

# Sample Reading

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## The Question:

What do I need to know about changing my business focus to include more intuition and spirituality?

## The Spread:



Past: 4 of Swords  
Present: 5 of Swords  
Hidden Influences: 4 of Wands  
Obstacles: 10 of Cups  
Environment: 6 of Swords  
Recommended Action: Page of Pentacles  
Outcome: 2 of Pentacles

## Interpretation:

I'm coming off of a period of rest and contemplation. There are challenges ahead, but I wasn't ready to face them before. Now that I have a clearer picture of what I want, it's time to move on.

I'm currently experiencing some struggles and defeat. It's been very hard for me to admit that my coaching path wanted to shift and I've been fighting against that, trying to hang on and continue to make it work the way it was. I don't like to admit mistakes and I like to be in control, two characteristics that are making the present moment more difficult than it has to be.

As swords represent the intellect, I also have to be mindful of the stories I'm telling myself about where I am and how I ended up here: that I failed or made a mistake, that I'm a flaky person who gets bored too easily and will never be happy with anything... you know, really productive stuff. I know better to believe these fairytales, but they're still lurking in the corners of my mind.

The hidden influences card asks: what am I missing? What is hidden, suppressed, unconscious, or shadowed about the situation? What I'm taking away from this card is that there is more stability present than what I'm seeing. I sometimes forget change can be joyful and transformative - it doesn't always have to be this big, operatic, angsty thing. Sure, it can be violent and unexpected, but it can also be gradual and grounded in rhythmic stability, like the changing of the seasons or the path of the sun across the sky. This card reminds me to ground and be aware of all the constants in my life. I'm being held. I can relax.

It's always interesting to see a "positive" card like the 10 of cups show up in the obstacles spot. The way I'm seeing it is that I'm afraid to shake things up too much for fear of disrupting the good things I have (emotionally fulfilling relationships and connections). I feel tentative about making a move that will look too extreme / dramatic / woo from the outside and alienate the people I care about. This fear of judgment is making it hard for me to move forward and believe that they will love and accept me anyway.

The environment card looks at outside influences like friends and family. The mix of darkness and light in this card reminds me that I know people who cover a wide spectrum of personalities: from dreamy optimists to pragmatic realists. Whether I choose to pay attention to the rain or the rainbow is up to me (and they both serve a purpose at different times). The weather (i.e., their attitude) isn't personal; it's just my thinking (the swords) that makes it seem that way.

After all this emotional and intellectual processing, the cards say: come back to Earth, Julia. Be like a fawn, exploring the world for the first time. Focus on the here and now, the actions you can take in the physical world. Stand in your knowledge of what is true. Feel grounded and secure in who you are and take action from that place. No matter

what energy you're putting out there, you also need to show up in the real world so people can find you.

The likely outcome (if I don't take the actions of the advice card) is one of (surprise!) change. As I've said to a couple of my other clients, this card reminds me not to hold onto the outcome too tightly - like a butterfly, it's easily smushed. The butterfly's appearance embodies symmetry and balance, but its flight is swoopy, fluttery, erratic. It lands on whatever flower appeals in the moment, but it's steadfast in its search for nectar. It tastes with its feet(!), testing the surface to see if it is one that will provide nourishment. With all that in mind, I see the likely outcome as being one that swoops and changes minute by minute, responding to subtle influences and changing circumstances. At the same time, it holds a constant shape, even if the direction changes.

**Here are some affirmations I'm taking away from this reading:** I am flexible, resilient, and curious. I release the need to control. I am willing to be wrong. I trust in my ability to find stability in the midst of change. I trust in the love and connections around me I release all projections, distortions, and judgments (real or imagined). I take inspired, practical, real-world actions to get useful feedback and help my right people find me.