THE FIELD NOTES

THE LIGHT SEER'S TAROT
O. THE FOOL

KEY CONCEPTS

Light Seer: new beginnings, enthusiasm, adventures, fresh opportunities, the potential to bring your dreams to life, having faith, a transitional period of awakening, optimism, innocence, light-heartedness and being spontaneous

Shadow Seer: naivety, assuming you already have the answer, rash or overly impulsive choices, lacking experience, analysis-paralysis, being bogged down, foolishness, jumping before you look

QUESTIONS FOR THE SEER
• If you knew the Universe would catch you mid-flight, where would you leap?
• What one thing could you learn today, that would help prepare you for tomorrow?
• Imagine two wise guides named Playfulness and Enthusiasm. What counsel do they have for you?
• How much do you trust yourself to try new things, and succeed?

I AWAKEN MY SOUL PATH AND I AM READY FOR ADVENTURE

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1. THE MAGICIAN

KEY CONCEPTS

**Light Seer:** skills, natural talents, power, the ability to manifest your desires, cultivation of interests, having a singular focus, creativity, possessing all the resources you need, transformational success

**Shadow Seer:** unused potential, latent talents, questionable intentions, selfish or self-destructive actions, a need to focus your energy, blocked creative energy, illusion, manipulation, a need to bolster your self-confidence

QUESTIONS FOR THE SEER

• What tools do you have at your disposal, that you aren’t fully utilizing?
• How does magic appear in your life? What does it look like? Feel like? Sound like?
• Are you sharing your skills and talents with others, and using your magic for the good of the Universe? Or are you short-changing your potential and only using your magic for personal gain?

I manifest the life I desire through energy and intention

NOTES: ____________________________
2. THE HIGH PRIESTESS

KEY CONCEPTS

Light Seer: dreams and visions, psychic insights, serendipity and metaphor showing up in your life, quiet time in contemplation, meditation, introspection, powerful intuition, spiritual illumination, occult or hidden knowledge

Shadow Seer: keeping secrets, gossip or mistruths, hidden agendas, fear of your intuitive abilities, not paying attention to your inner voice

QUESTIONS FOR THE SEER

• How do you connect with your intuitive heart? Do you feel it, see it, hear it, and know it? Can you try to incorporate a different sensory experience?
• Do you receive messages of both shadow and sunshine from beyond the veil, and do you treat them of equal importance?
• When you quiet your mind, and you listen for one word that The High Priestess is sending to you, what is it? And why does it make sense for you right now?

NOTES: 

-- Faith is laced in my intuitive heart and I have the answers I seek --
3. THE EMPRESS

KEY CONCEPTS

Light Seer: prolific creativity and creation, fertility, unity, motherhood, sensuality, nurturing, abundance, luxury, empathy, unconditional love, birthing desires and realities, a new family, a new relationship or a new business

Shadow Seer: infertility, emotional overwhelm and shut down, the need to look after your health and nurture yourself, the tendency to be overbearing, disharmony, negligence, focusing too much on the material aspects of life, a perfect time to look for (and move towards!) that which inspires you

QUESTIONS FOR THE SEER
• What areas of your life need more nurturing, and what areas of your current situation are asking to be held, mothered and nurtured?
• Do you feel unconditional love for the steps you have taken up until now? And what would unconditional self-compassion allow you to birth?
• Sensuality and creativity are gifts from the Gaian Empress. You get to decide what seeds you plant in your creative cave and which ones you birth. You get to decide which ones to water and tend. You decide how long you wait before the harvest, and how you share the harvest with those around you. Are you nurturing outcomes as best you can? What have you been growing in the light and in the dark?

Finish this sentence: I am ready to give birth to ____________.

I give birth to my abundantly rich future

NOTES: ____________
4. THE EMPEROR

KEY CONCEPTS

Light Seer: a natural leader, structure, a business person, a time to employ strategic and analytical thinking, taking action, calculated risk, divine masculine, looking after others, authority, power, boundaries, success

Shadow Seer: unchecked power, ruling with an iron fist, being overly pragmatic and rigid, corruption, selfishness, being too defensive, a desire for control, stubbornness

QUESTIONS FOR THE SEER

• Do you feel stable and reliable? What is your relationship with responsibility like?
• Strategy. Whatcha’ got in mind? Write it down and formalize it!
• What are you building, and what will it look like when you are done?

I lead my evolution with confidence, authority and generosity

NOTES:
5. THE HIEROPHANT

KEY CONCEPTS

Light Seer: powerful lessons, a spiritual leader or guide, a time to have faith, enlightenment, awakening, in service of Spirit, finding your own path, an awakened soul, transformation and transcendence, new paradigms

Shadow Seer: old systems or structures that are no longer relevant, dogma, rebelling against societal norms, a need to let go of old ways of thinking, abuse of power, stagnation, ego-based leadership, a need to connect with Spirit

QUESTIONS FOR THE SEER
• Are you listening to the wisdom of your heart, or placing others’ messages above your own?
• Is there an old way of doing or being that you are holding on to? What would happen if you let go of an outmoded way of life?
• What belief is getting in the way of your dreams?

I AM MY OWN GURU
AND MY HIGHEST GUIDANCE IS ROOTED IN FAITH

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6. THE LOVERS

KEY CONCEPTS

Light Seer: a choice, dualities, harmony, a lover or romantic relationship, friendship, unity, the choice to allow yourself to fall in love, healthy boundaries, soulmates, love

Shadow Seer: a break in communication, disharmony, an opportunity to focus on self-love, giving away power in a relationship, the loss of self, too many expectations of others, manipulation, co-dependency, an imbalanced partnership, not able to choose between two people

QUESTIONS FOR THE SEER

• Are you able to bring yourself fully to a partnership at this time?
• What shadow might you be projecting onto others in your relationships?
• Are you open to collaborating with others? Or to having a romantic relationship with another soul? If yes, how are you calling them in?
• What steps have you been taking to inform the Universe that you are here, and that you are ready?

MY HEART IS OPEN TO DEEPLY MEANINGFUL CONNECTION AND I AM EXPANSIVE 🌟

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7. THE CHARIOT

KEY CONCEPTS

Light Seer: determination, victory, speed and action, harnessing opposing forces and moving them in the same direction, success, travel, haste, confidence, power, being in control

Shadow Seer: a need to focus your energy, lack of self-discipline, aimlessly charging ahead, self-doubt, lack of control

QUESTIONS FOR THE SEEER
• Without clarity on your inner most desires, it’s impossible to focus your chariot in the right direction. Where are you headed? Check in with your solar plexus.
• Does your chariot feel stuck in the mud? In what areas of your life have you been stagnant a little too long? Or maybe you drifted right into this quicksand?
• You’ve taken the wheel, now it’s time to chart your route.

I CHOOSE WHO I AM BECOMING AND I RUN TOWARDS IT WITH CONVICTION

NOTES:
8. STRENGTH

KEY CONCEPTS

**Light Seer:** fierce serenity, inner strength, innocence, purity, spiritual matters, compassion, the courage of a lion, calmness in the face of uncertainty, quiet influence, graceful leadership, a gifted healer, sometimes lust or animal instinct

**Shadow Seer:** getting blocked by fear, self-doubt, a need to have faith in your inner strength, being guided by the lizard part of your brain, a need to exercise self-control, self-destructive impulses

QUESTIONS FOR THE SEER

• How do you find courage in the face of shadow?
• Are you using all of the wisdom that’s available to you?
• When faced with a challenge, how do you react? Or respond?
• Are you being taken advantage of (or walked on) because of your soft nature?
• Fearless serenity is grounded power. When do you feel powerful in life?

