

Chakras

Chakra 7 *Sahasrara* • crown, white light
Know your true Self
The Void, space, Yin/Yang



Chakra 6 *Ajna* • third eye, violet light
Create and imagine your truth
Flow of Creation, ethereal star energy



Chakra 5 *Vissudha* • throat, blue light
Speak your truth
Sky Expansion, air energy



Chakra 4 *Anahata* • heart center, green light
Love others and yourself
Transformation Center, photosynthesis plant energy



Chakra 3 *Manipura* • solar plexus, yellow light
Take action toward your own truth
Sun Center, fire energy



Chakra 2 *Svadhithana* • pelvis, orange light
Feel and be sensual
Fluid Center, water energy



Chakra 1 *Muladhara* • base of spine, red light
Be and take up space.
Root Down, earth element



Tarot

Wands Fire, energetic world • creativity, life goals



Swords Air, astral world • thoughts, focus



Pentacles Earth, material world • money, career



Cups Water, emotional world • love, connection



White Sage Tarot

Seeking a way to balance the hyper-masculine energy in our culture with a soft, strong and feminine deck, *White Sage Tarot* was born. The white sage plant is used in smudging; an ancient Native American method used to cleanse spaces and people. The intention of The White Sage Tarot is to help people find clarity and flow while navigating life's journey.

White Sage Tarot is modern minimalist 78 card deck based in a classical model of tarot. Designed and illustrated by Theresa Hutch, the animals wear clothing and crowns, creating a whimsical touch to both the Court Cards and the Major Arcana. She infuses colors of the 7 Chakras (energy centers) in the deck ribbons as an additional way to read the deck.

Tarot 101

How do I get started?

When you get your deck it is good to spend some time with it, shuffle it and even smudge it with some white sage. To do this you burn it over a fire-proof dish and allow the smoke to flow over each card. Once finished, you can store your deck in a spread cloth for safe keeping.

How do I pull cards in a spread?

Place your spread cloth on a table then decide on the spread you'd like to pull. Next, shuffle the cards.

As you shuffle them, think of an open-ended question or concept. Cut the deck and pull one card at a time.

Some will show upright others will show up in reverse (or upside down). Before you read the descriptions written below, be an observer. *What symbols do you see in each card? How do they interact with each other? Where is there repetition in the colors or patterns in the numbers? How do the cards make you feel?*

Ok, now you can look up the meanings!

What are options for spreads?

Keep it simple to begin. I like to pick a one-a-day, or 3 card spreads (especially when time is tight) like:

past/ present/future

mind/body/spirit

strength/struggles/advice

Does the tarot tell the future?

We spend most of our lives looking at the world with the same lens and tarot has a special way to help us see new perspectives. It also helps us uncover things that we may be afraid of or are trying to avoid. When this happens, it is a good chance to go deeper into the lightness, as well as into the darkness.

What are some good websites to learn tarot?

As you can imagine, the web is knee deep in tarot sites. Here are a few that I admire:

Paje by Night pajebynight.net

The Wild Unknown www.thewildunknown.com

Alchemy in You : youtube <https://www.youtube.com/watch?v=pZd4olSIVgk>

Chakra 101

Although our bodies are filled with thousands of energy points, they are most condensed along the spine. Just as sound waves have different vibrations, so do these energy centers, *chakras*. These frequencies each connect with all of the colors in a rainbow. The *White Sage Tarot* deck contains a ribbons, crowns, and other symbols that correspond with these colors. Allow your intuition guide your readings and draw your awareness inward for

As we explore the chakras one by one, we will begin to see that a healthy system implies much more than freedom from disease. Vitality, appropriate feelings, appropriate thought process, a willingness to embrace change in our lives, create self-expression and responsibility, intuitive understanding, and a healthy spiritual relationship with the Ultimate Creative Force are all essential if we are to be "full of light" and full of life and well-being. - Rosalyn L. Bruyere, Wheels of Light

A good book on the Chakras:

