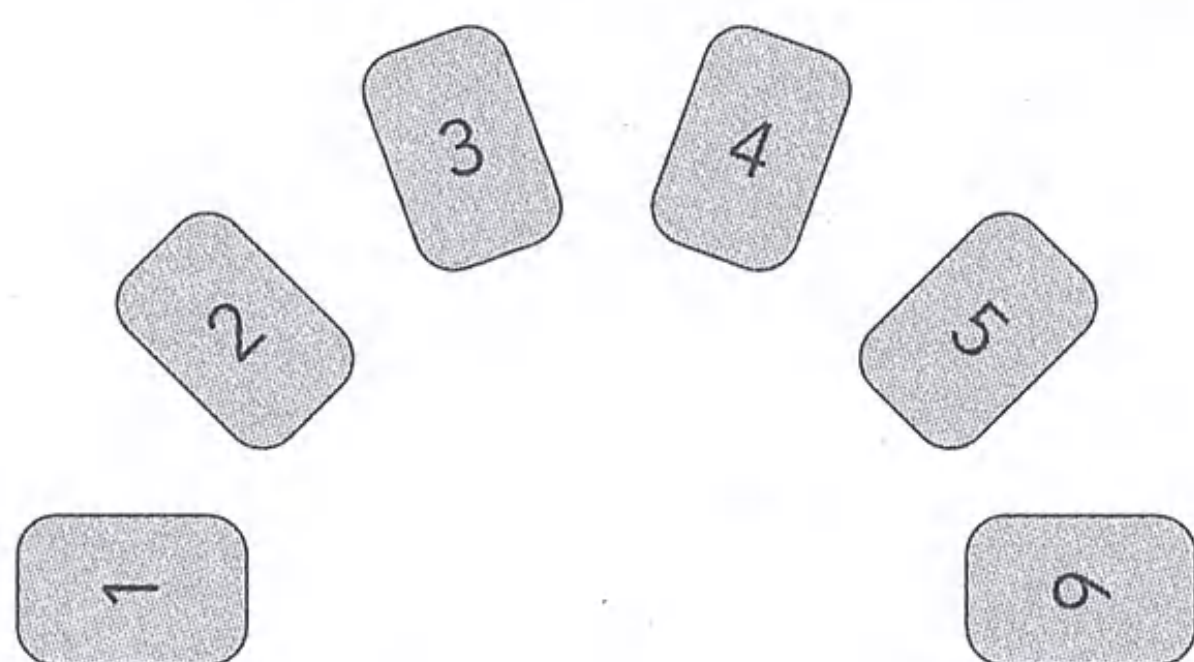
The growth spread is an eight-card spread that is directing you on how to grow from the place you are currently in. This can be used for a situation or as a general reading. The formation should look like a flower with two petals or leaves to each side and a stalk.

- The first card goes at the base or center of your spread. This card represents your current situation or where you are in your life regarding growth.
- The second card goes directly above the first one. This card represents how you got to that place, which may be why you have the need for growth.
- The third card is laid directly above the second card. This represents the first step needed in order to move forward within this situation or within your life.
- The fourth card is placed to the left of the second card, at an angle, fanned out like a leaf on a stem. This card represents the near future.
- The fifth card goes in the same place but to the right (on the opposite side to the last

one), again fanned out like a leaf. This card represents your strengths in this situation or within your current self.

- The sixth card is positioned directly above the third card. This represents a lesson that you will learn.
- The seventh card goes to the left of this, fanned out slightly. This card represents how to grow from this situation, for example, the positives that will come to you from choosing to progress and grow.
- The eighth and final card goes in the same position but to the right and should complete the simple flower shape. The last card represents the final outcome of the situation or the long-term future.

THE HEALING SPREAD



This is a six-card spread that opens discussions around aspects of your life that might need healing and reveals how to do this, followed by the outcomes and next steps to progression. This can be used as a general reading if you are stuck in thinking about which elements to mend first, or if you have a situation that you may need healing from but don't know how to move forward. This formation represents a rainbow or a bridge.

- The first card is laid on its side to the left of where you are go-

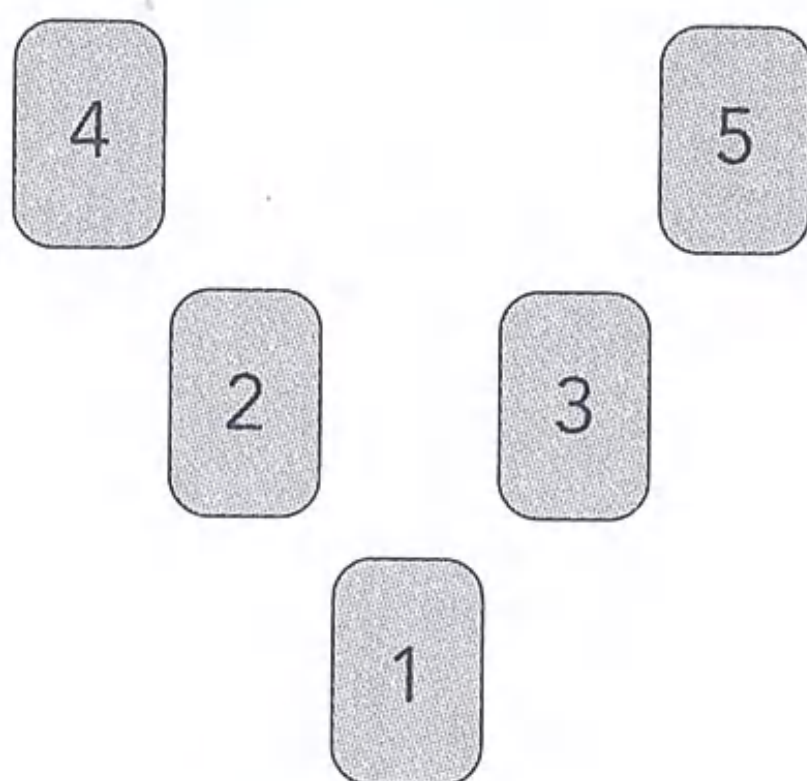
ing to be placing the spread. This signifies the aspect that needs healing first.

- The second card is positioned above your first card, at an angle, beginning to create the arc shape. This card represents how the past may be stopping you from healing.
- The third continues to make the fan or semi-circle shape, creating the rainbow or bridge. This card represents outside influences that may be stopping you from healing.
- The fourth card is placed so that it begins to form the right side of the arc. This card represents inner insecurities that may be stopping you from healing.
- The fifth card continues this rainbow pattern now coming towards the end of the arc.

This card represents your first step to healing.

- The final card should lay on its side opposite the first card completing the rainbow shape. This card represents what you need to know.

THE TWO CHOICES SPREAD



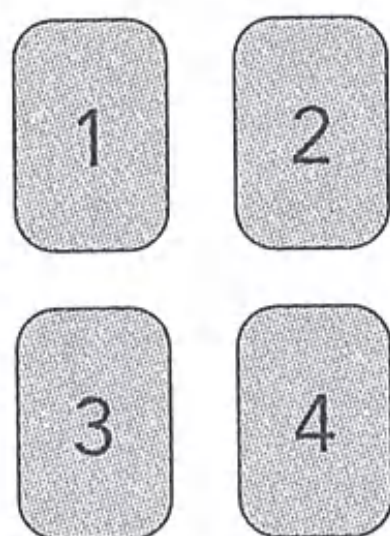
This is a simple, five-card spread that helps you decide between two choices that may be causing current conflict in your life. This works better if used for more significant or detailed decisions

that you may need help with, not just questions that simply require 'yes' or 'no' answers.