I deliberately shine my compassion and STRENGTH

NOTES:
9. THE HERMIT

KEY CONCEPTS

Light Seer: inner reflection, meditation, contemplation, soul searching, inner wisdom, spiritual mentor, experience, finding your guide within, taking time away from the chaos of a busy life, time out, ‘hermitting’

Shadow Seer: withdrawing from society, isolation, loneliness, ignoring your inner voice, losing your sense of purpose, not trusting yourself

QUESTIONS FOR THE SEER

• What would your inner sage say if you asked it what you needed to heal?
• How comfortable are you doing things by yourself, and spending time alone?
• Do you give yourself permission to take time-out when you need it?

I witness my brightly lit heart

NOTES: _______________________________
10. THE WHEEL OF FORTUNE

KEY CONCEPTS

Light Seer: fate, destiny, a lucky break, cycling up through karmic lessons, the chaos of creation, a beautiful surrendering to what is and what will be, a turning point

Shadow Seer: a need to relinquish control, the ups and downs of life, inevitability of change, karma, misfortune

QUESTIONS FOR THE SEER

• Are you trying to control the outcome, to the point of stifling your positive luck?
• Do you believe that your destiny is inevitable? Or do you believe you create your future? Would one of these perspectives help you more than the other at this time?
• Wheel of Truth: Have you created your current situation through choices that you regret? Can you release and transmute your feelings around this in order to free up the present and give the wheel a little more slack so it can spin in your favour?

With every spin, I expand

NOTES:
II. JUSTICE

KEY CONCEPTS

Light Seer: natural law, balance, karma, truth, wisdom, legal matters, fairness, cause and effect, integrity, objectivity, perspective, accountability

Shadow Seer: consequences, retribution, karma, injustice and inequity, the opportunity to make changes that will better your future, taking responsibility for your actions, learning from past experiences, facing regret

QUESTIONS FOR THE SEER

• Where are you out of balance?
• How can you do a better job next time?
• Justice and Injustice are tightly bound concepts. What injustices can you right with thoughtful action and inspired service?
• If an injustice has harmed you, how can you move towards forgiveness in order to heal? What does loving reparation look like?
• Are fairness and rightness the same thing?
12. HANGED MAN

KEY CONCEPTS

Light Seer: surrendering to the will of the cosmos, an intentional pause, reflection, letting go, embracing the new, re-aligning with your heart and purpose, new wisdom, spiritual teachings, enlightenment, acceptance

Shadow Seer: stagnation, self-sabotage, holding onto something that isn’t meant for you, stubbornness, a tendency to be a martyr

QUESTIONS FOR THE SEER
• What is it that you are grasping too tightly for? Is it a thing? An idea? Or a belief?
• Do you surrender to the ‘reality’ that there’s nothing else you can do right now?
• If you let go of your feelings about your situation, what would you learn?
• Is there something in your life that has reached the point that the only way to grow is to continue on without it?

I lean into my world of LIMITLESS MIRACLES

NOTES:
13. DEATH

KEY CONCEPTS

Light Seer: endings, cycles of transformation, transition, change, new beliefs, newfound awareness, a symbolic death, rebirth and renewal

Shadow Seer: not wanting to move on, clinging to the past, fear of change, sentimental attachments, forces of destruction, mortality, end of hope. mourning loss

QUESTIONS FOR THE SEER

• Is there an attachment that is holding you back, or keeping you from experiencing this birth of your true nature?
• What comes next, after you release the past?
• What magic are you ushering in and birthing?

What new experiences and opportunities are you excited about?
• If you could be reborn, what life would you birth yourself into? And, trigger alert: Would you be able to maintain that perfect life with your current values, confidence, determination, faith, lifestyle, and attitudes? What would need to change?

ADD ENERGY to new beginnings

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14. TEMPERANCE

KEY CONCEPTS

Light Seer: alchemy, blending energies, harmony, moderation, masculine and feminine balance, duality and amalgamation, the fluidity of time, meditation, the perpetual motion of life

Shadow Seer: disharmony, clashing interests, oil and water, a need to practice moderation is some aspect of your life, severity, imbalance

QUESTIONS FOR THE SEER
• Are you over-doing it in one area of your life?
• Sacred Flow. What does that day look like for you? Or that week?
• Can you bring two different solutions together at this time?
• Money talk: are you over-spending or under-spending?

I walk the middle path
AND nourish wholeness

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15. THE DEVIL

KEY CONCEPTS

Light Seer: addiction, liberation, freedom from vices, healthy vs. unhealthy sexuality, obsessing about vs. enjoying the material world, the healing found in darkness, delving into your shadow self

Shadow Seer: bondage, addiction, trapped in your own stories, being manipulated by someone, not being honest with yourself, not seeing your own role in a negative circumstances, giving your power away, feeling helpless

QUESTIONS FOR THE SEER

• What aspect of you is seeking liberation from self-imposed chains?
• What is holding too much attention right now?
• What healing message of self-acceptance and forgiveness does the shadow hold?
• Freedom calls. Do you need to dance a little more?

In the darkness
I am FREE to HEAL- Everything

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16. THE TOWER

KEY CONCEPTS

**Light Seer:** change thrust upon you, the rug being pulled beneath your feet, beliefs challenged and questioned, new awareness and perspectives, a shift in the matrix, shifting timelines, structures and foundations falling apart, being unsure of who you are, the chaos of change

**Shadow Seer:** life becoming stale, refusing to change, fear of the unknown, avoiding a disaster

QUESTIONS FOR THE SEER

• How flexible are you in times of fast change? How could you be more easy-going?
• In the debris of a tower moment, our brightest lessons are found. What can take away from this? What have you learned when things break apart unexpectedly?

In chaos, I walk towards the brightest light

NOTES:
17. THE STAR

KEY CONCEPTS

Light Seer: hope, expectations, wishes granted, a renewed sense of hope, soul-purpose, healing after traumatic events, knowing you are on the right path

Shadow Seer: despair, loss of faith, diminished hope, being over-sensitive

QUESTIONS FOR THE SEER

• If you knew that your success would be guaranteed, what would you do with your life?
• What’s the biggest, most badass future you can envision for yourself? Where would you be in 5 years?
• What does inspiration feel like in your body? Invite it in, then describe it.
• If you had to choose 1 word to describe your soul’s purpose, what would it be?

I EXPECT MIRACLES

NOTES:
18. THE MOON

KEY CONCEPTS

**Light Seer:** trusting your intuition, facing your fears, the watery nature of the unconscious mind, mystery, symbolism and metaphor, perception, uncertainty, dreams, powerful visions, a spiritual experience

**Shadow Seer:** fears that block you, not being able to discern between reality and illusion, linear thinking, not able to process a spiritual or mystical experience, mental confusion, misinterpretation, anxiety

QUESTIONS FOR THE SEER

• How does fear create illusion and distrust in your life?
• How do you respond when you can’t interpret things with 100% certainty? Does it affect your emotions? Your choices? Your perspective?
• Even though the path may be dimly lit, are you willing to move ahead?

I TRUST MY INTUITION

and I FLOAT

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19. THE SUN

KEY CONCEPTS

Light Seer: inspirational success, abundance and fulfillment, exuberant creativity, positivity, love, manifesting dreams, inner beauty, a ‘yes’ card, self-actualization, a ton of happiness

Shadow Seer: delays, blocking positive outcomes with a negative mindset, self-doubt or lack of confidence, a need to seek inspiration

QUESTIONS FOR THE SEER
• Who makes you laugh ‘til you cry?
• What were you doing the last time you felt true joy?
• If exuberant joy had a color, what would it be?
• When do you douse your flame, hide your essence or cloud your vibrancy?