Eastern Body, Western Mind: Psychology and the Chakra System as a Path to Self by Anodea Judith

Minor Arcana

Wands

Ace of Wands
2 of Wands
3 of Wands
4 of Wands
5 of Wands
6 of Wands
7 of Wands
8 of Wands
9 of Wands
10 of Wands
Page of Wands
Knight of Wands
Queen of Wands
King of Wands

Cups

Ace of Cups
2 of Cups
3 of Cups
4 of Cups
5 of Cups
6 of Cups
7 of Cups
8 of Cups
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Swords

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Pentacles

Ace of Pentacles
2 of Pentacles
3 of Pentacles
4 of Pentacles
5 of Pentacles
6 of Pentacles
7 of Pentacles
8 of Pentacles
9 of Pentacles
10 of Pentacles
Page of Pentacles
Knight of Pentacles
Queen of Pentacles
King of Pentacles

Major Arcana

0 The Fool
1 The Magician
2 The High Priestess
3 The Empress
4 The Emperor
5 The Hierophant
6 The Lovers
7 The Chariot
8 Strength
9 The Hermit
10 Wheel of Fortune
11 Justice
12 The Hanged Man
13 Death
14 Temperance
15 The Devil
16 The Tower
17 The Star
18 The Moon
19 The Sun
20 Judgement
21 The World
22 The White Sage (Collector's Edition Only)

WANDS - fire

Ace of Wands

Upright: **inspiration, creation**

It is time for a fresh start and a spark of creative energy. This wand seems to defy gravity. Allow this lightness help you to expand your horizons. Dreaming isn't limited to nighttime.

Reversed: **delayed start, stagnation**

There may be a delayed start and a slight heaviness before you start a creative endeavor.

Chakra 1 *Muladhara* base of spine, red light

2 of Wands

Upright: **progress, discovery**

You are ready to soar to new heights. This card inspires both grounding and light. As Dr. Martin Luther King Jr. wisely stated, "Faith is taking the first step, even when you don't see the whole staircase."

Reversed: **hesitation, fear of unknown**

When the 2 of Wands shows up in reverse, hesitation and lack of confidence can show up. Take your time. Be sensitive to your heart and see you can do this.

Chakra 4 *Anahata*, heart center, green light

3 of Wands

Upright: **preparation, foresight**

You are well on your way but you can't get there alone. Collaboration is the key to this venture at hand. The wands are wrapped in a blue ribbon signifying the importance of clear communication and teamwork.

Reversed: **delayed gratification, miscommunication**

The 3 of Wands in reverse may signify delayed gratification.

You may feel weary when trusting others for a partnership.

Chakra 5 *Vissudha*, throat, blue light

4 of Wands

Upright: **celebration, sweet home**

Let down your guard and let loose time to celebrate. A wedding *huppah* represents a joy-filled home. A stable foundation filled with both laughter and tears. Once you find this, you are in it for the long haul.

Reversed: **communication, difficulty**

Still a positive card but it isn't without some communication breakdowns. When this happens, sit down and have the "hard talks" with important people in your life. You'll be glad you did.

Chakra 6 *Ajna*, third eye, violet light

5 of Wands

Upright: **competition, struggle**

It may feel like your patience is being tested with a bit of conflict and tension. This is a good reminder to focus on your True Self or *Atman*.

Yoga means to "yoke" with regards to your mind, body and breath.

Your separation to everything else is an illusion.

Reversed: **conflict avoidance, goal focus**

Restorative justice may be needed to resolve a conflict. Active listening plays a big part of clear communication.

Chakra 3 *Manipura*, solar plexus, yellow light

6 of Wands

Upright: **self-confidence, progress**

You've tapped into your dharmic flow and it may feel like effortless effort. This is encouraging and ultimately represents your outward appearances. You are seen as successful from those around you. The trick is to be carried along a stream and let the strong under-current do the work.

Reversed: **outward appearances, sun sign**

When the 6 of Wands is reversed, you may be spending too much focus on the way you are perceived. When you look into the stream and see your reflection, don't get caught up in your looks.