- The first card is placed at the base or center of the formation. This represents your current issues.
- The second card is positioned to the upper left of the first card. This represents the first choice. This may relate to the reality of the choices available, which may not be the options that you thought you had. This card shows your actual choices and the hopes and fears that surround them.
- The third card goes to the upper right of the first card. This represents your second choice option.
- The fourth card is laid to the upper left of your second card. This represents the outcome of making the first choice.

- The fifth card goes up to the upper right of your third card. This represents the outcome of making the second choice.

ESBAT TAROT SPREAD



An esbat is a ritual or gathering based around a full moon, and is often celebrated by pagans, witches and Wiccans. There are also festivities related to the turning of the seasons called sabbats. These are wonderful opportunities to rejoice and give thanks, even if you're not a Wiccan or a witch. Celebrations can incorporate meditations, rituals, crystal charging, divination or any other spiritual practice,

or just simply recharging and re-evaluating goals. This tarot spread is a great way to ground yourself and connect with the moon when an esbat comes around and to help refresh your ideas, routines and thoughts for the new moon cycle. This four-card layout should look like a square block.

- The first card goes to the upper left of where you're placing your spread. This card represents what you've learned since the last full moon.
- The second card goes to the right of the first one. This card represents what is coming to an end before the next full moon.
- The third card is laid below the first card. This represents what needs changing before the next full moon.

- The last card is placed next to the third card, completing the square. This final card represents something you need to act on in order for you to nourish your soul before the next full moon.

The Harmony Tarot Meanings

THE MAJOR ARCANA

The Major Arcana are traditionally 22 cards that represent the more significant aspects of your life; those that have greater influence on your thoughts, feelings, environment, physical surroundings and situations. These cards also represent long-term influences and changes. This tarot deck works in a similar way to a traditional deck but focuses on healing, growth and well-being.

1. The Goldfinch

Simplicity – Travel – Freedom

The Goldfinch represents freedom, the importance of adventure and new experiences. Liberation can also be gained by streamlining and simplifying elements of your life, which can

easily become crowded and busy. Before you know it, you can find yourself in a cluttered mess with too much to focus on and too many loose ends. It's time to shed long-standing issues and find completion with recent ones. This will help you have a better understanding of your emotions, any current conflicts and what you may need to let go of in order to simplify your life. Organize, minimize and give up any distractions that might prevent you from achieving a sense of freedom. You will have the space in your life for new plans, new opportunities and new relationships. A great form of self-care at this time is to focus on clearing out your immediate environment, reducing your clothing or your furniture. Keep well-being practices natural and wholesome, such as creating your own facial masks,

healthy meals instead of takeout and don't consume or buy any unnecessary items.

2. *The Witch*

New ventures – Breaking free – Conformity – Change

The Witch card represents bowing to conformity. Comfortable routines can feel like the best situation to be in for now. But in the long term, this card may be here to help you recognize that you need to start breaking out of this place. This card could relate to a marriage or partnership, a religion, an authority figure or group, or even just your mindset. Depending on where the card is in your spread, it could point toward the person, people or situation that you need to break free from. This may be the time you need to begin to think about what YOU want, where YOU would like to go and the path

that YOU would like to follow. Choices might have to be made in order to disrupt repeated patterns. Making a simple change of environment or reorganization in your life could trigger the start of this. Take time to absorb knowledge, read, listen or mind-map if you are feeling trapped and finding it difficult to see how you can progress. The witch is wise and independent and follows the beat of her own drum and you should do this too.

3. Forget-me-not New beginnings – Growth – Nature

The Forget-me-not is a spring flower that signifies new beginnings. It indicates a period of emotional growth and a fresh start regarding your soul and mind. A time of rejuvenation and calm is coming and you will move into the next chapter

of your life, towards a brighter, more grounded spirit. This might come with the need to work through unhealed and buried feelings, which will require emotional energy and self-reflection. Connecting to nature during this time is crucial to help with dealing with any emotional turmoil. Like the universe, our existence works in cycles and now is the time for your renewal.

4. Digitalis

Balance – Fairness – Moderation

Digitalis is the flower of balance. While it can represent toxicity and danger, it can also symbolize freedom and beauty. This card can appear to warn you or to deliver good news. If you have been mistreated or have given more than you have taken, then good energy will return to you soon, either through an unex-

pected good deed or by life just going your way a little more. Alternatively, if you have been taking, acting unfairly or selfishly and have refused to own up to mistakes and learn from them, life's events will soon do this for you. If you have been involved in negative behavior, it's time to work towards healing and making amends to those you may have harmed. The Digitalis card indicates the need for moderation, only taking what you need and recognizing that everyone is equal. If you have been serving for a while it's time to cut yourself some slack and give yourself a well-earned break. Balance will be returned to you in the best way if you recognize your needs too. Spending time reflecting, meditating, practicing breathing exercises and using aromatherapy will help organize your issues and thoughts, and also give you

space to think. Look around you and notice the balance in nature and apply this to your life.

5. *The Lupin*

Skill – Success –
Talent – Confidence

The Lupin represents intelligence and excess in skill and determination. This card encourages the use of your skills in order for you to strive ahead. You might need to work harder than you have been already. Studying, practicing or researching more and focusing on what is needed now will help bring achievement and satisfaction. Take any plans that have been sitting around, and put them into action. Re-evaluate anything that may be holding you back and work out ways to overcome this. Don't let situations or other people limit or restrict you. Be confident and commu-

nicate your goals and creativity clearly. If this card relates to your current situation, self-care during this time could include practices to energize, healthy eating and walking as well as cutting toxicity out of your life. Plan how best to spend your days and accept that you might have to make minor sacrifices in order to free up some time.

6. *The Divine*

Intuition – Wisdom –
Deception – Spirituality

The Divine is a card that symbolizes spiritual wisdom and intuition. In some cases, there may be an element of your life that isn't exactly what it seems. Maybe a situation, relationship or offer needs to be re-examined. Use your experience in order to not be deceived or misled towards a contrary or confused

direction. It's important to trust your gut and know your worth, while also remembering your moral values. The Divine card may also point toward the need to focus more on your spirituality or that rediscovering it could help guide you and keep your vision clear. An everyday routine that possibly incorporates spiritual practices may be recommended. Having daily check-ins with yourself, walks, baths and other opportunities for quiet time are perfect for giving your brain the space to think, for clarity and for being honest with yourself.

7. The Lovers

Love – Union –

Conflict – Understanding

The Lovers card represents a partnership in some form; an attachment to a person who you care about with every element

of your soul and being. What comes with love is also compromise and complications, as this is the nature of souls bonding together. The love that you have is strong but you may have noticed yourself facing trouble or anxiety within this union. This does not mean that the relationship or friendship is doomed. It is important to evaluate what is missing because ignoring problems won't make them go away. Worry, overthinking and overcomplicating things can be destructive in any union. For this relationship to move forward it is important to be honest, communicative, kind and self-aware of your own issues, wants and needs. During this time, care for yourself and focus on you first. Recognize that your relationship bond is important but that you are both your own individual souls. If you are forced to make

tough choices, take a few deep breaths and ground yourself before taking action. A place of understanding is where your relationship began, so, however this relationship progresses, continue with acceptance and empathy.