"In wholeness I shine like the sun, and I am happy"
20. JUDGEMENT

KEY CONCEPTS

**Light Seer:** self-realization and understanding, a spiritual awakening, knowing your motives and your heart to be true, total transparency, soul-searching, a reckoning, a glorious unveiling of spirit, an epiphany

**Shadow Seer:** hiding behind many masks, a need to let go of a shadow aspect of your story, denying yourself and your loved ones the experience of your true nature or essence

QUESTIONS FOR THE SEER

• What needs to be forgiven?
• How is it that you really want people to see you? And how do you want to see yourself?
• If it were up to you to judge your life at the end of your days, what would you say to yourself?
• When you listen to the deepest calls within your heart, what do you hear?
• What part of you needs to be accepted in order to feel whole?

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Hello Essence...
I am here to share my voice

NOTES:
21. THE WORLD

KEY CONCEPTS

Light Seer: completion, achievement, joy, finishing a large project, goals met, wholeness, happy endings, abundance, success, transcendence, new levels of consciousness, can be literal and mean travelling the world

Shadow Seer: taking short cuts, a need for closure, a need to follow through, staying focused in order to complete an unfinished ask, a delay in plans, unmet dreams

QUESTIONS FOR THE SEER

• What is the most important thing you learned on this journey?
• What is the biggest lesson you have taken with you?
• Next step: Another journey. Another Fool Card. Where to next, my love?
• How are you celebrating your successes?

I ascend to new levels of awareness.
— I AM LOVE —

NOTES:

the world

Next

Stop! the Fool
ACE OF WANDS

KEY CONCEPTS

Light Seer: new ideas, the seed of potential, the arrival of inspiration, illumination, intense creativity, the mirror-like nature of consciousness, interconnectedness of all things, Indra’s net, the ability to manifest anything, an a-ha moment

Shadow Seer: feeling uninspired, creative blocks, the mind needing rest, unfocused energy, burnout, a good time to seek inspiration

QUESTIONS FOR THE SEER

• Where do your interests lie? What new passions are on the horizon right now?
• How are you stoking the fires of passion and creativity?
• Where does your creativity come from? From within or without? And how do you find it?
• How are sparks of genius or creativity different than intuition?

I seed my BRILLIANT future with the roots of INSPIRATION AND CREATIVITY

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2 OF WANDS

KEY CONCEPTS

Light Seer: planning your future, making progress, activation, possibilities, the choice between your comfort zone and new adventures, leaving home

Shadow Seer: insecurity about the future, the fear of taking the next step, feeling stuck in your past, feeling worried about your abilities

QUESTIONS FOR THE SEER

• Should you stay or should you go? How badly do you want this dream?
• What lies just beyond your comfort zone that would improve your situation?
• It may be time to weigh the life you have and the life you want to have. Sometimes, we tend to think the grass is greener in someone else’s pasture, when it’s actually not. Are you romanticizing the future? Or do you understand the future you are planning, with a clear picture of where you’re headed and what’s to come?

the world is full of opportunities for adventure

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3 OF WANDS

KEY CONCEPTS

**Light Seer:** energy manifested, waiting for the results of your effort, the arrival of opportunities, business wins, clarity your ambitions, continuous improvement and moving in the right direction, progress

**Shadow Seer:** adversity coming to an end, not dreaming big enough, fear coming up to block your movement, delays, business expectations falling through

QUESTIONS FOR THE SEER

• Are you being open to new opportunities that are showing up?
• What energy did you call into your life that is here, now? What lessons did it bring? And what energy are you calling in for the future?
• What steps can you take today to move you closer to your goals?

I know my DREAM is on the way

NOTES:
4 OF WANDS

KEY CONCEPTS

Light Seer: celebration, prosperity, an important event or milestone, gathering of souls, people coming together for a common goal, kindreds, stability in home and relationships, sometimes signifies marriage

Shadow Seer: forgetting to celebrate the simple things, events not weighing up to expectations, getting caught up in drama, lack of harmony, feeling insecure

QUESTIONS FOR THE SEER

• You’ve come a long way. How are you celebrating your wins?
• If you’ve been going through massive growth lately, what plans do you have to pause and integrate the lessons?
• Sometimes the 4 of wands shows up to remind us that we feel more in harmony with our environment when we are able to just let loose and be ourselves. Are there aspects of yourself that you tend to keep hidden?
• What makes you feel totally at home? Who do you feel totally at home with?

I AM DEVOTED TO CONNECTEDNESS

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5 OF WANDS

KEY CONCEPTS

Light Seer: competition, conflict, ambition, challenge, being pushed by others to excel, brainstorming and mental jousting, adrenaline and aggression, surpassing limits, dynamic energy

Shadow Seer: a need to collaborate, in-group fighting or arguments, conflict, being overly competitive, not following the rules, a tendency to avoid conflict to your detriment

QUESTIONS FOR THE SEER
• What challenges are currently holding you back?
• Does competition bring out your negative or positive qualities? How can your current challenge help you to excel?
• While it’s wonderful to learn from competition, it’s unhealthy if it makes you feel ‘less-than.’ How can you use others’ success to drive your own?
• What is your current lesson about working with the energy of others?

WE RISE TOGETHER IN ACCELERATED HARMONY

NOTES: ____________________________
6 OF WANDS

KEY CONCEPTS

Light Seer: leadership, success, accomplishments, being seen, becoming an influencer, victory, optimism, inspiring others

Shadow Seer: not seeing eye to eye, pessimism, lack of connection, a fall from grace

QUESTIONS FOR THE SEER

• What feelings emerge when you think about being recognized, and seen, publicly?
• How do you feel about your dreams when important people in your life don’t understand them?
• Are you able to accept praise and recognition easily? If not, why is that the case?

I AM WORTHY OF SUCCESS

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7 OF WANDS

KEY CONCEPTS

**Light Seer:** dynamic energy, movement and growth, protecting your ideas, creative innovation, remaining ahead, feeling vulnerable, courageously sharing your ideas, self-expression

**Shadow Seer:** defending yourself, being attacked, being misunderstood, a need to erect energetic boundaries, grounding and protecting yourself, slander

QUESTIONS FOR THE SEER

- What relationship do you have with the opinions of others?
- Is it time to be firmer with your energetic boundaries?
- How would your perspective change if you were on their side of the situation?
- What does it look like when you show up in the most vibrant form of you?

I SHOW UP BRAVELY —
AND I STAND MY GROUND

NOTES: ________________________________
8 OF WANDS

KEY CONCEPTS

Light Seer: speed, velocity, travel, making split decisions, an upcoming positive resolution, haste, good news

Shadow Seer: instability, delays, unfocused energy and lack of direction, burnout, a tendency to hesitate, cancelled plans

QUESTIONS FOR THE SEER

• What are you waiting for?
• If you could go in any direction with the knowledge that it would be successful, which way would you go?
• How is your relationship with time? And how is that relationship affecting your current situation? (Think: too late, too old, too young, too early, too slow, etc.)
• Priorities and short-term goals. What’s your list look like?

