

Harness the Wisdom of Tarot to Create Your Desired Future

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Here's a four-card Tarot spread to serve as a starting point for your journaling or your quiet, meditative processing. Shuffle your deck with a fairly open question about what is available to go for good, and what to invest your focus into as a potential source of energy or your continued growth and enjoyment. When you are ready, lay out four cards at each of the four points of an imaginary compass.

North

Stretch here! Stretch upward and reach for bringing this into your life or your emotional world.

West

This card indicates something, or many things, that are baggage you no longer need to carry. You might feel you owe someone or have no rights to move on from a painful experience or mistake. Go deep here, recognize thoughts you might not allow yourself to admit you hold. Acknowledge fears and ways that you self-harm, because a helper will appear in the West to assist you now.

South

This card indicates something you are ready to begin. This might be an activity or it could be a new relationship or hobby. The very beginning of anything is just an idea so if that is all you have so far, incubate it now so you can ant it in the early spring.

East

This card is a helper for you and she arrives with a broom in hand. She is here to assist you with sweeping out what you have discovered in the east. It will be beneficial to pick up your own broom, imagine what you see in this card with her own broom, and focus on what you are sweeping up and out together as you sweep your house or stoop.