8. *The Lighthouse* Strength – Stability – Self-discipline

The Lighthouse stands tall and strong, and has survived the harshest seas and the fiercest winds. It can seem to be enormous and domineering but it also helps guide the way for others and leads people to safety. If the Lighthouse appears in your spread, it represents a strong and powerful energy. This could be from within yourself or could be someone coming to assist you in some way. Either way, this energy is dominant but also resil-

ient and stable. It is important to accept it into your life as there is a place and a purpose for it now. It will help you make rational choices and you must listen to the guidance or intuition offered while also maintaining self-discipline and willpower during any challenges to come. Try practicing uplifting activities such as performing strength spells. Approach difficult decisions and choices, and gain confidence by accepting new knowledge and letting go of outdated ways of thinking that no longer serve you. Try to exercise and eat well too as you will need good health to remain stable at sea.

9. Dawn

Choices – Decision-making –
Logic – Organization

Dawn has arrived and it's time to make some choices. A main theme with this card is confu-

sion or there being too many or too few options available. However, now may also be the moment to make a decision and move on to the next day or chapter of your life. This card points toward focusing on logic over emotions, reflecting on what you have learned relating to the choices in front of you, and applying that when making your move. You might need to consider the bigger picture and be prepared to make small sacrifices for future benefits. At this time, it's great to declutter your environment, which will help to organize your mind. Keeping off social media and grounding yourself can help you gain clarity in your choices. Make use of your diary and keep to a routine. Taking one singular step at a time can help push you towards the right direction. Bear in mind that the dawn is just the

beginning of the day, with all its possibilities.

10. Dusk

Quiet – Demotivation –
Loss of energy – Courage

Dusk is a time for facing difficulties, in order to continue your self-growth. This implies a standstill or a period when it will be difficult to motivate yourself to progress and move forward. With the evening light dimming, it's a good moment to self-evaluate while it's quiet. It's the perfect time to harness willpower to keep up good habits. Find the courage within yourself to trigger recovery from past events or make it through new ones. Stick to what you know and focus on the good things in your life that you can rely on. Ignore any negative outside influences or emotional confusion that might randomly appear. Even though your energy

might feel low you must try not to get lost; use your inner power to make it through the night. Regularly check in on yourself and keep a journal. Routine and regular self-evaluation should help to keep you from getting lost. Wearing black during this time will help absorb light and keep you positive.

11. The Empty Cottage

**Fear – Jealousy – Loneliness
Self-neglect – Reflection**

The Empty Cottage card is a lonely place signifying a manifestation of angry energy. It is a representation of our own fears or the fear that controls someone who has become bitter, toxic, jealous or selfish towards others and the world. Either you or someone close to you may be involved in some level of self-destructive or damaging behavior. The empty cottage is

locked and if it is not acknowledged that change is necessary, the anger will manifest here until the key is found and action is taken. If left neglected, the cottage will only become darker and more isolated. Reflect on where this energy is coming from; if it's from within yourself, you need to search for the source of this anger and fear, and change your ways. Consider what might have positioned you in the cottage. Alternatively, you might need to think about outside influences or how someone close to you is behaving. Reconsider your relationship with this person or situation and take a step towards moving into a healthier direction. Be sure to heal during this time, check your emotions, re-evaluate your relationships and nurture the good ones. It's OK to feel—your emotions are all equally valid,

and be sure to always act with love, not with anger.

12. *The Fairy Ring* Irresponsibility – Temptation – Habits

The Fairy Ring can be a circle of repetition and temptation. This represents making the same mistakes or getting in the same muddles over and over again, and listening to the more impulsive areas of your brain. If this card comes up in your reading it might also point toward yourself or someone in your life who is acting in a naive or immature way. If the circle of thoughts and actions is self-destructive it needs to come to an end and patterns of behavior need to be adjusted. Temptation can sometimes make us feel as though we have no choice in the matter but it's important to recognize that we have control over our

thoughts and especially our actions. In order to understand emotions, undergoing therapy or working on self-awareness are often the best forms of help, especially for anyone struggling to understand why they feel the urge to persist in negative behavior. Making decisions about breaking long-standing habits can lead you to emotional and physical exhaustion. It's important to find quiet time to read, educate yourself in well-being and find a focus to help replace the negative energy. Hobbies, new or old, could be nurtured at this time as well as journaling, which will enable regular check-ins with your thoughts and feelings.

13. The Ghost

Conflict – Depression –
Return of negativity – Resolve

The Ghost is something negative returning to your life, whether it be a mental health issue, a person, situation or conflict. The return of this energy indicates that there is something that needs to change or progress. This card points toward facing this situation with grace and intelligence. Appreciate that the ghost has already passed, so apply that knowledge when making decisions in order to prevent you from returning to the same negative places. Spend time where you find yourself most content and bring plants, flowers and other elements of nature into your environment to help ground you. Talk to friends and loved ones and ask for their advice and they will remind you of how you

conquered this problem before. Ghosts are often a manifestation of something unresolved, so look at parts of your life that need reflection and act now.

14. *The Cliff*

Permanent loss – Transition – Endings

The Cliff card is a permanent ending. No matter what this ending is, it will be fixed and there will be no way to turn back. This often relates to the loss of someone close, whether they have moved on or passed away, a loss of a relationship in some form, a job or even the loss of an ongoing feeling or situation. A turmoil of feelings will come with this ending and may turn your connections, emotions or lifestyle on its head. You will need to put lots of energy into moving full steam ahead, even if you feel unstable doing it. Do

not let fear of this loss or change make you lose hope in the world but let the experience add to your strength. There is no way back up the cliff but if you continue to swim a little further on, you will find a calm place to rebuild your life again. Plan things, look forward and once the event has occurred, spend some time working with your spirituality, whether this is preparing a relevant ritual or simply cleansing your area. These circumstances might even push you to seek the help you've been needing, either through therapy or seeking connections or new beginnings in neglected areas of your life.

15. *Grace*

**Lack of balance – Morality –
Compassion – Selflessness**

The Grace card signifies that integrity or morality may be missing. This hints at a loss of

balance or that moderation is needed in some way. Work may be required to restore equilibrium to anything that feels out of control. This could also indicate that you, or someone close to you, is exhibiting laziness, selfishness, damaging habits or letting ego lead the way. You may need to think about your own behaviors before judging other people and show compassion. Look further than your own needs and think of the welfare of others. Volunteer in something and re-evaluate anything that could be making you power-hungry. It's OK to be vulnerable and to push yourself out of your comfort zone to restore peace in your life. The earth is the best medicine at this time. Reconnect with what's important and take each step with grace and respect.

16. *The Crow*

Decisions – Disagreement –
Good judgment

The Crow represents a conflict within yourself or concerning a major area of your life. This comes with choices and you will need to make the fairest judgment for yourself as well as for those who will be affected by the decision. This may involve being pulled in two directions and you might need to reflect on areas of your life that you have never contemplated before. A crow can be unpredictable and the outcome of your choices might be difficult to foresee. This tug of war may last a while but that will give you the time to make a sensible and considered decision. Inform yourself on the possible outcomes of your decisions but also give your brain opportunities to switch off and

relax. It is a good idea to turn to healthy coping mechanisms such as therapeutic tasks, reading, exercising, journaling, yoga and long walks to help you process your thoughts.