NOTES:

It’s go time! I fall into the flow of this quickening
9 OF WANDS

KEY CONCEPTS

Light Seer: determination, resilience, defiance, a last defense, the final push, excitement for what’s to come, defiance in the face of difficulties, rewards, victory

Shadow Seer: the need to open up and trust people, holding onto old stories, letting go of old battles, the need to follow through and finish what you started, stronger boundaries

QUESTIONS FOR THE SEER
• What could you do to make your life easier?
• Are you being over-protective in your current situation?
• Sometimes, as light and shadow seers, we choose the more difficult path because we believe we are making progress when we are ‘fixing our shadows.’ Are you tied to the idea of your painful lessons?
• What one last thing must be accomplished before you can totally relax and release?
• You’ve overcome so much and come so far. What have you learned about yourself?

I push BEYOND my own PERCEIVED LIMITATIONS

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10 OF WANDS

KEY CONCEPTS

Light Seer: taking on too much, burdens, responsibilities, oppression, a chance to understand why you are taking on so much, finding yourself close to a successful outcome

Shadow Seer: the need to prioritize, divided attentions, freedom from burdens, letting go of someone else’s expectations of you, clinging to responsibilities, difficulty asking for help, the oppression of martyrdom, a need to stand up for yourself

QUESTIONS FOR THE SEER

• If you could drop everything else, what would you choose to focus on?
• If you’re taking on too much, what could you drop, knowing that things would likely be just fine without you? (Hint: Others are more capable than you think!)
• How much time are you dedicating to your own growth? Your rest? Your happiness?
• What are your priorities in life? And are you giving them the focus they need?

I release my burdens to the Ethers
and I trust the Universe to help tend to the Essentials.

NOTES: ________________________________
PAGE OF WANDS

KEY CONCEPTS

Light Seer: creative beginnings, a newly found inspiration and energy, honing a new skill or passion, curiosity, many different ideas or solutions

Shadow Seer: limiting beliefs, creator angst, blocked ideas, a need to direct your energy, a need to ground your ambitions with a plan of action, having a hard time getting started

QUESTIONS FOR THE SEER

• How are you capturing this creative energy? How are you embodying it, logging it or cultivating this magical flow of ideas?
• What are you feeling frustrated about right now? What experience do you want, but don’t have, and how can you move this stuck energy in a positive direction?
• Where does your motivation come from? How does it feel in your body?

AS THE DREAMER OF MY DREAM, I IGNITE THIS FLAME

NOTES:
KNIGHT OF WANDS

KEY CONCEPTS

Light Seer: charisma, spontaneity, fast energy, someone who enters (or leaves) your life quickly, enthusiasm, the spirited energy that gets things done

Shadow Seer: a need to have courage and take a risk, hesitation, the need for more self-awareness, an optimal time to build self-confidence

QUESTIONS FOR THE SEER

• What is that thing that always gets in the way of your big dreams?
• If you could do anything, with total certainty that it would work, what it would be?
• What are you continuously optimistic about?
• What new passions are blooming in your life? What’s making you want to grow? Move? Work? Learn? Or run towards?

IN THE PURSUIT OF THE IMAGINED,
I MANIFEST INFECTIONOUS INSPIRATION.

NOTES: _____
QUEEN OF WANDS

KEY CONCEPTS

Light Seer: boldly expressing yourself, charisma, passion, spontaneity, bravely pursuing your dreams, impulsivity, adventure, having confidence, helping others as you build your queendom, power, intensity, love

Shadow Seer: self-sabotage with passionate and fiery emotions, being afraid to take a risk, moving beyond hesitation, not being totally honest with yourself, an optimal time to build your self-confidence and to let go of what other people think

QUESTIONS FOR THE SEER

• Intensity and passion when dealing with others can both save us and hinder us. How does your intensity act in your life?
• What part of you desires to be seen? What part of you wants to lead?
• When do you feel powerful?
• Have you pushed shadow parts of you so far away that you have a hard time accessing their lessons? If you could illuminate them, what would they whisper?

I fill my world with light

NOTES:
**KING OF WANDS**

**KEY CONCEPTS**

**Light Seer:** an entrepreneurial spirit, a natural born leader, a creative visionary, successful ideation, fearlessness, timelessness

**Shadow Seer:** being overly ambitious, explosive emotions and impatience, not being compassionate enough with employees or those who seek to help you build your vision, misguided vision

**QUESTIONS FOR THE SEER**

- As you run towards your goals, what small details keep tripping you up? And can you work out a better way to deal with the little things?
- If you could wave his wand and create your perfect life, what would it look like? And when you have that imagined... what 3 steps could you take towards it now?
- Who could help you with your current challenge? Share your vision and enlist help.
- What would an intensely creative and romantic relationship look like to you?

*we build this empire of light together*
ACE OF CUPS

KEY CONCEPTS

Light Seer: new connections, new romantic relationships, friendships, seeds of love and hope, newfound emotions, awakening the heart, joy, positive outcomes, Oneness, bliss, creativity

Shadow Seer: a time to nurture more self-love, making sure you aren’t repressing your emotions, opening up to the possibility of love

QUESTIONS FOR THE SEER

• What role is love playing in your life today, and how would you like it to change?
• What vague new ideas or feelings are starting to stir?
• Creativity flows when emotions flood your system. Is there something you feel called to create?

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2 OF CUPS

KEY CONCEPTS

**Light Seer:** romantic partners, soulmates, friendships, connected hearts, passion, kindred spirits, joyful connection and cooperation, union, sometimes marriage, duality, love consciousness

**Shadow Seer:** emotional blocks, not being open to receive love, disharmony, unions disrupted, separation, healing past trauma

QUESTIONS FOR THE SEER

- Are you open to making new soul connections?
- People often say When I find love I will be happy. (Or... when I have a house, I will be happy... when I have that job, I will be happy...etc.) Do as Deepak does, and remember that when you are happy, you will attract all of those things into your life. Said in another way: Are you waiting on external things to feel fulfilled and whole?

I THRIVE IN PARTNERSHIPS and I REVEL IN THIS SACRED MAGIC OF CONNECTION

NOTES: ______________________
3 OF CUPS

KEY CONCEPTS

Light Seer: friendships, abundance, co-operation, community, sisterhood, brotherhood and siblinghood, joy, communication, celebration, soul contracts, soul family

Shadow Seer: an opportunity to value the gifts you bring to a relationship, disputes or miscommunication, a need to heal old wounds or to make amends, love triangle, ‘three’s a crowd’ or feeling left out

QUESTIONS FOR THE SEER

• When you think about your situation, what person comes to mind as a kindred spirit who could lend a hand, or some much appreciated advice?
• How much time do you dedicate to your friends and to your inner circle? Make a list of the people you’d like to spend more time with.
• Do you see old wounds or repeating patterns playing out in many of your relationships? What steps can you take to heal some of these imbalances?
• How do you react to feeling left out? And how does your reaction help or hinder your ability to re-join the others?

I connect into this sacred siblinghood and into this expansive experience of witnessing through time

NOTES:
4 OF CUPS

KEY CONCEPTS

Light Seer: a time to meditate, frustration, being a brat, not appreciating what you have, apathy, introspection, stability leading to boredom, missed opportunities

Shadow Seer: focusing on the negative, pessimism, focusing on lack or scarcity, an opportunity to revisit a practice of gratitude, missed opportunities for abundance

QUESTIONS FOR THE SEER
• Are you feeling like the grass is greener on the other side?
• How would a total pessimist see your situation? And how would a total optimist view it? And where do you sit?
• Are you rejecting sacred gifts that the Universe is offering?

