Opening Meditation: Get quiet, Ground into your body***, Release Attachment to Any Outcome***

After each card, draw, stream of consciousness, words, images, first impressions

Using Major Arcana

1. What card embodies the dominant theme in my Inner Life right now?
2. What is being Released right now?

1. What is Coming into Being?

1. What Fear within me is contributing to my current situation?

1. What Wish or Hope is underneath my current behavior?

1. What is my greatest internal strength or ally in the journey of inner change?

Create a narrative.

Right now, I am \_\_\_\_\_\_\_\_\_\_. I am releasing \_\_\_\_\_\_\_\_\_\_ in order to make room for ­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_.

I am working with the fear of \_\_\_\_\_\_\_\_. I am driven by the hope for ­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_. My greatest ally in my change process is \_\_\_\_\_\_\_\_\_\_\_\_.