17. *The Well*

Trapped – Severance – Self-destruction

The well is a dark and deep hole in which you may feel trapped or overwhelmed. Everyday struggles could have been allowed to pile up for too long without the problems being effectively addressed. Or this card could relate to something more specific, such as a relationship or job that's not working, some level of self-destructive or addictive behavior, self-neglect or a different mental health issue. This may be a confusing time and might come with feeling a loss of self-identity and lack of hope. Scrambling out

of this dark hole will probably not be easy or quick and may require outside help. It may also require severance from something, possibly coping mechanisms that you have been relying on. The climb will take a lot of inner strength but the results could lead to your best life. Care for yourself in any way that you can at this time, catch up on sleep and focus on the positives in your life. Try to find healthy, physical focuses for your energy. Cleansing rituals and self-reflection will serve you well towards taking steps to a healthier path. Learn from this situation and feel whatever you need to but do not stay in the well for too long as it will become increasingly more difficult to begin that climb out into the daylight.

18. *L'étoile*

Hope – Calm –

Self-love – Empowerment

L'étoile is you at your best, working towards fulfilling your destiny. If you have been feeling stuck or lacking in confidence, don't worry; contentment and empowerment await. Focus on whatever inspires and encourages you; this may be your job, your hobbies, your family or a personal endeavor. Give yourself the self-respect that you deserve. Have hope for the future and put your energy into the parts of your life that feed your soul and boost positivity. Leave behind any issues that are easy to drop and that don't serve your future. *L'étoile* is a light in the darkness, and you will see this in your hardships. Spend some well-earned time on self-care that is enjoyable

and maybe change your look in a way that feels right for you. Give yourself new vitality by focusing on creative elements and working hard at your job. Giving yourself small daily rewards will help boost that sense of empowerment, step by step. Show yourself love and don't feel disheartened by other people's opinions. Remember that your inner peace could help others too.

19. *Le Soleil* Plenty – Healing – Happiness – Gratitude

Le Soleil is a warm and happy card representing joy and abundance. This entails coming to the end of a transitional period with hard work and productivity paying off. Achievement and success are major themes of this card. Let yourself enjoy your accomplishments and be proud of what you've done. Nurture friendships and take some

well-needed breaks and personal time doing things that bring you joy. Now is also a good time to take up something new, maybe a hobby that you have been thinking about for ages, to allow your personal progression to continue. To maintain this warmth, remember to be grateful for all that you have and keep expectations reasonable. The sun is bright and warm, and here to stay for the foreseeable future.

20. *La Lune*

Mystery – Fortune –
Unpredictability –
Future changes

La Lune is a mystery, it is everything that you cannot yet see, and holds secrets and unforeseen circumstances that are yet to come. This card indicates a change or something new, maybe an unexpected offer or gift, a

new figure in your life, a puzzling situation or a surprising change of heart. Confusion and fear of the unpredictable could hold you back from something great. Make your move and then embrace the changes to come. The moon is full of mystery so gaining mental clarity and wisdom from it can be powerful. Moon meditation, charging crystals and using them for positive guidance are useful now. Keep yourself grounded too; good fortune is a greater positive if nurtured in a sustainable way. Enjoy this chance and be grateful; if you practice spirituality, honoring and giving thanks are important. Giving back can also return the deed, so take care of plants, family, friends or pets, or give to charity. Look up at the moon and give your thanks for she has served you for a reason.

21. *The Mirror*

Detachment – Soul searching Self-reflection

If the Mirror appears in your spread this indicates a detachment, a feeling of being on the wrong path in either one specific area of your life or overall. Life may have become busier and more stressful and you might have started to act through convenience over passion. It's time to reignite excitement—in your relationships, job, hobbies or creativity. This may require you to look deep into yourself and reflect on how you allowed things to become stale. Take a look around you and weigh the negatives and positives in your life, what needs to be adjusted and what could do with nurturing. Facing the truth in your reflection can be hard but it may be time to devote yourself to that for a while in order to

grow. Practice clearing out the old in every sense in order to get yourself out of this place. Look at your immediate environment and reorganize and minimalize your living space. Work on the small parts of your life before focusing on the big ones. Remember your moral compass and don't let anything distract you from healing and growing.

22. The Orchard

**Completion – Rewards –
Maturity – Kindness – Growth**

The orchard is a beautiful, positive and fruitful place, filled with possibilities and growth. If the Orchard card comes up in your spread, you may already be in this lovely position or you will be arriving very soon. To get here, you have made your way along the path to emotional maturity, exploring your sense of identity and what is important to you.

Your intuition is serving you well and this is your opportunity to express your feelings and ideas in all areas of your life, in order to continue to bloom and grow. Tap into the calm, life-affirming energy that the orchard gives, where you can sow new seeds and tend older plants to achieve a sense of fulfillment. It's important to remember that there is always more to learn, new directions to discover as well as courage to be found during more challenging times. Remember to maintain the practice of taking only what you need, valuing kindness and creating healthy boundaries where necessary. Now is a great time to connect with your body through spiritual practices such as tantra, yoga or self-care rituals in some form. Keep exploring and sharing your rewards with others and the orchard will continue to grow and flourish.

The Minor Arcana

The Minor Arcana is traditionally made up of 56 cards, split into four suits each with 14 cards numbered from ace (one) to ten, followed by the page, knight, queen and king. Despite being named the Minor Arcana, they are still important cards and can relate to significant ongoing circumstances in your life, but ones that are typically short-term or tracks branching off from your life's main path. They are still to be carefully considered and not ignored by any means.

The Spring Suit

Creativity – Personal interests – Action – Adventure

The Spring Suit is represented by bluebells. It is associated with passions, imagination, creativity, personal ambition, adventure,

inspiration and action as well as channelling positive energy.

Ace of Spring

**New ideas – Potential –
Discovery – Fresh energy**

The Ace of Spring represents an incoming of fresh ideas and new potential. It indicates a shift in your personal ambitions or creative goals and a feeling of zest filling your brain with excitement. Your ideas should be nurtured, planned out, then acted on as soon as you feel you have enough resources to proceed. Keep a journal and fill it with inspirational ideas and thoughts. Get on with the first steps toward making your ideas a reality and embrace this lively, enthusiastic energy.

Two of Spring Partnership – Connections – Plans

Two of Spring connects people together, working and bonding over ideas and inspiration relating to creativity, desires or personal goals. This may signify a partnership of two people who work and play well together. This pairing could be a fundamental part of achieving a personal ambition or adventure. You may have different skills and outlooks but complement each other and have similar aims. Nurture and maintain this relationship and you can grow and learn together.

Three of Spring Block – Uncertainty – Change of heart

The Three of Spring signifies a standstill in your personal goals, dreams or plans. This may

indicate a change of heart and uncertainty about things that you once felt sure of. It seems that a blockage might be leading to doubt about the way forward. Plans may need to be redrawn and re-evaluated in order to clear this barrier. It may be necessary to take some time out in order to find your way again, especially if you have been going full steam ahead for a long time without a break. This might be a great moment to manifest new goals and go back to the drawing board to reconnect with your foundations.

Four of Spring Celebration – Completion – Reward

The Four of Spring indicates completion and recognition. This typically relates to personal projects, passions or acknowledgement of your skills and

hard work. Now is the time to celebrate and enjoy yourself. Hard work has paid off and you can focus on the fun elements of your life. Take pleasure in creativity and the freedom found in your passions. Reward yourself in small ways, connect with friends, free up your weekends if possible. Enjoy the flexibility of time with less of an agenda.