I SEE THE FULLNESS
AND RICHNESS OF MY LIFE

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5 OF CUPS

KEY CONCEPTS

Light Seer: grieving, disillusion, disappointment, betrayal, bitterness, wallowing, self-pity, can signify a broken heart

Shadow Seer: not letting go of past trauma, crying over spilled milk, rooting deeply into shadow work without healing and letting go, old stories that become a part of us, callousness, becoming jaded

QUESTIONS FOR THE SEER

• Sweet spark, what would happen if you gathered all of your life-force energy and brought it close to your heart? If you said no to allowing it to slip away? If you plugged the draining energy and actively reclaimed it all?
• Taking the time you need to grieve losses can be difficult. Are you finding time in this fast paced world to process, integrate, and grow?
• Finding your bright future means actively looking for it. Make a list of the things you love to do and the people you love to be with. Is there anything on this list that has clues to your next steps?

My tender heart helps me to
~ NAVIGATE ~
Towards my bright future

NOTES:
6 OF CUPS

KEY CONCEPTS

Light Seer: nostalgia, reconnecting with people from the past, harmony, themes of your life, inner child and future self conversations

Shadow Seer: lamenting decisions and actions, a need to forgive others, a need to forgive yourself, letting people in, releasing sadness and guilt, dealing with regret

QUESTIONS FOR THE SEER

• What memories are coming up? Can you connect them to your present situation?
• Write your inner-child a letter, explaining how wonderful things will be, and at what stages they will need to grow, learn and persevere.
• Can you look back and see how far have you come?

I AM AT PEACE WITH MY PAST, IT HAS BROUGHT ME WHERE I AM MEANT TO BE

NOTES: ____________________________________________
7 OF CUPS

KEY CONCEPTS

Light Seer: choices, opportunities and options, a counsel against fantasies and illusions, wishful thinking, the allure of temptation on the path, needing to decide without having the full picture

Shadow Seer: feeling blocked by indecision, fear of making the wrong choice, the distraction of all things shiny and new, feeling overwhelmed by choices

QUESTIONS FOR THE SEER

• This card often shows up when it’s time to make a move. What are the pros and cons of your options, and which way is your best choice right now?
• Dreaming about a future that you are actively working towards is wonderful, when accompanied by inspired action. Are you taking steps towards that thing you want? Or are you pouring too much energy into the just-thinking-about-it phase?
• All the gifts you could ever desire lay hidden under those cups. You get to select one to move towards today. Which thing would you choose above all others?

My wildest imagination is a tool that I can use to inform my future in a down-to-earth way.
8 OF CUPS

KEY CONCEPTS

Light Seer: walking away, leaving your old reality to pursue a new one, letting go, releasing that which no longer serves you, a ritual to mark a change in direction, moving stuck energy, abandonment, disappointment

Shadow Seer: walking away and then regretting your choice, feeling stuck in your current reality, fears that block your momentum, feeling caged, escapism and avoidance

QUESTIONS FOR THE SEER

• How often do you place your needs ahead of others?
• Imagine your life as an epic adventure, and the closing credits have you walking off into a sunset. What have you just accomplished? Who are you with?
• Do you hold onto things long after your time with them has come to an end?

I WALK AWAY FROM NEGATIVITY
AND CHOOSE MYSELF IN A
REBELLIOUS ACT OF SELF-LOVE

NOTES:
9 OF CUPS

KEY CONCEPTS

Light Seer: gifts from the Universe, choosing joy, manifested dreams, gratitude, abundance, stepping into alignment with purpose, using all of your gifts

Shadow Seer: delayed gratification, unfulfilled desires, smugness, un-manifested dreams, greed blocking your path, not appreciating the simple things in life, a need to find the rocket-fuel of positivity and optimism

QUESTIONS FOR THE SEER
• If a magic lamp came into your life to grant one wish - what would you ask for?
• Start keeping track of the proof that your dream is coming to you. Have you seen any signs in the last week?
• Daily gratitude gets us to this 9 of Cups place. How is your relationship with gratitude? If it’s ‘been there, done that’ or if you’re just not-feeling-it, what’s getting in the way of your thankfulness? If you’ve been knocking on the door of gratitude and the door’s not opening, are you saying ‘yes I’m grateful... but...’?

I open my GRATEFUL HEART to the GIFTS THAT ARE COMING MY WAY

NOTES:
10 OF CUPS

KEY CONCEPTS

Light Seer: community, love, soulmates, harmony in relationships, family, divine connections, heart opening and expansion, wholeness, completion

Shadow Seer: miscommunication, disharmony or disputes, struggling relationships, a need for deeper connection, a delay in arrival

QUESTIONS FOR THE SEER

• What does your happy ending look like? Do you have true clarity on the types of relationships that you desire to nurture?
• What can you do to make your current relationships flow a little more smoothly? How can you bring more love into your daily interactions? What attitude can you adopt (or disown) as a way to make things sing a little brighter?

I LIVE IN A STATE OF ONENESS BY BRINGING HARMONY AND LOVE TO MY RELATIONSHIPS

NOTES:
PAGE OF CUPS

KEY CONCEPTS

Light Seer: a dreamer, serendipity, creativity, new unexpected trajectories, magic and synchronicity, an open and joyful heart, sensitivity and naivety in romance, being motivated by innovative ideas

Shadow Seer: missing the signs, being overly-sensitive, displaying childish emotions, immaturity, writer’s block

QUESTIONS FOR THE SEER

• When the pig flies or the fish jumps, do you stare in disbelief and assume it’s not your message? Or do you grab it and run with the magical coincidence?
• In what situations do you bring your emotional immaturity to the table? What triggers this response? And how could you do a better job handling yourself?
• Are you being overly sensitive about your current situation?
• Serendipity knocks. Do you recognize the stirrings of magic when the Universe sends it your way? Start to log it! Take note of all the subtle magic in your life.
• What sign - if you received it in the next few weeks - would help you to really believe in the miracle of synchronicity or manifestation?

THE WORLD IS MY MAGICKAL OYSTER
AND I’M EXCITED TO SEE WHAT FLOURISHES NEXT

NOTES:
KNIGHT OF CUPS

KEY CONCEPTS

**Light Seer:** a classic romantic, a passionate soul, artistic tendencies, creativity, wearing your heart on your sleeve, seeking connection, being in love with the idea of love, an unexpected invitation or message

**Shadow Seer:** missing the signs, protecting your heart, not being open to love, a player, a jealous partner, moodiness, sulking, negative emotions blocking your progress

QUESTIONS FOR THE SEER

- Are you ready to be swept off your feet and to allow love to flow freely in your life? Would you see his display of affection as something exciting, or as something that was slightly disconnected from reality?
- Do you trust love when the opportunity presents itself? Do you believe in true love?
- How do you feel about the deep honesty and vulnerability that accompanies love?
- What are the tell-tale signs of a player? Or of someone who is not the right partner in your current circumstance? And what are the tell-tale signs of someone who is?

I AM IN TOUCH WITH MY EMOTIONS

NOTES:
QUEEN OF CUPS

KEY CONCEPTS

Light Seer: an extremely intuitive person, highly attuned emotional intelligence, love and compassion, sensitivity, strength, leading with your heart, healing

Shadow Seer: controlling or suppressing emotions, feeling insecure, a need to listen more, irrationality, emotional blackmail, an opportunity to take back your power around how you feel

QUESTIONS FOR THE SEER
• How tuned in is your emotional intelligence? In what ways does it guide your steps, your path and your life? In what situations does it falter?
• Does your intuition come from your head? Your heart? From deep inside or from beyond yourself? Can you sense a difference between third eye and heart intuition?
• If you had an opportunity to listen to your heart chakra, what would it say?

