



Equinox: A Brief Balanced State

In the northern hemisphere we are approaching the Autumnal equinox (Spring Equinox for those of you in the Southern hemisphere). During this time, It is energetically the perfect space for reviewing what is working and what is out of balance in your life, and you might be feeling that, too, thinking about what to finish the rest of the year out doing, learning, BEing...

A traditional Tarot deck has 7 cards that I consider to be balance cards.

Connecting with these 5 cards can help us to review the balance states of our lives and to make corrections to ameliorate states of imbalance, which can cause illness and dis-ease.

Major Arcana Balance Cards

Strength-- The Strength card is the perfect complement of our physical and mental selves. Being in balance means to be cultivating a healthy body in addition to an active and engaged mind with no one area taking over the other.

Strength out of balance in our lives may look like this:

Physical aspect out of proportion: Anger, easily reactive to situations, possessive, jealousy, heightened importance on sexual energy, avoiding communicating with others or spiritual practices such as meditation

Intellectual aspect out of proportion: Not getting enough exercises, movement in the day, anxiety, too much time in front of the screen, over analysis of people/situations, difficulty with restful sleep or activity.

Justice-- The balance of what is fair and right with ourselves and our upholding of social contracts with others.

Justice out of balance in our lives may look like this:

Balanced swings too far in your favor: Taking advantage of others, manipulation of others, allowing others to do the work, neglecting relationships, flippant of laws and or rules of law, ego run amok.

Balanced swings away from your favor: Victim/martyr mentality, others taking advantage of you, feeling powerless and trod upon, feeling not able to stand up to others, a sense of being unprotected and unsheltered.

Temperance-- Temperance is the spiritual balance of ourselves, how do we create consistent practices that are sometimes very different in nature to one another into one healthy whole?

Temperance out of balance means: Imbibing overly in low energy things like junk food, low brow tv shows, trashy magazines: things that absolutely do not nourish your body, mind of soul. Feeling tired, overdrawn, dull, cruel, uncaring, feeling empty inside.

Temperance in balance means: Vital, energetic, clear, healthy, compassionate, purposeful, connected with Spirit and indulging in nourishing food, meditation, spending time with others who are also working on cultivating a higher vibration, high quality intellectual materials and an interest in helping with social and environmental causes. A deep need to be of service.

Minor Arcana Balance Cards

2 of Wands- 2 of Wands usually indicates coming to a place of stability allowing you to create radical plans for movement. It is the calm breath in-between to do lists, a Sunday morning of pulling together the week ahead. 2 of wands is the space to create your plans. What balanced time can you make for yourself so you can actually sit down and plot out what you need to do to cultivate balance moving forward?

2 of Swords- 2 of Swords is the one time where balance is actually interfering with one's ability to move forward in one's life. Unable to make a decision, or plot a point of reference to move towards we stay stuck and miserable. What impasse do you need to break in order to move past an unhealthy stuck place after the equinox?

2 of Cups- 2 of Cups is about fairness and closeness in intimacy with one other. This usually means a love interest but can also mean a close friend or family member, too. This card suggests a review of a principal relationship, is this relationship in balance and fair and are all areas of the relationship in equal weight to the other: intimacy, sharing, passion (if in a love relationship), helpfulness and care to each and for each other. If something feels out of balance what might you do to bring the relationship into wholeness?

2 of Pentacles- 2 of Pentacles is a dynamic sense of balance, each part is in movement but the system is a closed loop of movements. Since Pentacles covers our practical and financial movements what do you need to look at in terms of your work life balance? How can you make your routine have a healthy amount of work, home life, personal time, and financial budgeting?

Pulling it all together: *We take what we know and what we feel into the world by creating plans that change our lives.*

Balance in Strength:

What are you doing or going to do to bring your body/mind into balance?

The Plan: *(ex: I want to walk for my health)*

Short/Long Term Goal: *(ex. I will schedule a series of walks for charity as a way to motivate myself)*

The Implementation: *(I will walk 3x a week before work)*

The Finish Line *(I have signed up for a 3 day walk in 6 months and I will train for that)*

Balance in Justice:

What are you going to do to bring more Justice into your personal world and the people who share that world with you?

The Plan:

Short/Long Term Goal:

The Implementation:

The Finish Line:

QUEEN OF WANDS
TAROT

Balance in Temperance:

What do you need to do to cultivate a higher vibration and balance to your whole system?

The Plan:

Short/Long Term Goal:

The Implementation:

The Finish Line:

Balance with 2 of Wands:

What do you need to do to make a space/time for creating and cultivating space to plan, imagine, and play?

The Plan:

Short/Long Term Goal:

The Implementation:

The Finish Line:

QUEEN OF WANDS
TAROT

2 of Cups:

Who do you need to work with to cultivate a more holistic relationship, nourishing you and them on every level of need?

The Plan:

Short/Long Term Goal:

The Implementation:

The Finish Line:

2 of Pentacles

What do you need to do to structure an efficient program or system to help create a balanced budget, home-life and work-life?

The Plan:

Short/Long Term Goal:

The Implementation:

The Finish Line:

Summarize:

As a result of this journey what do you need to focus on in the above areas of your life and what are your short, mid, and long term goals for each? Starting tomorrow, what are you endeavoring to bring into balance?

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