Five of Spring Criticism – Opposition – Struggle

The Five of Spring represents a period of struggle when you may be facing criticism or competition. This card points toward frustration and loss of confidence. Now might be the time to view your ideas differently, re-evaluate your concepts, consider opposing views and decide your next move. If you stick to your values and the passion be-

hind your ideas, it will be easier to create an independent path and will keep these struggles at bay. Treat yourself fairly and don't get caught up in a wave of self-criticism prompted by what others may have said. Try to listen only to the opinions of those who you respect. If you are wrestling with self-limiting beliefs try writing down your doubts or worries, cross them out, and write something more positive or constructive to replace each one.

Six of Spring Courage – Growth – Moving forward – Risk

The theme of the Six of Spring is active growth, moving forward and having the courage to take risks. This card highlights that now could be a good time to make major changes, take more chances and explore some less safe options. Trying a new

direction could progress inner growth and lead to a more interesting path. This may require attempting new ways of thinking and working, and embracing new commitments. Educate yourself in new areas of interest and pick up past activities that you felt had failed and that you never bothered to see through to completion. Risk can make you feel unstable but can also bring amazing opportunities and new waves of enthusiasm and creativity. Break down any self-made boundaries and you might be surprised where the risk-taking leads.

Seven of Spring

Travel – Adventure – Escape

The Seven of Spring is all about travel, adventure and exploration. This card is strongly suggesting the need for exploring other cultures, doing some inner growing

or gaining inspiration for personal projects. It may also be indicating feelings of restlessness, craving new environments, stimulus or escape. You might need to look at the motives behind these indications and consider whether healing from current issues is necessary. In most cases, travel is a very positive move. Don't postpone your expeditions, no matter how big or small they are. It may be easier said than done but a lust for adventure will stay with you. Prioritizing expenses and making small steps towards realizing your plans is a good start to achieving your ambitions.

Eight of Spring

Action – Swift progression

The Eight of Spring requires prompt action. You will need to think and act quickly without delay so that progress can be made. This card may indicate

that you are dealing with multiple issues or thoughts. Swift steps often nip problems in the bud before they can grow, otherwise the situation may lead to you missing out on something important. The Eight of Spring is encouraging you to find the energy to achieve this goal.

This action may quickly result in things falling into the correct place. Once you have made your swift moves, slow down and take circumstances as they come. If you struggle to make fast choices, use meditation techniques and keep healthy support systems, such as good mental health habits and strong friendships to fall back on to help with stress.

Nine of Spring

Simplicity – Small pleasures

The Nine of Spring is a sweet reminder of simple pleasures. It

looks like a time of cutting back on overwhelming tasks, negative thoughts and freeing up some room for yourself. Space is needed to allow your opinions and ideas to flourish. This may require letting go of complicated tasks and scenarios that have been weighing you down. The action of release may feel nerve-racking but will result in a sense of lightness and control over your energy. Try cutting out elements from your physical environment first, such as unnecessary clothing and clutter. Then tackle the larger, heavier issues. Connect to your outside surroundings, helping you ground and guide yourself.

Ten of Spring

**Responsibility – Busyness –
Strain**

If the Ten of Spring comes up in your spread you have probably

over-committed to projects or responsibilities. This card is telling you that you have taken on more than you can handle and agreed to projects that your heart is no longer in. Busyness can also be related to avoidance of other commitments. It's time to slow down and try to enjoy the tasks that you want to complete or dismiss projects that you know aren't right for you. Take some time to collect your thoughts and reflect on any distractions, then make effective change.

Page of Spring

Lack of focus – Distraction – Boredom

The Page of Spring is a caution about loss of focus and distraction. This card is indicating potential boredom and loss of motivation. Personal interests and ideas are lacking energy. This dispirited lethargy may

lead to feeling trapped or stuck. Recognizing the root of the distraction can give you answers but your next moves are up to you. Personal endeavors bring us satisfaction and focus, which may be the key to unlocking this negative period. In order to regain your enthusiasm, you may have to recharge other aspects of your life that might, at first, seem unrelated. Unplug distractions and get away from social media for a while to help you have a clear mindset for moving forward.

Knight of Spring Overcoming – Efficiency – Trying your best

The Knight of Spring is a warrior who can overcome any issues that they are faced with. This card indicates a period of efficiency and working through challenges. Bringing your best

game to this short period of time will be necessary but you can only do your best. The Knight of Spring is a tryer who at times may think it is their responsibility to take any issue head on, on their own. If you're feeling pressure, keep your daily life as organized as possible, allowing times of rest where you can. Little sparks of enjoyment can carry you through when times are rough.

Queen of Spring Confidence – Leader – Positive energy

The Queen of Spring is a strong leader who has certainty and confidence in their thoughts, creativity and ideas. This is a positive card indicating a time of clear direction and enthusiasm. If you are not there yet, now may be the time to focus on channelling the queen's positivity

towards self-discovery in order to encourage inner love and respect. You could also use all of this creative, confident energy to focus on new challenges and desires. Continue to allow yourself the lovely extra elements of life that make your soul glow.

King of Spring

Good karma –

Return of positivity

In the recent past if you have given out positive energy and performed good deeds; those vibrations are now being returned to you. This karma usually comes in the form of good news or a positive development in a personal project or situation. If this card is positioned in your spread as relating to the future, now may be the time to think about sharing positive energy and doing good deeds. Take care of those around you as well

as those who you have never met. Everyone can sometimes benefit from a little thoughtfulness or small act of kindness. Whatever you put out there, will return to you in some way.

The Summer Suit

Romance – Physical love –
Relationships – Friendships –
Connections

The Summer Suit is represented by a rose. This suit is associated with relationships, attachments, emotions, romance, sexuality, celebration, intuition and processing feelings and connections with others as well as the wider world.

Ace of Summer

Intensity – New relationship –
Sincerity – Connection

The Ace of Summer represents the start of a new, intense relationship or partnership of some

kind. It's a positive card, welcoming a new beginning into your life with a strong and sincere connection. Good intentions are a theme with this card but so are intensity, sexual and physical expression. New relationships, whether they are a commitment or just a physical connection, can be powerful because they are full of excitement. It is important to notice any doubts you have and heal from them while also giving yourself time to reflect on and understand where you would like this relationship to go. Journaling is a great way to get your thoughts out onto the page and to address them. Also, give yourself time for physical exercise—have a walk to clear your head and process the changes that come with any new relationship.

Two of Summer

Pairing – Trust – Loyalty

This card relates to a pairing or attachment of some kind. The Two of Summer symbolizes a new direction or a milestone in a relationship. It could be in a work partnership or taking a romantic union to a new level such as marriage or making your connection official in another way. The new direction could also mean that there are areas to explore within this pairing that can indicate changes that might be accompanied by distrust, doubt or jealousy. Loyalty takes two, so do your part and trust in the relationship's natural development without overthinking each other's motives. Keeping respectful, honest communication is key, so talk with your partner in an open-minded manner and connect with close friends

with whom you share established bonds for support.

Three of Summer Celebration – Support – Cooperation – Future

The Three of Summer's resounding theme is support and cooperation leading to greater things. The long-term and the future are strong themes with this card.