NOTES:

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MY INTUITIVE HEART OPENLY EXPRESSES DEEP LOVE AND COMPASSION

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KING OF CUPS

KEY CONCEPTS

Light Seer: generosity, emotional balance, creativity, the unconscious, someone friendly and wise, diplomacy

Shadow Seer: controlling or suppressing emotions, feeling insecure, a need to listen more, irrationality, emotional immaturity, forgetting the heart in favor of the mind, moodiness

QUESTIONS FOR THE SEER
• What messages have you received from Spirit lately? How do they make you feel?
• Who has brought this King’s wisdom, compassion, loving kindness and unconditional, nurturing leadership to your life? Are you able to be your own King of Cups?

NOTES:

MY heart holds deep wisdom AND LOVE, and I use it to connect AND LEAD.
ACE OF SWORDS

KEY CONCEPTS

Light Seer: new ideas, clarity, an a-ha moment, truth revealed, newfound awareness, heightened states of consciousness, thought, communication, success and triumph

Shadow Seer: over-analyzing, getting stalled out or stuck, clouded judgement, keeping truth inside

QUESTIONS FOR THE SEER

• In what areas of your life do you obscure your own clarity? And why?
• Clarity happens when you better understand yourself and how you connect with the world around you. If you were to draw a set of lines between you and those around you, and make a note of how you see others and how they see you, what would you see? What roles are you playing? And do they serve your desires?
• This card often signals a big idea coming into your world. What will you do to ground it and make it real?

I EXPERIENCE BRILLIANT MOMENTS OF CLARITY

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2 OF SWORDS

KEY CONCEPTS

Light Seer: stalemate, a crossroads, making a difficult choice, opposing ideas or options, choosing the best route of action, memory and thought

Shadow Seer: a difficult choice, the angst of the unknown, between a rock and a hard place, fear of commitment

QUESTIONS FOR THE SEER

• Are you stuck between two things that feel equally as difficult or two paths that feel sorta' similar? When you write out your pros and your cons, and then add the lenses of wants, needs, and nice-to-haves, what happens?
• Do you trust yourself when your intuition feels like it's offline?

WHEN BLINDED BY THE UNKNOWN, I TRUST MYSELF TO FIND THE LIGHT

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3 OF SWORDS

KEY CONCEPTS

**Light Seer:** painful separation, loss, heartbreak, an opportunity to heal, shadows coming to light, finding inspiration again

**Shadow Seer:** not accepting loss, a need to heal, being stuck in your grief or sadness, not seeing the part you played in your circumstances

QUESTIONS FOR THE SEER

- Beautiful seer, it’s time to purge those emotions. Drum. Dance. Scream. Write. Burn. What will you do to make sure these feelings move through your body and that they don’t settle in for the long haul?
- Painful punches to the gut can have you blaming everyone and everything else for what happened. How have you contributed to your situation? Even a teeny little bit?
- How will you remain open for connection as you knit together those wounds?
- Have you been responsible for someone else’s three of swords moment? Maybe it’s time to send out an apology. Sometimes our deepest wounds lie in someone else’s pain.

MY HEART REMAINS TENDER AND OPEN

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4 OF SWORDS

KEY CONCEPTS

Light Seer: a time of deep rest, transmutation of shadow, burnout, taking a brief holiday from your reality, healing, recuperation, self-love, introspection

Shadow Seer: danger of burnout, stagnation, a need to dedicate your energy to self-care, not stopping long enough to recover, long-term effects of stress

QUESTIONS FOR THE SEER

• What needs to heal? And how much time will you devote to this healing?
• Lessons require a period of integration. Are you integrating something?
• Take a mindful pause in a busy world. Plan your weekend of deep rest.
• Sometimes, we rest and relax our psyche through social fun, binging on Netflix and watching fluffy things that make us laugh. Are you laughing enough lately? And are you balancing this ‘levity’ with more consciously directed healing time?

I give myself permission to slow down and to heal.

NOTES:
5 OF SWORDS

KEY CONCEPTS

**Light Seer:** conflict, losing a challenge, unfair advantage, experiencing loss, the opportunity to build your skills and your confidence

**Shadow Seer:** taking unfair advantage of a situation, winning at all costs, deceitful strategies and feeling guilty about your victory, psychic attack

QUESTIONS FOR THE SEER

• Have you won your spot fairly? Justly? Honourably?
• What steps are you taking to right any injustices in the world? How can you help the disadvantaged or the underprivileged? Put another way... what has your advantage or your privilege gifted you, and how can you spread the love?
• If you were wronged or defeated by someone, what lessons did you take away that made you stronger? Did you use the loss as a powerful instigator of your magic?
• In adversity, integrity and grit are beautiful allies. How do they support you in times of difficulty? How could you lean on them a little bit more?

My lessons move me ahead...ALWAYS

NOTES:
6 OF SWORDS

KEY CONCEPTS

Light Seer: transitions, help arriving at the perfect time, rites of passage, healing, moving beyond trauma or shadows of the past, support from others, personal evolution

Shadow Seer: difficulties accepting help, resistance to change, arduous transitions, carrying baggage and weight from your past, a spiritual transition or journey

QUESTIONS FOR THE SEER
• Are you able to ask for help when you need it?
• Massive opportunities for realignment come with growing and shifting pains. Where are you shifting to?
• What’s your relationship with help like? Do you offer help so often that you enable those around you? Or, conversely, do you accept help so often that it enables you?

I ACCEPT HELP AS I EASILY MOVE THROUGH THIS TRANSITION

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7 OF SWORDS

KEY CONCEPTS

Light Seer: can indicate deception or trickery, taking only what’s needed, the Universe bearing witness to true intentions, getting away with something, being strategic, being grateful for the resources you have, moving silently and quickly

Shadow Seer: lying to yourself or to others, a need for perspective and honesty, secrets, something stolen, taking more than your fair share, being held back by imposter syndrome

QUESTIONS FOR THE SEER
• The Universe will always see our motives. How aligned are your intentions and your actions? Are your motives as altruistic as you tell yourself they are?
• How often do you take only what is needed?
• Are you sure those around you are being completely honest about your situation?
• Are you getting away with something you shouldn’t?
• Are others mis-reading your actions or intentions?

I act from a place of LOVE AND THE UNIVERSE WITNESSES MY INTENTIONS

NOTES:
8 OF SWORDS

KEY CONCEPTS

Light Seer: feeling stuck, a time to open your eyes and unveil the truth, having more options than you thought, an opportunity to let go of an old story

Shadow Seer: being a victim, helplessness, a refusal to open yourself up to the truth, pessimism, using your ‘stories’ or past experiences as excuses

QUESTIONS FOR THE SEER

• In which areas of your life do you feel impossibly bound?
• The illusion of being stuck often keeps us in one place for too long. With zero baggage and zero restrictions, where would you go and what would you do?
• Sweet light, what stories are holding you back? And how can you release them?

I am free to choose my healing
And my light

NOTES:
9 OF SWORDS

KEY CONCEPTS

Light Seer: nightmares, worry, feelings of depression or anxiety, insomnia, fear, an opportunity to find courage, a time to focus on safety and the things that are going well in your life

Shadow Seer: paranoia, deeply anchored fears, inability to think clearly, inner turmoil, negative self-talk affecting self-esteem, a great time to actively seek the healing journey, inability to see the light

QUESTIONS FOR THE SEER
• What fears hold you back?
• How are you activating your light in the darkness?
• Perspective check: Are you seeing illusions, and imagining an unhappy ending before you even begin?
• If depression and anxiety have got you hiding, know that you are not alone - it’s time to reach out for help. Who do you need to call, beautiful soul?
• If you focus on the light, and allow your fear to dissipate, what’s left in its place?
• Journal prompt: Fear is an illusion. It is usually based on false expectations of a negative future. Often, we succumb to fear in order to avoid potentially feeling a certain way. Danger, on the other hand, is real. It is based on a very present physical threat, and we run from danger in order to avoid injury. Does your system register the difference between the two?

