



# FINDING HARMONY & GROUNDING

## TAROT SPREAD

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### MEANINGS

# 1 MY CURRENT EMOTIONS

# 2 THE WORLD AROUND ME

# 3 SOMETHING THAT IS CAUSING MY DISCOMFORT

# 4 HOW CAN I FACE THE THING THAT IS CAUSING MY DISCOMFORT

# 5 HOW CAN I FIND INNER HARMONY AND GROUND MYSELF TODAY

# 6 HOW CAN I SPEND MORE TIME BEING PRESENT

# 7 SOMETHING ABOUT THE PRESENT THAT I IGNORE

# 8 A MESSAGE FROM SPIRIT