



YOUR GUIDANCE READING

My tarot readings are aimed at bringing you back to your most soulful self, guiding the path forward and helping you to understanding the past. I focus, not so much on prediction but on helping you to understand what you already, deep down know. From here you can kick start your intuition and move forward from a place of inner knowing and power.

If you are interested in taking your spiritual journey further forward you will find my spiritually fun, inspiring (and award winning) [books](#) of interest.

My happy client feedback can be read [here](#)...

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Intuitive Guidance

There is a recipe here for you. No matter what is weighing you down, the answer is not in finding a 'solution'. But rather, in stepping back from any worry and letting it be. Because the answer is already within you, and thinking about it is actually blurring what you deep down know. The key components of this are as follows...

Breath. Be in nature, connect with your breathing. Breathe deep. It sounds corny, trite even. It's a hippy dream... Yet it works. Breathing deep connects you to your body in ways you might have been overlooking. Often we work from the mind, when we would be better working from the heart. And when we breathe shallow, the heart is easy to overlook. You may even find you have anxiety at your heart area. This is not because you are 'worried' but more because you are overlooking the guidance of your inner knowing. So take time to breathe,

very deeply, for prolonged periods. Just because... Don't expect this to shoot an answer up to your brain. It won't. It will bring a more subtle inner knowing and aligning. So just breathe and expect nothing.

Secondly, be in a state of compassion to yourself and others. Are you being kind to both self and those around you in your current state of being? How could you be more compassionate, firstly to you, secondly to others who look to you. Choose to reach out. If your mind wants to lock you away, don't listen, reach out instead! Any question that comes to mind, frame it in the most compassionate way possible. This tilt of view will enrich the answers that will inevitably come your way.

Thirdly, get grounded and back into your truth. Again we see a state of living too far from your truth, perhaps becoming lost in the mental turbulence that comes from over thought. Be in nature, whenever possible. Get your hands in the dirt and feet on the grass. Switch off by reminding yourself of all that surrounds you, the bigger picture. Look to the sky and appreciate the flight of a bird or a butterfly, look to the floor and watch an ant toiling. These small things, bring us back to centre. They remind us that the world we have built up around us is subject to not our whims, but the goodness of mother earth. So lay down some roots, feel your place in this world, get gritty and earthy and live in this very moment..

The tarot tell you this....

Ten of Swords. This is a time of big change. BIG change. Some of it may be internal, the rest, will find it's way to being actual life changes. The thing you need to remember is that this is part and parcel of becoming more you. Sloughing off old versions, to make way for what comes next. It isn't easy. It may be very stressful. But the more you fight, the more difficult it becomes. This is happening to you, no matter what. So find a way to simply 'be' within it as the world enacts it's magic on and around you. Do not fool yourself into thinking that you have much say... For in this case, you don't. So step back, apply the lessons detailed above and see how things fall into place more naturally.

Your Power Animal

At present this animal wants to protect and guide you...

Rabbit has shown up for you today. Her message, fluffy and cute as it is, is actually rather bold. She tells you to step into your brave. There is no room for fear, and fear is actually clouding your judgment and serving little to no purpose. It is keeping you frozen (like a rabbit in the headlights). You feel life ploughing fast towards you, and you can't think up the solution. That is because the brave answer lays not in your mind, but somewhere else, in your heart. And you won't think up the answer to your heart. You must find it through feeling, listening and being. That is the most courageous thing you can do. Be in your own moment and release the need to know an answer. So that in this moment, the answer can instead find you!

Look out for signs and symbolism that will reinforce this message! Find a little rabbit totem animal and place it where it will remind you of this powerful medicine.

Healing

Six of Wands - remember that you are making advances. Remember your successes. This card asks you to see how far you have come, further perhaps than many people (and yourself) expected. This card can represent someone who has been dealt a difficult blow, or a rocky start, but who carries on regardless. The 6 of wands card really shows you taking responsibility for your life, making efforts to understand and to seek beyond the norm. This is working, it has worked. Your approach to your life is powerful and to be admired. People, in fact, do admire you, even if they don't say it. Seek for your positive, empowering approach, continue to look for answers and explore options. You are winning the race, whilst there many be hurdles to come, you are absolutely ahead of your game. You are knowledgeable, and knowledge is power.

Your healing lays here... Trust your intuition, continue educating yourself, continue being positive and stay ahead by keeping your successes in mind.