I SEE MY FEARS AS THE ILLUSIONS THAT THEY ARE

NOTES:
10 OF SWORDS

KEY CONCEPTS

Light Seer: painful endings, crisis, devastating loss, being stabbed in the back, an opportunity to find deep healing, an opportunity to find hope, resiliency and change

Shadow Seer: failure, endings, resisting the inevitable, not wanting to let go of negative emotions, rock bottom, a narrative rooted in lack and helplessness, devastating loss, sometimes indicates recovery

QUESTIONS FOR THE SEER
• Our wounds are often our greatest strengths. What have you learned through your challenges?
• If something in your life is coming to an end, it leaves space for something new. Name the new.
• How much do you trust others?

NOTES:

I am healing. EVERY DAY
PAGE OF SWORDS

KEY CONCEPTS

Light Seer: restless energy, a thirst for information, learning new things, an apprentice or student, intellectual pursuits, ideas and reasoning, old ideals destroyed, an honours student, being tested or judged (as in a student exam), a time to let go of worry, a messenger

Shadow Seer: rumors (a little birdie told me), broken promises, lies, slander, trying to solve emotional or spiritual issues with intellect or reason, projecting your feelings outwards, being all talk and no action

QUESTIONS FOR THE SEER
• This ambitious and intelligent energy suggests you are ready to expand. How do you use your words to get you there? Are you careful to do good instead of harm with your voice?
• All of that curiosity! The wheels in your head are turning toward a new opportunity. What are you excited to learn about?

I expand my consciousness and I open up new opportunities

NOTES:
KNIGHT OF SWORDS

KEY CONCEPTS

Light Seer: fast action and streamlined decision making, intelligence, wit, determination, striving for excellence, saving the day, being a hero, the pursuit of excellence, being autonomous, willpower

Shadow Seer: unfocused and scattered energy, impatience, acting too quickly, the need for a logical solution, feeling held back by frustrating circumstances, stalling, impatience, being hard-edged and emotionally unavailable

QUESTIONS FOR THE SEER

• What is your biggest goal right now, and what will it look like when you achieve it?
• This knight brings a hero energy to the spread. How could you become your own hero right now, and swoop into your situation and move it in the right direction?
• What would swiftness do?
• What makes the most logical sense?

I SWIFTLY EXPAND = MY SUCCESS =

NOTES: ____________________________
QUEEN OF SWORDS

KEY CONCEPTS

Light Seer: an excellent communicator, an advisor, unbiased decision making, independence, wise and logical counsel, seeking truth, wit, quick-thinking, honesty

Shadow Seer: sharp and sometimes cold communication, striving to use your words wisely, a need to refrain from being ‘mean’ or ‘emotional’, indifference, a message to use your head more and your heart less, aloofness

QUESTIONS FOR THE SEER
• What truth needs to be spoken?
• The Queen of Swords can represent independence and not needing approval from others. This can be healthy, but in excess, this can be a defense mechanism that hides insecurities under the guise of ‘not caring.’ Where do you sit with this?

NOTES:

I SPEAK MY EXISTENCE INTO BEING WITH WISDOM AND CLARITY
**KING OF SWORDS**

**KEY CONCEPTS**

**Light Seer:** a clear thinker, a strong communicator and leader, blending mental and spiritual pursuits, bravery and courage, Occam’s razor (simpler solution or answer more likely to be correct than the complex solutions)

**Shadow Seer:** aloofness, manipulation and conceit, showing off your intelligence, can indicate a rigidity in thinking, tendency to over-control

**QUESTIONS FOR THE SEER**

- Seeking the clarity of truth is your highest goal. Pierce the lenses of your own stories and see how clouded your vision becomes when you look at any situation through shadow. What is the truth of the situation? How do you perceive the facts? What layer of truth do your emotions add to the situation? What complications do emotions add?
- **PATHWORKING / MEDITATION SUGGESTIONS** As you rise above any chaos or confusion in order to get a bird’s eye view, you will see your best path forward. In meditation, go to the top of the mountain and look 3 years into the future. Where do your options lead? Which path is the best one for you today?
- The winds, the birds, the bats... all the winged things are here. As you make your way up the mountain, what subtle message does the wind whisper to you?

**I use my unique intelligence WISELY**

**NOTES:**
ACE OF PENTACLES

KEY CONCEPTS

Light Seer: the beginning of a new venture or task, new ideas, planting seeds for the future, great potential for success, manifesting power, positive outcomes, ambitions, prosperity, an inheritance, a gift, material and spiritual alignment, wholeness

Shadow Seer: a reminder to create strong foundations to support your dream, risk of financial loss, missed opportunities, the need to prioritize, being overly greedy and missing the bigger picture

QUESTIONS FOR THE SEER
• In what areas of your life would you like to root more wealth?
• In the Ace of Pentacles, you have the opportunity to align the material and spiritual. What does that look like for you?
• What wealth do you already have, that you may be overlooking at this time?

I plant my goals with intention, direct focus and faith
2 OF PENTACLES

KEY CONCEPTS

Light Seer: a need to balance many aspects of self, juggling obligations, counter-balancing dualities, adapting to inconsistent circumstances, managing the ups and downs of life with grace, equilibrium, seeking harmony

Shadow Seer: being out of balance, disharmony, committing to too many things, a need to prioritize, a time to slow down

QUESTIONS FOR THE SEER

• What task could you let go of today?
• What opposites or dualities are you holding simultaneously? (i.e.: wanting to give your time to family and wanting more time for yourself, or wanting to grow spiritually while also wanting things in your life to remain relatively the same.)

I CREATE AN EQUILIBRIUM IN LIFE THAT ALLOWS ME TO BE MY BEST SELF

NOTES:
3 OF PENTACLES

KEY CONCEPTS

Light Seer: co-operation, community, teaching and learning, sharing and listening, team work, limitless ceiling on what you can manifest together

Shadow Seer: difficulty working with others, a need to listen, selfishness, pushing one’s own agenda, not trusting your partner’s ability, ego clash

QUESTIONS FOR THE SEER

• What part of your unique essence do you share when connecting with others?
• Do you like working in a team? Or are you more of a lone-wolf?
• How easily do you flow between these two ways of being?
• Do you find it easy to take direction and follow another person’s lead?
• What do people like about you? What part of your personality tends to go missed or unnoticed? And how can you share more of yourself?
• Collaboration over competition? For everything? How does collaborating make you feel?

I step INTO the VIBRATION of CONSCIOUS COLLABORATION

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4 OF PENTACLES

KEY CONCEPTS

**Light Seer:** stability, savings, success, a need for more generosity, being in flow with the Universe, accepting your worth, trying to maintain control

**Shadow Seer:** hoarding, lack mentality, placing too much value on money, an opportunity to be more charitable, taking action and helping others in times of need

QUESTIONS FOR THE SEER

- What are you clutching too tightly to?
- How often do you judge people for the money they have, or don’t have? What does this say about your relationship with saving, giving, hoarding, coveting, or money?
- Are you trying to over-control your situation?
- Does your need for control keep others away?
- How do you feel about your generosity?