Chakra 2 *Svadhithana*, pelvis, orange light

7 of Wands

Upright: **competition, upper hand**

Although it can be a challenge, in the end you will be thankful that your voice has been heard. Take a stand and hold your own.

Harness your focus on your *Manipura* energy center located in your solar plexus.

Reversed: **exhaustion, lack of focus**

When the reversed 7 of Wands shows up, you may feel confused as to the best direction to turn. Don't let your own insecurities prevent you from accessing inner strength.

Chakra 3 *Manipura*, solar plexus, yellow light

8 of Wands

Upright: **travel, change**

The struggles and battles of the seven of wands are now in the past. Get ready for swift change. This may be a good time for air travel. The orange ribbon glides between the mesh of wands with ease.

Reversed: **delays in a trip, waiting game**

Indicates delays on your fast-tracked journey. Maybe the just the news you need to hear in your busy schedule. There isn't anything you can do, so time to make the best of it.

Chakra 2 *Svadhithana*, pelvis, orange light

9 of Wands

Upright: **courage, against the grain**

The 9 of Wands shows up to remind you that sometimes it is best to go against the grain. It takes a lot of courage to stand out of a crowd especially about matters that are part of a societal norm. The color of this ribbon is pink to bring focus to your roots, find courage to move forward. "*Be bold. If you're going to make an error, make it a doozy, and don't be afraid to hit the ball.*" - Billie Jean King

Reversed: **hesitant, on edge**

The Nine of Wands in reverse suggests you aren't as confident as you

seem on the outside. You need to pick your battles. When in doubt start with *ahimsa* (compassion) in yourself and share it with others.

Chakra 1 *Muladhara*, base of spine, red light

10 of Wands

Upright: **too busy, heavy load**

When the 10 of Wands shows up you may feel like you are carrying a cumbersome load. It is time to listen to your heart to decide what really important and what needs to be delegated. Time for a break and even some self-care like a warm bath.

Reversed: **grasping, control**

It is time to step back and figure out your support network. When people offer to help, take them up on it and then treat yourself with a simple nurturing routine.

Chakra 4 *Anahata*, heart center, green light

Page of Wands

Upright: **adventure, youthful creativity**

The Page of Wands upright represents a youthful, feminine spirit.

She is ready for an adventure with her walking stick, sun hat and glimmer in her eyes. Get out there and smell the fresh air.

Reversed: **unfocused, pessimism**

The Page of Wands reversed can depict lack of focus and direction.

To find direction, still good for an adventure but carve out some time to sit quietly before you head out the door.

Chakra 4 *Anahata*, heart center, green light

Knight of Wands

Upright: **traveler, positive vibes**

Pack your bags! The Knight of Wands is a good signal for travel.

This raptor is a teenage boy who is ready to conquer the world. The pyramids in the background signify monumental achievements. He is young and spontaneous without a lot of experiences to back him up. Time to live and learn.

Reversed: **haste, scattered energy**

Knights in general are messengers. When the Knight of Wands is in reverse the message can signify rushing into a project or adventure without clear plans. No need to re-create the wheel. Find out what worked for others, and learn from past mistakes.

Chakra 3 *Manipura*, solar plexus, yellow light

Queen of Wands

Upright - **competent, exuberant**

The Queen of Wands can refer to a woman with a lot of fire energy. She is feminine and strong thus represents the *White Sage Tarot* deck well. The Queen of Wands is confident with a positive and uplifting vibe. This Queen is decked out in a herringbone jacket and carries a staff she isn't afraid to use. This kind of intensity, gets the job done.

Reversed- **demanding, overbearing**

When the Queen of Wands is reversed she can come across as domineering and impatient. She may need to learn the art of wielding fire.

Chakra 2 *Svadhithana*, pelvis, orange light

King of Wands

Upright - **leader, entrepreneur**

The King of Wands upright symbolizes a wise, open and positive masculine energy. One who "sees the cup full" and is lucky because he's smart enough to believe it. There is a lightness about this king. He wears his crown with a slight tilt and the sky is partly cloudy reflecting he is good with finding a silver-lining.

