

**1. WHAT WILL BE HELPFUL FOR ME TO UNDERSTAND ABOUT MY CURRENT SITUATION?
KING OF SWORDS REVERSED**

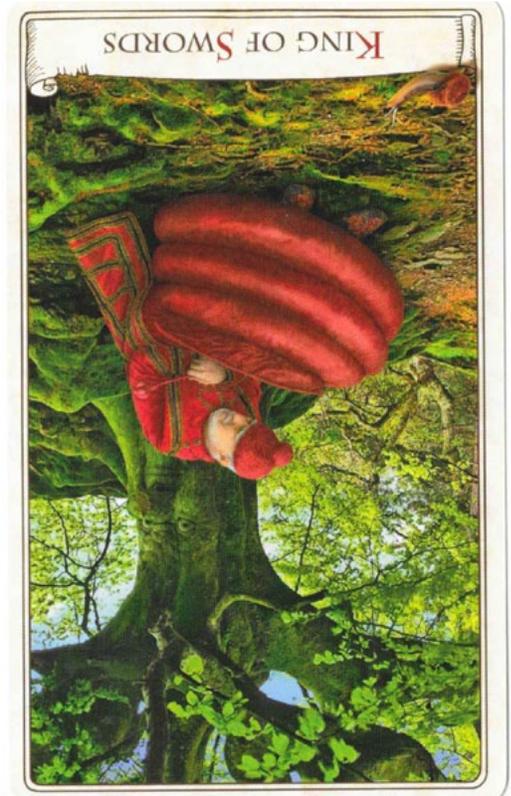
You have lost some confidence in your decision making abilities, and this is causing you to cave inward emotionally in an attempt to protect yourself. This is a natural impulse, but it is narrowing your view, making your world seem small

and your options few.

Your first step is forgiving yourself for past missteps. If you have a Higher Power, you can ask for assistance in retaining the lessons you need to learn from those past decisions while releasing any feelings of shame so you can move on.

This shame is generating fear within you and is clouding your judgement, and this is creating a self-fulfilling cycle: You can't see clearly past the shame, so you make decisions that don't pan out as well as you hoped, and then you feel even more shame.

Be kind to yourself. There isn't a single one of us on this earth who does not make mistakes. When we stop giving ourselves permission to take risks, we become stuck. Trust that your past decisions have made you wiser and allow yourself to move on.



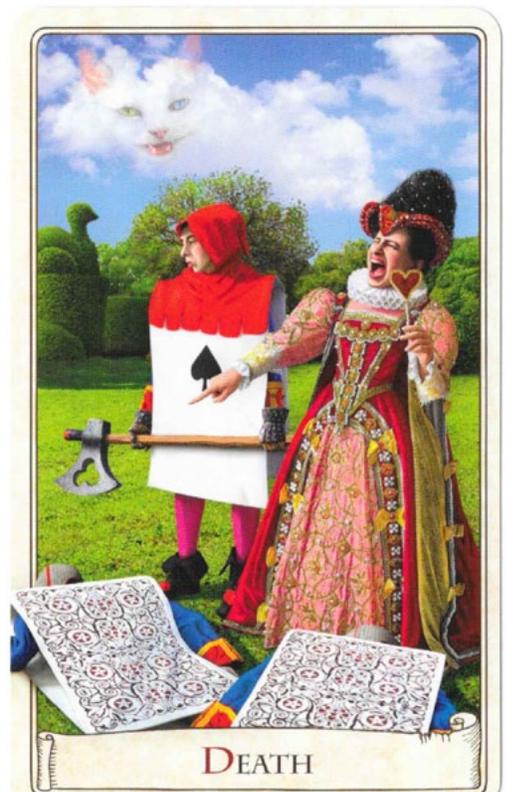
2. WHAT PRACTICAL CHANGES CAN I MAKE IN ORDER TO MOVE FORWARD?

DEATH

Don't be alarmed--this card is not referring to physical death. Rather, there is something in your life--a situation--that needs to be allowed to end in order for you to move forward.

Search your current life for a situation where you feel constricted and like you're not able to be yourself. I saw an image of you excitedly about to open and walk through a door, but then you saw a formal suit hanging nearby, and you closed the door and put on this uncomfortable suit instead, walking back into the room.

The other people in the room patted you on the back and congratulated you for making this deci-



sion to stay, but you felt hollow inside, like you were not answering the call of your soul. If you can think of a situation that makes you feel this way, begin to explore what it might feel like to let it go. (As a clue on where to start looking, is there a situation in which a woman who is sometimes controlling and demanding is wielding influence over your decisions?)

The key, here, is that this situation will begin to die readily of its own accord as soon as you stop trying to maintain it--so you don't need to actively kill it, if that makes sense.

Simply by changing how you engage with this situation, it will begin to fall apart, releasing you from its grip.

Now, if this situation is a relationship with someone with whom you don't want to lose contact entirely, that's okay. It's still possible to allow this "death" to happen by changing how you interact with this person. When you do so, the dynamic in this relationship that is causing you harm will no longer survive, because it requires that both of you engage with it in order for it to stay alive.

Remember that it is human nature to resist change, and the urge will be to step in and save the situation as it begins to fall apart. Be strong and resist this urge. Let the natural course of events unfold, and once this situation is gone you will find yourself with new and exciting opportunities.

2. WHAT PRACTICAL CHANGES CAN I MAKE IN ORDER TO MOVE FORWARD? SEVEN OF CUPS

It might not feel like it right now, but you have many choices available to you. Shame and the resultant fear are narrowing your sight and only allowing you to see a few options, none of which seem very appealing, but know that many more exist and they will be revealed, particularly after the events described in the previous section unfold.

Carve out some time alone and give yourself permission to dream big. Ask yourself what you most



want to do, and again, if you have a Higher Power, ask for insights into your soul's calling. Don't censor yourself or judge any of your ideas, even if they seem impractical and you have no clue how to go about making them happen yet.

You're not committing to anything at this stage, so there's no harm in letting your imagination run wild and coming up with whatever ideas make you feel more excited and alive.

This process will begin to crack open the gates in your mind and your heart, making you more receptive to new ideas and opportunities. And in this place, you will begin to attract people who are positive and more supportive of your aspirations.

4. WHAT IS THE LIKELY OUTCOME OF MAKING THESE CHANGES?

KING OF WANDS

What a powerful transformation we have witnessed in just a few cards! You started with the reversed king of swords, doubting yourself and feeling trapped in the gloomy confines of your own mind, but you emerge as the upright king of wands, a man full of drive and passion, with the energy and ability to go after what he wants.

By getting in touch with your true desires, and not what you think you "should" be doing or what others are pressuring you to do, you will find that you have no shortage of inspired ideas and creative energy to make your dreams a reality.

In time, your confidence will grow, and you will learn how to speak your mind in an authentic, non-confrontational way that inspires respect in others, some of whom will be motivated to join you on your journey of change.

It can be scary to let go of other people's plans for you, because it's natural to fear rejection, but when you do you will step into your own power and become the king of your life. I wish you all the best on this transformative journey!