**I Live an Abundant Life**

**And I have more than I need**

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5 OF PENTACLES

**KEY CONCEPTS**

**Light Seer:** financial or health difficulties, feeling left-out or ostracized, worrying about your security, asking for help when you need it, a chance to clear energy blockages around wealth and health

**Shadow Seer:** a scarcity mindset, feeling helpless, victimhood, inability to move ahead, fear and isolation, resistance to positivity, a light at the end of the tunnel

**QUESTIONS FOR THE SEER**

• What story are you holding on to about your wealth (or health) that you’d like to let go of? And what could emerge if you chose to see your reality in a different way?

• Your money relationship: What role have you played in your own circumstance?

• Who or what are you shutting out? And what would happen if you opened the door?

**DOORS FILLED WITH MAGICKAL OPPORTUNITIES ARE ALWAYS OPENING FOR ME**

**NOTES:**

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6 OF PENTACLES

KEY CONCEPTS

**Light Seer:** the two-way abundance of giving and receiving, being charitable, a positive and generous mindset, financial advancement, an awakening, in flow

**Shadow Seer:** over-giving or over-receiving, hoarding, being uncharitable, being judgemental about another person’s lot in life, being selfish, blocking flow

QUESTIONS FOR THE SEER

- Where can you give more? And where can you take more? Do you find it just as easy to give as to receive?
- Where could you be more balanced when it comes to your material possessions?
- What would you give to others if you had all the resources in the world?

I show gratitude for my life with generosity and compassion.

NOTES: ________________________________
7 OF PENTACLES

KEY CONCEPTS

Light Seer: a moment to pause and reflect, states of gratitude, re-evaluating your journey, waiting to harvest the fruits of your labour, a sign to keep going

Shadow Seer: giving up too early, impatience, losing faith, not following through, frustration with rewards

QUESTIONS FOR THE SEER
• How much faith do you have, when you can’t see the proof?
• Is it time to take up (or revisit) a gratitude practice?
• Amazing things take time. What else can you do while you are waiting for it arrive?

I GIVE THANKS FOR WHAT I AM ABOUT TO HARVEST, KNOWING THAT MY LIFE IS HEADED IN A BEAUTIFUL DIRECTION

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8 OF PENTACLES

KEY CONCEPTS

Light Seer: mastering a skill, an expert, craftsmanship, the ‘meraki’ that you put into your work, patience and determination, methodical progress, finding your soul’s purpose

Shadow Seer: seeking shortcuts to your detriment, burning out or giving up, sporadic output, inexperience, needing more skill, perfectionism leading to feelings of inadequacy, not finding joy in work

QUESTIONS FOR THE SEER

• How are you showing up consistently in your life (or in your relationships) that proves your dedication to your chosen path?
• What are you mastering right now? What skill would help you get to the next level?
• It’s okay to be imperfect and to teach, lead or show up fully. Do you stop yourself from doing what you want because you’re not enough, imperfect or still growing?

“With loving determination, I persevere, and become the person I long to be.”

NOTES:
9 OF PENTACLES

KEY CONCEPTS

Light Seer: spiritual and material satisfaction, personal achievement, inner peace, milestones met and celebrated, the energy of a successful harvest, contentment

Shadow Seer: a need to evaluate your relationship with work, can indicate material success while feeling alone, a workaholic, the realization that money alone will never be enough, financial delays, the pressure to appear more successful than you are

QUESTIONS FOR THE SEER
• What brings you your greatest moments of joy?
• Are you able to celebrate your wins alone, without needing to seek external validation from others?
• When was the last time you felt really proud of your accomplishments? Where were you, and what did you achieve?

I AM TOTALLY WORTHY OF THE BLISS AND ABUNDANCE I AM ABOUT TO ENJOY

NOTES: __________________________________________________________

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IO OF PENTACLES

KEY CONCEPTS

Light Seer: spiritual and material abundance, community, generosity, wealth and prosperity, building a legacy, conventional ideas of wealth and money, positive outcomes

Shadow Seer: chasing luxury and status, a negative mindset around wealth, a reminder to share the wealth that you have found, can indicate financial loss or delays around money

QUESTIONS FOR THE SEER

• How does wealth affect your feelings of abundance? Do you tend to save more when you acquire more? Or does it make you more generous?
• This card often speaks of conventional wealth. What are your money goals?
• How comfortable are you with the idea of being rich? Are you inadvertently pushing money away because you “dislike” those with it, or think it is “evil”?

I AM SUCCESSFUL
AND I SHARE MY WEALTH
AND JOY WITH THOSE I LOVE

NOTES:
PAGE OF PENTACLES

KEY CONCEPTS

Light Seer: manifesting new opportunities, beginnings, good news, ambitions, skills and training, financial opportunities, new career paths, new connections, exploration stage, a beginner, earth magick, making plans a reality

Shadow Seer: being non-committal, lack of progress, learning from past mistakes, procrastinating, not bringing plans down to earth

QUESTIONS FOR THE SEER

• You are in a period of new beginnings. Where are you headed? And what progress forward can you take today?
• 3x3: What would you like to see happen in your life 3 weeks, 3 months, and 3 years from now? Plan your trajectory.
• What would you like to learn? What piques your curiosity?

NOTES:

I CAN BE PRACTICAL AND REALISTIC AND STILL RUN OUT TO MEET MY DREAMS!

NOTES:
KNIGHT OF PENTACLES

KEY CONCEPTS

**Light Seer:** diligence and hard work, determination, steadfastness, material security, safety, expansion

**Shadow Seer:** focusing solely on the material, not doing the work, being selfish or cold, laziness, taking harmful shortcuts, stagnation or feeling stuck

QUESTIONS FOR THE SEER

• Step-by-step, row-by-row. What foundations are you creating?
• How secure do you feel in your day-to-day life? And if you are feeling vulnerable, what needs to change so that you can relax more into your own natural rhythms?
• When do you find your Zen - your state of flow? How can you bring more of that into your life?

SEED-BY-SEED, I PLANT MY FUTURE WITH MY ROCK-STeadY FOUNDATIONS OF FAITH -
QUEEN OF PENTACLES

KEY CONCEPTS

Light Seer: material wealth and abundance, strength in family and community, a kind and warm heart, being down-to-earth, groundedness, powerful healing, a healer, a working parent, a self-made person

Shadow Seer: financial stress, being self-absorbed, over-focusing on the material aspects of life, smothering others, helicopter parenting, over-indulgence

QUESTIONS FOR THE SEER
• How are you supporting your community and your loved ones?
• What steps are you taking to promote your own healing and to ensure that your own self-care is prioritized?
• What could you do today to bring more sacredness into your everyday space?
• When do you call on your network for support?
• Do you accept help as easily as you offer it?

I LIVE MY DEEPLY CONNECTED LIFE WITH WARMTH, ABUNDANCE AND LOVE.

NOTES:
KING OF PENTACLES

KEY CONCEPTS

Light Seer: material abundance, personal growth, patience and determination, a confident and warm leader, expansion, a time to level up

Shadow Seer: obsessing over riches, can indicate over-indulgence or a need to balance the material with the spiritual, may indicate workaholic tendencies

QUESTIONS FOR THE SEER

• Do you have a clear idea of exactly who you want to be and where you are headed? Having clarity on this is your map to get there. What do you really want?
• Success doesn’t always happen overnight. What action steps are you taking now to create the future you desire?
• How are you taking care of your family and your community?

I DREAM MY LIMITLESS POTENTIAL INTO EXISTENCE WITH STEADY DESIRE AND LOVE

NOTES: ____________________________