Reversed - **impulse control, ruthless**

The King of Wands reversed is still a positive card. He can signify a person who has overcome obstacles which shows up through his empathy toward others. He can also have an unrealistically high level of expectations for himself and others.

Chakra 5 *Vissudha*, throat, blue light

CUPS - water

Ace of Cups-

Upright: **new love, sparks fly**

As with all aces, the Ace of Cups indicates a new beginning. It is a positive omen with regards to love, affection and a soul connection. You have finally met your match. This latte is a reminder of the heart pounding sweetness of an espresso blended with care. Keep your heart open to a new emotional connection.

Reversed: **repressed emotions, holding back**

When the Ace of Cups shows up in reverse, it is still a positive omen but you might feel a bit hesitant. Once you feel ready, take a chance and jump in.

Chakra 1 *Muladhara*, base of spine, red light

2 of Cups

Upright: **bond, union**

2 cups pour together and unite just as true love melds two hearts. You may feel a deep love connection with another. Practice the art is finding a balance through some give and take. Remember, it should be easier than it is hard.

Reversed: **loss of Self, relationship imbalance**

The 2 of Cups reversed warns to be sensitive to all of your connections and be aware if you start to lose your sense of Self.

Chakra 4 *Anahata*, heart center, green light

3 of Cups

Upright: **celebration/ connection**

Three cups are held up in a toast. Friends gather to celebrate a bond that has lasted through thick and thin. You get just a few "star friends" in a life time. No matter the distance or time that passes they will always be there.

Reversed: **betrayal, too many cooks in the kitchen**

When 3 of Cups is reversed it suggests three is a crowd, be aware of group dynamics and betrayal. Be aware of your thoughts, words and deeds.

Chakra 5 *Vissudha*, throat, blue light

4 of Cups

Upright: **meditation, stability**

Cups are a symbol for emotional connections. The 4 of Cups (like all 4 cards) shows stability maybe to the point of being stuck. If you look around you will notice others who are there to support you, just look up.

Reversed: **missed opportunity, unmotivated**

The 4 of cups reversed expresses low energy one where you are unmotivated apathetic and even depressed. To find balance, get moving.

Chakra 2 *Svadhithana*, pelvis, orange light

5 of Cups

Upright: **loss, grief**

You may feel a sense of loss or even grieving. Remember change is a part of life and every yin has a yang. If you cling too tightly, it will cause suffering.

Reversed: **emotional awakening, new strength**

It can signify a recovery and release from the past. It is time to forgive and move on. Accept support from family and friends who are there to help you get through a troubling time.

Chakra 3 *Manipura*, solar plexus, yellow light

6 of Cups

Upright: **nostalgia, creativity**

Sweetness is flowing with a sense of nostalgia for your past. A good time for innocence and some creative spontaneity. The violent stream that flows from these cups symbolizes joy and creativity.

Reversed: **naive, living in the past**

You may feel stuck in the past. You may be too trusting. Be aware if others take advantage of your naivety.

Chakra 6 *Ajna*, third eye, violet light

7 of Cups

Upright: **dreamy, self-expression**

You may be focusing heavily on your dream world. Illusions and fantasy life are wide open. Take some time to daydream and see the animals in the clouds. Create something or bake something to release your self-expression.

7 of Cups

Reversed: **illusion, head in the clouds**

May indicate signs of being un-grounded in "real life" by trying to escape in the supernatural world. Check in with your heart to help you find balance.

Chakra 4 *Anahata*, heart center, green light

8 of Cups

Upright: **move on, transition**

It may suggest it is time to "keep trucking." Transition can be hard so be sure to pack your essentials and travel light. These cups are precariously stacked with one sure to crash land on the ground. Make preparations and go with the flow. Destruction and creation go hand-in-hand.