There may be a person, or group of people, who is bringing strong positive energy to your life and who can lead you to growth in some way. They could help you towards personal, spiritual, physical or work-related fulfillment. Celebration is also linked to this card, meaning that success from this union deserves to be rejoiced in and cherished. A job-related boost, an engagement, a wedding or even a birth might be in the cards.

Four of Summer

Discontentment – Dissatisfaction – Restlessness

Discontentment and restless cycles of worry cannot change or improve unless they are addressed. This card shows dissatisfaction in a relationship and indicates that your needs are not being met and boundaries have not been respected or maybe not even established yet. There could be issues in a current connection that are bringing you unhappiness, leaving you feeling restless and ready for change. This card doesn't necessarily mean abandon ship but is more about a re-evaluation of goals and needs, and pinpointing where the dissatisfaction lies. Only then, can the action and change happen and with effective communication your relationship can be led onto a more positive path. Time for yourself

is currently really important; time to nurture hobbies and me-time, and a break in routine to uncover the issues lying beneath your feelings. Consider meditation and creating better energy in your environment in order to care for yourself at this time.

Five of Summer **Failure – Loss**

This card is a strong forecast of failure or loss. A relationship or situation that you have heavily invested in emotionally is coming to an end. Tension may have been building for a while with feelings of detachment, guilt or denial. Some level of severance may be needed in order to restore balance. Now is the time to consider your own needs but also try to recognize your own mistakes and limitations. It might be wise to think about seeking outside help as well as

thinking about your own values and creating new goals. If you're confused, turn to divination or explore new aspects of education to benefit your future. As with many things, this setback is temporary and is making room for new positive circumstances.

Six of Summer

Renewal – Hope – Optimism

The Six of Summer is a card of renewal, which can indicate that there is new hope and optimism in a current friendship, relationship or partnership of some kind. It seems that your hard work spent nurturing this relationship is paying off, bringing new goals, commitment and understanding. It's important to not lose focus of your own personal needs in connections with other people. Look back frequently on what you've learned to keep a balance and to reach a place of contentment.

Making quality time and organizing your schedule are valuable at this time. Don't let other responsibilities and issues that are important to you slip, even when you feel your main focus needs to be on this relationship.

Seven of Summer Future – Dreaming – Creativity

The Seven of Summer represents the dreams, hopes and fantasies that you may have regarding connections with others and partnerships. If you find this card in your spread it means that you have had ideas and goals circling around your subconscious for a while and it's time to start manifesting these into reality. Allow your imagination to run free without worrying about practicalities. Anything is possible! This card could also indicate that there will soon be dissatisfaction

if you don't choose to start moving towards making your dreams come true—it is telling you to get a move on right now. This is the perfect time for manifestation and exploring your goals in your journals and through spellwork.

Eight of Summer Confusion – Exhaustion – Choices

The Eight of Summer suggests confusion regarding a relationship or connection. You may be exhausted from being stuck in one place or going round in circles and being confused about where to go next. Now is the time to finally find clarity by choosing a path and moving on. The most beneficial thing for you to do is to look forward, imagine your ideal future and concentrate on new personal projects. Rediscover parts of yourself that

have been lost for a while, even though picking yourself up might feel difficult at times. Read, find a new focus and be sure to nurture spiritual practices to guide you through the dark. Be mindful that any hurt and uncertainty are only temporary.

Nine of Summer Gratitude – Fulfillment – Happiness

The Nine of Summer is a wonderful place to be, it points toward contentment in a relationship or says that happiness is coming soon. Commitment to loved ones and pure intentions should be paying off. It is also time to express gratitude and appreciation for great relationships. Enjoy all of the sensual, emotional and spiritual pleasures that life brings. Treat yourself by creating something to express gratitude for you and

your friends, such as homemade gifts. This is a great time to start exploring new passions if you have the emotional space and freedom to do so. Research and try out new hobbies, and dedicate yourself to something new; you deserve to give yourself rewards!

Ten of Summer Family – Inheritance – Generations

The Ten of Summer represents family and different generations. This card indicates the need for family at this point in your life, whether it be chosen family or a relative. It's time to reconnect with someone who has been on your mind recently or someone in your life who may be in need of care and consideration. Maybe you have fallen out with someone and now is a good time to offer an olive branch.

Alternatively, this card could imply that your efforts with your loved ones have been extremely helpful and appreciated, and could result in a sense of fulfillment or a monetary gain. Keep a selfless attitude and remember that every generation, young or old, has something to offer and something to learn.

Page of Summer Immaturity – Intuition

The Page of Summer shows immaturity in their attitude towards a relationship. This could be a romantic connection, a friendship or a work partnership but whoever it refers to has a childish or irresponsible mindset that needs to be addressed. It's important to use your experience and your intuition to guide your understanding of the situation and to consider both parties. The result will be that your bond

with this person will be greater. At this time, self-reflection is important as well as contemplation around the behavior of others in order to prevent this situation from happening again.

Knight of Summer Attraction – Caution – Unpredictability

The Knight of Summer is charming and romantic but they also bring uncertainty. This could light a fire in your life; there may be someone or something that you have intense feelings for or who holds great interest for you in some way. It might feel as though you have been swept off your feet or you may be on an emotional rollercoaster, and this card advises a cautious approach. Manipulation and hurt are potential themes of this card. Everything that you desire may seem to be present in this rela-

tionship but keep your head and put healthy, protective boundaries in place. This card is telling you to protect what is already yours and what is most important to you. Be aware of major variations in your routine and priorities; changes will happen naturally but if you notice your values slipping, re-evaluate your judgment about this influence.

Queen of Summer Sensitivity – Nurturing – Wholesomeness – Insight

The Queen of Summer is insightful, influential and self-aware and is influencing you to define your truth and your own, individual perspective. This card can imply that passive qualities with regards to connections with others might need addressing. The Queen of Summer is telling you to rethink issues around self-esteem and your value in

relationships. Connect to people, activities and hobbies that remind you of your worth and your loveliness. Take some time to nurture the things that make you feel confident. Grounding yourself will keep you connected to your inner divinity.

King of Summer

Authority – Dependability – Security – Stability – Tolerance

The King of Summer is a strong and authoritative figure who symbolizes stability and security. This card portrays the presence in your life of a person who can provide safety, acceptance and emotional reliability. It's important to allow yourself to be calmed and embraced by them. The King of Summer card can also highlight a lack of stability and reliance on unhealthy dependencies or coping mechanisms to get through the days.

In this case, try to work on the negativity that might be controlling parts of your life and to discover greater emotional security from within.

The Autumn Suit

Thoughts – Values –
Spirituality – Mental health

The Autumn Suit is represented by heather. It is associated with thoughts, opinions, attitudes, values, mental health and spirituality.

Ace of Autumn

Perception – Stability –
Self-awareness

The Ace of Autumn signifies a period of mental clarity, calm and stability. You will gain a better understanding of your ideas, opinions and self-awareness, which will benefit your inner growth. Conflicts, questions and

unsure feelings will be resolved. Now is the time to stay away from distractions and negative influences as well as stimulants such as coffee, alcohol and any other addictive substances. Focus on caring for yourself, eating well and nourishing your body and mind. This new outlook will carry you through to a positive chapter in your life.

Two of Autumn

Conflicting values – Prejudice – Communication

The Two of Autumn indicates conflict between two parties, possibly in the form of prejudice, conflicting attitudes or lack of understanding of another's point of view. Values can be misjudged and misunderstood. Any ego or pride should be put to one side and the focus should shift to healthy communication. The situation may not end how you

would ideally wish but it could leave you with greater awareness of the bigger picture and the value of empathy. Meditation and time alone to reflect might be a great way to resolve or manage confusion that you have around this conflict.