Freedom

Five of Swords is a very stern and strong card that asks you to be aware of those around you who are no good for you. Whilst I believe all people are equal, sometimes people get mired in low energy behaviors, gossiping, being two faced, attempting to damage others. It is always about their issues, not about you. But they probably don't understand that about themselves at this part of their journey.

You have such people around you, and there is no talking to them. The best thing is to cut some relationships out and to be super strong about it. This card suggests that in part, you have already disconnected. It may feel empowering, and it may feel cold. But you must protect yourself. The people involved may try to keep a foot in the door, and it is up to you to minimise this. Be kind, be strong, but don't be a fool. Remove toxicity in as swift and painless a manner as you can, and then keep it out.

Now this can mean two things, removing the person / people, or removing the behavior. Consider carefully what you can tolerate and live with. Think about how you might play into that which you don't like. For example, there is gossip in the workplace, you dislike it, but you find yourself joining in, but the resenting the people involved.

Your freedom is found today by sticking by what your heart needs and wants. And settling for no less. If you find yourself in situations where you may be pulled back into that which no longer works, then you must find that extra strength to cut that whole difficult area away.

The Heart

The Empress and The Two of Cups

Two very beautiful cards that ask you to trust that which is within you, and any close partnership you have. These things are good and wholesome and full of support and guidance for you. What you have, in your own flesh, and as a partnership, is good. This is where you can find stability and strength.

The Empress. Life calls upon you to nurture and care. Dig deep into your goddess-y self and bring up all her heartfelt love, compassion and wisdom. The Empress is the ultimate mother. She is love, and she is power. She is all that a woman can be, and more. She has healing in her soul and growth is her birthright. Allow all she brings to help you fall into the footsteps of the

The Empress. Take her as your personal guide and inject her passion and power into all you do. Meditate on her as an archetype to bring up personal power, guidance and clarity.

Two of Cups. A card of perfect balance, yin and yang, complementary energies. Also a card of soulmates and two people respecting and adoring one another. If you are in a relationship this card reflects its strengths. If not then it shows that you have the potential to feel truly whole within yourself. It is a beautiful indication of peace, harmony and balance.

What the Past wants you to recognize.

Your past is a living thing; it is living through you right now. The past wants you to be aware of the following themes, so that you can address, change, see patterns and amend.

There is a massive desire to set off on a new course in life. Change is calling and you look to the future with hope and aspiration. You recognise that this won't happen over night, and that you will need to find a way to move towards the life you envision. You don't believe this will be easy, and yet you have the confidence and empowerment to succeed. Whatever is holding you back at this present time, won't do so for long.

As a past card this shows that you are gearing up to take yourself forward, away from where you have been. Indeed, now is a good time to look how far you have already come, because, there was a time when you wanted to be where you are now. Eyt it is never far enough. The goals we had, once achieved, ALWAYS, give way to the next thing.

You know nobody can change your life for you. You must do it yourself. You are perfectly able and skilled to do this. You have learned a lot in life, and this will carry you towards your future perfectly. You may be ready to travel, move and take on new adventures. Stand in your own confidence. Never doubt your ability, flow forward with the moment, and follow your heart always!

What the future is bringing

The future is dependent on our every move in every moment. The current path you are on is leading you towards these cards. Though everything is changeable should we wish to change it, or should we swerve off course.

Queen of Wands. One of my fave cards! This card reflects the creative power within you. It is, wise, ancient and mystical. You can be totally in control of your life, growing from all that occurs and becoming better, more you. Whatever has happened you are gradually becoming the person this world needs and wanted. Flow proudly into this. Accept your challenges and follow your desires. Attract all you need by indulging only happy positive thoughts.

Go you! The Queen of Wands is a creative, potent, evolutionary force. She is you. And yet, perhaps lately you have not stood in her full power. She is calling to you, to return to your highest hopes and most empowered self. There is healing in simply being in your power, being confident in your ability, AND in particular, connecting to your natural spiritual connection.

This queen says that you are more in control of your destiny than you think. You are more powerful than you recognise. You are a creative force and you can set your heart towards manifestation and attraction and magic. You have done this before she says... You are doing it now, you manifested this current situation. Remember that?

In many aspects of your life. This is your natural skill set. Return to it. Be comfortable in your power. Then from this place, move forward with your desires and needs at the forefront of your agenda. Nurture them in only positive ways and be strong and ready to create.