Reversed: **stuck, indecision**

May indicate your hesitancy to leave a situation because the good sometimes outweighs the bad. Watch for patterns in your past to help guide this decision.

Chakra 1 *Muladhara*, base of spine, red light

9 of Cups

Upright: **hard work pays off, overflowing**

Your wishes are granted. You may be overwhelmed by a sense of fulfillment. You are able to reap what you sew. Find an emotional connection and let go of striving as you enter the final part of this process. These cups are well-balanced and overflowing. A rainbow ribbon is set up like a finish line tape. Glide through it and enjoy the ride.

Reversed: **let go of the fruits**

Be careful not to identify with the outcome of your efforts. As the *Bhagavad Gita* says, "Do your worldly duty, but without any attachment to it or desire for its fruit..."

Chakra 7 *Sahasrara*, crown, white light

10 of Cups

Upright: **party time, celebration**

An incredibly positive card, you may feel a culmination of a creative and emotional endeavor. Allow yourself to sit back and slowly take in this bountiful time. Cups are stacked and stable lead up to a rainbow in an infinity symbol. Happiness is only found in the present moment, enjoy it.

Reversed: **striving for more**

The 10 of Cups in reverse is still a positive card but notice if you're still striving for something more. Realize you have everything you need in this moment.

Chakra 7 *Sahasrara*, crown, white light

Page of Cups

Upright: **youthful, creative**

When this sweet young otter graces your presence with a cup of turmeric ginger chai, take her up on the offer. The Page of Cups reminds you to take a sip, close your eyes then let your tensions vanish through your exhales. Remember what it was like to be a child? Allow your creative side to flourish.

Page of Cups (continued)

Reversed: **uprooted, dreamy**

It may signal a time to play, create and dream but be sure to stay well grounded. As the late Casey Kasem would say, "Keep your feet on ground, and keep reaching for the stars."

Chakra 2 *Svadhithana*, pelvis, orange light

Knight of Cups

Upright: **softy with a hard outer shell**

The Knight of Cups otter is a hipster at heart. He doesn't leave home without his messenger bag and a cup of dark black coffee. Don't let his hard metal helmet fool you—he is a softy and a good listener at heart. He carries an optimistic message in his bag, a call to action.

Reversed: **message coming your way**

Generally a positive card, even in reverse. Be aware of messages headed your way and don't let outer appearances fool you. You may need to dig a little deeper.

Chakra 6 *Ajna*, third eye, violet light

Queen of Cups

Upright: **nurturing, gentle**

Sweetness is the Queen of Cups' middle name. This nurturing babushka is gentle and relaxed. Sipping on some chamomile tea, she reminds you to slow down and to stop rushing around. Take time to taste your food. Being busy is so over-rated.

Reversed: **martyr, compassionate**

The Queen of Cups in reverse is still a compassionate card but she can become a martyr when out of balance.

Chakra 4 *Anahata*, heart center, green light

King of Cups

Upright: **yin/yang, caring soul**

The King of Cups shows a man with truly balanced masculine and feminine energy. He is a laid back and caring old soul. The King of Cups drinks light coffee on and off all day. He is a real family man, always there for you when you need him.

Reversed: **emotional overload**

When the King of Cups is reversed, he can be a moody old fellow.

Take some time to listen to his needs.

Chakra 5 *Vissudha*, throat, blue light

SWORDS - air

Ace of Swords

Upright: **new mental clarity, insight**

The Ace of Swords can signify a break-through moment. Although it isn't always easy, seek clarity to get to the heart of the matter. Time to call a spade a spade.

Reversed: **clouded judgement, stress**

When the Ace of Swords is reversed, it reflects clouded judgement or too much focus on the way things should be. Stress happens when the way things are and your expectation of how they should be, don't line up.

Chakra 1 *Muladhara*, base of spine, red light

2 of Swords

Upright: **stalemate, blocked emotions**

The 2 of Swords indicates a strong bond between you and another person. If there is a conflict, you are like battering rams. The good news is that you can find balance if you both have some give and take. These swords rise up and are bound in green ribbon to signify a focus on your heart chakra for a solution to this difficult time.