Three of Autumn **Loss – Suffering – Grief**

The Three of Autumn points toward misfortune, grief and pain. This is related to a loss that might have immediate or extreme effects on your life. You could be left suffering for a while and feeling unsure how to function. While grief and hurt can seem unbearable, it's important to feel whatever you need to feel. Allow yourself to heal and don't bury bereavement away. There's no point in denying or trying to forget the feelings and thoughts around painful events as you will

only have to process them later. When you are ready to move forward, which will come when the time is right, focus on picking yourself up in small ways, such as writing down your feelings and speaking to friends. Heal yourself in a calm and soft way. Recognizing that loss is an inevitable part of life will lead you to brighter days soon.

Four of Autumn

Health – Healing – Retreat

The Four of Autumn is a mending card. It marks a recovery from a mental health condition, a distressing situation or a conflict. Give yourself the time you need to step back from life and heal. Healing is not straightforward and can take a while but making the move towards restoring health and well-being usually requires a series of steps. Whatever your soul is looking for, you

may find that you need to begin this recovery away from the world. Accept your feelings, taking evenings or days for yourself, and read and educate yourself for a while on any subject that you feel may heal your soul. Perhaps you could explore ways of non-physical healing such as any spiritual practices that have caught your interest in the past. This may be a good time to go on a solitary trip or retreat, to reconnect with your thoughts and begin the mending process.

Five of Autumn Toxicity – Avoidance – Addiction

The Five of Autumn highlights a potential inability to cope with life currently, expressed by self-sabotaging or damaging behavior. This could be relating to avoidance or addiction at any level of severity. This card is

mainly a warning to step away from toxic behavior that you may have been relying on. Try to face or at least recognize what you have been avoiding. Break ties where situations no longer serve you. There is too much energy being used for negative interactions and it is time to replace this with positive building blocks for the future. This might require external or professional advice and help.

Six of Autumn **Moving on – Release**

This card is telling you that your mental focus needs to shift toward the concept of release in order to transition to better times. Letting go of your emotions, situations, dreams or relationships is not an easy thing to do. Moving away from established ways of thinking and being can be terrifying but deep

down, you know what you need to do. Maybe you should get away, go on a journey or generally lighten your load. Consider also giving yourself daily, balanced rewards that can help your brain deal with the emotional confusion that may come with release. Be sure to give yourself time to process whatever you are feeling, while also focusing on regaining structure. It's OK to be open and vulnerable and seek help from trusted friends and family.

Seven of Autumn

Hope – Spirituality – Routine

The Seven of Autumn points toward the importance of a positive routine that includes spiritual practice as well as nourishing your non-physical self. If you've been through a period of suffering, this card indicates a wave of optimism

in your life. You may feel the need for new, helpful mental habits. Look into your soul and feed it with healthy routines and practices, leading you towards a more constructive and fulfilling journey. This card is telling you to commit to and focus on this area of your life for a while, putting it before anything else.

Eight of Autumn **Frustration – Restriction**

The Eight of Autumn stands for the sense of frustration and restriction that comes from the feeling that aspects of life are out of our control. This may lead to or worsen anxiety, depression or other mental health issues. You might be feeling trapped but it's important to realize that there are some circumstances that you just don't have any influence over. Picture a small bubble inside a big bubble. Inside the

outer bubble, imagine these are the things that you can't control, while inside the smaller bubble, imagine these being the things you can control. Choose to let go of the things in the outer bubble. If this is difficult, then try writing down the aspects of life that you feel you do have some power over so that you can concentrate on them before weighing your options and actions. This will help to give you a true visual perspective on your situation. Despite feeling overwhelmed, focusing on a goal related to personal progression will help you through this time.

Nine of Autumn

Stress – Anxiety – Illness

The Nine of Autumn signifies an illness or heavy worry in your life. This could be a physical or mental illness or a situation that is causing you an overpowering

sense of anxiety. This source of great stress could knock you off your feet and may leave you feeling desperate and overwhelmed. This could be a long-term battle so seeking professional help is crucial to prevent the situation from becoming progressively worse. The recovery process will also be shorter if you seek support soon. Try to allow others into your personal space to help you and ground you during this time as you may feel very isolated. Take one day at a time and don't feel guilty if you can't maintain your usual levels of responsibility.

Ten of Autumn Ending – Exhaustion

The Ten of Autumn is an ending that is completely final with no going back. This ending could seem like a failure and leave you feeling emotionally and physi-

cally exhausted. You may have been holding on to something for too long and it has been draining all of your energy and fight. Now it's time to exit and take care of yourself for a while. Your wounds are fresh and open, and to prevent them getting worse you must care for them. Use your instincts to nurture yourself for a while before trying to tackle any mess you feel like you've been left with. Whatever this ending means for you, the future is waiting for when you're ready. Don't rush; heal and wait until you feel you have a clear path on which to move forwards.

Page of Autumn Challenge – Defense – Judgment

The Page of Autumn signifies something or someone who is challenging you. You may feel as though your knowledge, experi-

ence or abilities are being tested or questioned. This person might seem to have all of the answers and you are worried that others will also begin to judge you unfairly. This threat means that you need to focus on your own values and the answer might be to not fight fire with fire. Both you and your opponent may have lost your way with regards to what is actually important. Allow yourself to be vulnerable and honest. Show emotions and express your thoughts openly with someone you're close to. Concentrate on activities that lead to improved self-discovery and this will steer your focus away from the opposition.

Knight of Autumn Manipulation – Aggression – Self-doubt

The Knight of Autumn is someone or something causing you to doubt your worth and your values. If this is a person, they might seem to be sour and single-minded and could be using force and manipulation in order to get what they want. Don't confuse direct, low-key aggression with honesty. No matter what you might feel you are gaining from them, or however much you feel you can help them, they will continue to have negative effects on your mindset. The foundation of this feeling is not a positive influence in your life and this card is an indicator that you shouldn't be involved any longer. In extreme examples, you might need to deconstruct the attacks that have

been made on your sense of identity, systematically examining your self-doubts, taking each one apart in order to gain a sense of reality. Peel back layers of doubt to get to the core of what makes you, *you*. Focus on your immediate environment and nurture supportive relationships.

Queen of Autumn Independence – Originality – Intelligence – Fun

The Queen of Autumn typically appears as an energy, either within yourself or someone close to you. This mindset is the true form of originality, following your own path to create the future and life that you wish for, with positive intentions, smart thinking and allowing yourself to be happy and have fun. You may already feel this energy, or be inspired to take this outlook and apply it to your life now.

Use what you've learned and your individual thoughts and feelings to guide your lifestyle and mindset towards creating something beautiful for yourself. Spend some time working out what this unique future looks like to you. Then, follow it with pure intentions to reach the place where you would like to be.

King of Autumn Vulnerability – Hidden – Decline

The King of Autumn represents someone who usually appears to be strong but recently has been experiencing a decline and needs help. This person could be you or someone you know, who is suffering and hiding their emotions. If this is you, it's time to stop trying to be strong for everyone else for a while. Start to look for the help you need, whether it is communicating with

friends or delving deep to gain some awareness around what has been going wrong. Sometimes, everything can seem to be pleasant on the surface, even to ourselves, so some uncovering of layers may be necessary in order to work out what needs changing. At this time, it's important to check in with yourself and your loved ones to make sure nobody is struggling. Take time to talk and really listen to those around you in order to prevent this downward spiral from hitting rock bottom.