Love

8 of Swords. You hold the key to your freedom, but you are so wrapped up in anxiety, fear and self doubt you cannot see that. This card speaks to a sincere need for self love.

You are all you need to escape any situation or unhappy thinking. You must unwind the emotions that hold you back, stop the limiting thoughts. There is a bigger picture here and you are at the heart of your life. Already life is asking you to release, and your well-being depends upon it.

You are empowered to get yourself out of any mess, or stress you are in. Perhaps though you don't realise this. You may feel your hands are tied. That you are helpless, trapped maybe. You are not. You are creator of your life. Only your thoughts limit and control you. It is your choice to think differently and to enable yourself to break any ties. You are more powerful than you realise. Call on your inner wisdom and strength and be your own saviour. Be your love.

Career

The Lovers. Is your current career situation acting like a lover, a relationship, a heart filled mess? The Lovers is a card that is on first sight glorious and fabulous. On second glance we see the complications of all relationships. The expectations never quite meeting the reality. The inevitable disagreements becoming tied in with attraction, the passion, the commitment, the frustrations and the everyday grit of it all. If you are feeling challenged by your career situation, remember that this is the nature of loving entanglement. It is never easy. The myth of perfection and of being provided happiness from an outside source, is just that, a myth.

Only we can find our own happiness. And the best we can do with it is bring it to the table and offer to share it with any significant other - even a career. We can't however expect the career to be the source of it. Nor can they expect you to provide their happiness. Somehow you have to fiddle and diddle it between you.

This sounds reflective of your query about your work life and new role negotiations. Treat it as you would a lover. Bring compassion to the work table. Entangle yourself carefully and with options that both give and take!

Health

The Sun. Life is shining brightly upon you. New options are being illuminated. There is excitement and adventure abounding. Bask in all that is good in your life. Let the sun shine down on you and help you to grow, as a person and as a spark of soul that is open to life. Be open. Let yourself expand into newness.

What do you want to do? What is truly in your heart. What would you love to do for your wellbeing, but you are not quite committing? Whatever that is, that is what you should be doing. We are never ready. We are never experienced enough. That's just life. But you know deep down what you need most, and this is where you should trail towards.

Take some time to be in nature and open a dialogue with the divine. Ask spirit to remind you what it is you need most, think back to times of strength and energy. Let that set you alight. Let the sun shine onto that and allow it to become a health ambition. You may feel however you please my dear, really you may.

Family / Friends

The Tower. All around you there is chaos. Yet you remain strong, perhaps a rock and a tower of strength for those who more easily lose themselves to the emotion and drama. Keep standing. You were here before this situation arose and you will be here after it. Sometimes it is hard to keep sane whilst those around you are clearly not doing so. Yet your power and solidity is a gift to them, and to you. It is ok not to let get of your sanity. Your response is as natural as anyone else's. It is needed. Be cool, calm and collected. Allow the drama to play itself out. Provide shelter and support to loved ones who are not naturally as strong as you. If you need to lose your head a little do so with the knowledge that all will be well.

Chaos and drama have a place in our lives. They make us stronger, more able, wiser. Sometimes they arise so that we can be given blessings. Sometimes they happen because we need them to, we asked for them. Whatever drama surrounds you, it has an inevitable purpose. Be strong and know that you will survive this and be better for it. See your chaos as a gift that is clearing out the old to make way for the new.

Final Guidance Cards

Promise

There is a happy ending / beginning coming your way. An agreement, commitment and a helpful loving hand holding. A new dawn is coming and you shan't be watching it alone. There is a strong focus on blissful partnership. One that suits all parties. This is such a hopeful card, one that offers what you need in peaceful and calming ways.

Submerged

That which is coming, cannot be seen objectively until it arrives. So trust that it is there. You can't see it, you don't know it's form. So have faith in a suitable outcome to your career questions, and indeed, anything else that you are holding out for. There is a great deal going on that you don't know about. So expect only blessings and the best. You cannot help that which you have no hand in, but you can manifest with positivity that what comes your way, will suit.

Passion

Get out of your head and into your heart. Work it all though with passion and enthusiasm. These aspects of you are the medicine you need to get where you need to be. Reignite your deepest excitement for any situation and work to channel your feelings through into what you hope.

Thankyou xxxxx, I hope this is helpful and hopeful! Alice x

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