Reversed: **struggle, space needed**

This card may suggest that you are struggling in the middle of conflict. You may be trying to play the peace-maker role but in doing this you are just confusing yourself and creating more tension. Step outside and take a breath. This space can help you gain some perspective.

Chakra 4 *Anahata*, heart center, green light

3 of Swords

Upright: **sorrow, pain**

Although the 3 of Swords can be intense, know that it is not all bad. Although there is an element of sorrow that is undeniable when this card appears, what lies on the other side of this sorrow can be enhanced understanding and joy. Allow yourself to fully experience any sorrow or pain that comes up now, so that you can move beyond it. Attention must be paid to find emotional balance at this time.

Reverse: **clouds have started to part, silver lining**

When the Three of Swords is in reverse indicates that you have recently gone through a difficult patch but the clouds have started to part. Look for silver lining.

Chakra 5 *Vissudha*, throat, blue light

4 of Swords

Upright: **contemplation, relaxation**

Swords are the element of air and thoughts. Stick your sword in the sand for a moment of rest for both your mind and your body. Time to recoup your energy.

Reversed: **restlessness, burn-out**

You may also be trying to avoid any period of contemplation or meditation on a particular issue because you are worried about what it might bring up. Stop and take a few deep breaths to be here, now.

Chakra 2, *Svadhithana*, pelvis, orange light

5 of Swords

Upright: **tension, hostility**

When the 5 of Swords appears, you are likely to find yourself with some mixed feelings about life in general and about a few people in particular. It is good to voice your opinions, but pick your battles.

The yellow ribbon is being shredded as we speak.

Reversed: **conflict, action**

Can indicate power struggles and conflicts. You may have an urge to prove your options are right and this could be a waste of your time and energy. Consider your priorities and the things that matter most to you then act on them.

Chakra 3 *Manipura*, solar plexus, yellow light

6 of Swords

Upright: **change, travel, flow**

This card indicates movement and flow. The swords are getting carried down a river. Unlike the 6 of Wands, swords don't bend.

They can still flow and the current pulls them. Change can be hard, but can be easier if you release control. The violet ribbon resides in your third eye. Tap into your creative magick!

Reversed: **blocked, stuck in a routine, fear of the unknown**

You may feel stuck. The violet ribbon is a good reminder to focus on your 3rd eye and figure out a creative way through the weeds.

Chakra 6 *Ajna*, third eye, violet light

7 of Swords

Upright: **lone-wolf, courageous**

Indicates you are dancing to the beat of a of your own drum. There may be a person in your life who is acting in an unethical way. You may be tempted to act out. Remember Ghandi's advice, "An eye for an eye makes the whole world blind." This card can be difficult to understand on its own. Look at the connections to the other cards to figure out its full meaning.

Reversed: **scheming, mind games**

In reverse, it indicates what comes around goes around. Make right the wrongs you've done. The yellow ribbon brings focus to the solar plexus - energy needed to act from your truth.

Chakra 3 *Manipura*, solar plexus, yellow light

8 of Swords

Upright: **trapped, imprisoned**

The largest two swords are wrapped and unable to be used to their full abilities. Other swords point inward as a sign of conflict. Keep your wits about you even though your outlook is bleak. As the blue ribbon of the 5th chakra indicates, communication is key.

Reversed: **escape, mental healing**

As they say in Swahili, "Uhuru!" or freedom. You are packed and ready to go. You mind is clear and your mind-made shackles have been released.

Chakra 5 *Vissudha*, throat, blue light

9 of Swords

Upright: **loss of hope, depression/anxiety**

Your sensitive heart floats in the middle of this card as the swords enter in. This card is about your internal psychological state more so than your experience in the world. As Franklin D. Roosevelt said, "All we have to fear, is fear itself." Ask yourself, "What's real?"