The Winter Suit

**Work – Finances – Security –
Physical health**

The Winter Suit is represented by snowdrops. It is associated with work, home, job security, finances, stability, educational growth and health.

Ace of Winter

Opportunity – Innovation

The Ace of Winter brings a fresh opportunity into your life, usually connected with work, or education. This card also highlights enthusiasm, aspirations and a strong element of hard work, which you must carry with you throughout this endeavor. Try your hardest to come up with new ideas and keep checking in with your goals to stay focused. Enjoy this time of innovation and remember to allow yourself personal time to wind down.

Two of Winter

Decisions – Change – Acceptance – Flexibility

Change is coming soon, whether it's work, career or your financial situation. It could feel as though it is threatening your security and stability. It's looking like a time of

uncertainty and there may be decisions that need to be made in order for you to feel settled again. Being in the minor suit, the upheaval will be short-lived and the sooner that you adapt to the changes, the quicker this will be over. Depending on the circumstances, savvy savings, flexible thinking and greater consideration for moderation in your lifestyle should make this time more manageable. Spiritual guidance around your home is a brilliant approach; calming practices and gratitude will be good for the mind at this time.

Three of Winter Co-operation – Sharing – Communication

The Three of Winter is teamwork at its best. This card could relate to work or family life and shows that there is a strong need for co-operation, sharing skills and

working in a way that benefits everyone. Try to come together in harmony and listen to and consider each other's needs, thoughts and feelings. Don't allow your own ideas to overrule everyone else's and try to keep communication as open and calm as possible. Showing your appreciation of others and sharing opportunities and successes will keep a balanced energy within the group.

Four of Winter

Greed – Ego – Control

Greed, selfishness or the need for control gets in the way of living a life of fulfillment. This card follows the theme of winter, usually concerning possessions, financial matters or work, affecting the people surrounding whomever is expressing greed. This may be caused by allowing fear and ego to control choices. It

suggests the need for change, reflection and empathy if you are on the giving end of this greed and making a stand along with healthy boundaries if you are on the receiving end. Either way, work on getting to the bottom of your fears and insecurities, and try to give up the ego if involved. The world changes around the choices you make so it's important that they are positive and constructive, not just for yourself but for everything that you care about.

Five of Winter

Loss – Worry – Unfaithfulness

The Five of Winter is a negative card warning of significant loss at home, work or in finances. This can correspond to severance of something that you usually depend on. There may be an element of unfaithfulness or breaking of trust involved. Unfor-

tunately, worry and uncertainty are inevitable consequences. Although it may be difficult to see any positives in this shift, the universe is making room for new possibilities for the future. Give yourself the opportunity to relax and think about the best options, and try not to be blinded by panic. It is important to let your feelings and thoughts out in healthy, intuitive ways. Emotions need to be felt.

Six of Winter

Learning – New skills

The Six of Winter is an exciting prediction of a new project in your work, finances or home. There may be fresh opportunities, new inspiration to begin training, the acquisition of new skills or perhaps an undertaking that may benefit several areas of your life or give you some kind of financial gain. If you commit

to this challenge, it could bring changes that throw some elements of your life on their heads but you can choose to learn from them and adapt. You could be required to learn new things and educate yourself to a high standard in the relevant fields. Work hard at this endeavor and don't let it take a back seat in your priorities. It could lead to interesting opportunities and benefits for you and your loved ones.

Seven of Winter

Patience – Future – Discipline

The Seven of Winter points toward a long period of work-related commitments, with gain and recognition in the future. This card highlights the need for dedication and hard work. Receiving appreciation might not be immediate but apply patience and self-discipline in whatever tasks are assigned to

you. Try your absolute best and make this into something to be proud of. Turn up earlier, express your ideas more clearly, push harder than you have before and rewards will come. Make positive and enjoyable plans for the future in order to give yourself the mental space to recharge.

Eight of Winter Burnout – Tiredness – Overwhelmed

The Eight of Winter cautions about the dangers of overworking or overextending yourself, highlighting potential burnout relating to a work or home situation. This card also signifies overwhelming emotions or extreme exhaustion. A buildup of work or unaddressed issues may lead to physical symptoms or self-neglect. It's time to take a break, catch up on the aspects of your life that have been neglect-

ed and focus on nourishing your body. Shifting your focus to your physical health is fundamental to beginning the healing process. Don't ignore the warning signs, as failure to act will only make the situation worse.

Nine of Winter

Balance – Re-evaluation – Middle ground

The Nine of Winter indicates a period of balance with regards to home and work life. You are somewhere in the middle of your personal or work-related ambitions—not yet where you want to be but you are on the ascent. Some circumstances might be going your way and others might feel as though they are falling behind. The exciting aspect of being where you are is that you still have a positive upward journey to come. Now is the time to make future plans regarding the

aspects that are falling behind. You might have to be prepared to let go of whatever doesn't serve your soul.

Ten of Winter

Home – Upset – Adjustment

The Ten of Winter suggests a disturbance in the balance of your homelife. This card is an indication that trouble or change might upset the natural dynamics within your household, close family, relationship status or regarding the physical building that you inhabit. A period of instability and adjustment may be in the cards. You should turn to outside support for reassurance but also address the issues from the foundations. Make the most of the space that you have; maintaining a tranquil area of positivity in your immediate environment can help to keep your soul grounded and calm.

Page of Winter

Fresh viewpoint – Curiosity –
Open mind

The Page of Winter has a fresh viewpoint, offering the chance to reopen your mind and to come up with original ideas. Studying or learning skills that are out of your comfort zone breaks the cycles of stale energy. Being curious and open-minded can benefit you now and in the future. Branch out into areas of education that you haven't yet explored such as podcasts, new classes or any method of expanding your horizons. Rest and switching off completely in order to refocus your energy are necessary to keep you on track.

Knight of Winter

Kindness – Generosity – Giving – Teaching

A generous energy is entering your life. This card highlights the need to help others, and to express kindness and hospitality. You may notice others in need of support; share your wisdom and inner teachings but also lend a hand by giving your time, skills, money or knowledge to people who need help. It's time to be thoughtful and helpful without expecting anything back. Ground yourself and try to make sure that you don't neglect your own personal needs. Keeping a healthy balance is the key to serving others while also thinking of yourself.

Queen of Winter Luck – Smooth sailing – Success – Security

The Queen of Winter represents a period of success and contentment. This is a really positive card that is linked to stability gained through hard work, good fortune or the generosity of others. Life will generally feel as though it is sailing along smoothly and relaxation is a theme for the near future. Be generous to others at this time. Give back by any means that you can; share the good luck and the joy. Maintain gratitude and take time to appreciate the contented energy.

King of Winter Independence – Satisfaction – Focus

The King of Winter is an independent, self-sufficient force

setting a course relating to work, hobbies and interests. This card highlights the importance of learning, building your skill set and keeping a consistent, motivated attitude in order to follow your desired path. Self-belief and courage are often needed if you are to branch out and star in your own, independent journey. It's your time to work on diving into that ambition to start making it a reality. Focus your mindset, work hard, have confidence in your abilities and you will be able to create something wonderful. A healthy physical and mental routine will keep your vibrations high at this time.