Reversed: **light at the end of the tunnel, seeking help**

The Nine of Swords in reverse can indicate you have spent time worrying, and now you are ready to move on. Get support as you need it. Look around people are there, ready to help.

Chakra 1 *Muladhara*, base of spine, red light

10 of Swords

Upright: **betrayal, loss**

Can indicate a sudden change or loss. The swords in this image cut through a green ribbon symbolic of your heart center. Most of this change is out of your control. You can only control your response to it.

Reversed: **recovery, courage**

The ten of swords in reverse can indicate an old incident that has come back to haunt you. You keep re-living a time in your life that you wish you could change. Time to put down your baggage once and for all. Live in the moment and bring your focus to your heart center - a green light in the center of your chest.

Chakra 4 *Anahata*, heart center, green light

Page of Swords

Upright: **alert, clear vision**

Although The Page of Swords has a youthful glow, she is a force to be reckoned with. She is adorned with fresh herbs. She carries a sword that adds protection and cuts through dishonesty without a second thought. It is time to face problems head on.

Reversed: **clouded vision, hesitation**

In reverse it can indicate you're unsure about your direction and because of this, you are "ATNA" all talk and no action. Tap into your heart center for answers. "Your mountain is waiting so get on your way." Dr. Seuss

Chakra 4 *Anahata*, heart center, green light

Knight of Swords

Upright: **problem solver, witty**

The Knight of Swords upright shows a large cat with a sword drawn. He is all about movement. Time to prepare for battle and stand up for yourself and your beliefs. This is a positive card overall because the Knight of Swords symbolizes the courage and strength that you have inside.

Reversed: **sarcastic, making rash decisions**

You (or someone you know) may make quick decisions without a lot of experience to back it up.

Chakra 3 *Manipura*, solar plexus, yellow light

Queen of Swords

Upright: **strong, feminine energy**

A strong and beautiful lioness looks you in the eye. She is sure of herself which reflects her sophisticated nature. People look up to her but aren't always sure if they can handle her intense spirit. She isn't

afraid to call a spade a spade and has no patience for people who put up a front. "My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style." - Maya Angelou

Reversed: **deceitful, cold**

When the Queen of Swords appears in reverse she is even more intense and on the verge of tactless. She is still very cool and self-sufficient but can be critical of those around her. As a mother she sometimes longs for independence. It is important for her to have some time and space alone so she can be present for herself and her family.

Chakra 5 *Vissudha*, throat, blue light

King of Swords

Upright: **intellectual, logical, severe**

The King of Swords can hold his own in an intellectual conversation but can struggle when connecting to his intuition. He is a positive guy who is deeply devoted to his family. He is good at listening to both sides of an argument and then gives sound advice if you ask for it.

Reversed: **immature, sarcastic**

When the King of Swords appears in reverse, he's still an interesting person but lacks the life experiences that can help him navigate a conversation. He may seem immature and can sometimes have a sarcastic tone. When this happens, it is best to give him space so that he can cool down.

Chakra 1 *Muladhara*, base of spine, red light

PENTACLES - earth

Ace of Pentacles

Upright: **prosperity, creature comforts**

A single sand dollar sitting in the sand. The pink ribbon weaves its way through it and a sense of material stability is apparent. It is good to keep your material possessions to a minimum and find joy in the simple things like flowers cut from your yard.

Reversed: **delays in finances, worry about future security**

You may feel stuck if the Ace of Pentacles shows up in reverse.

Don't worry this is just a temporary setback. Adjust your spending on extras right now to make up for the difference.

Chakra 1 *Muladhara*, base of spine, red light

2 of Pentacles

Upright: **juggling, fun**

You are symmetrical and light. You may have a few balls in the air but you are dexterous and swift. As with all 2's this card can point to a connection with another person as well.

Reversed: **early stages, time to practice**

Still in the early stages of your craft, you may lack the confidence of a true expert. Growth happens in a circular manner, rather than linear. Be patient, keep going.

Chakra 4 *Anahata*, heart center, green light

3 of Pentacles

Upright: **teamwork, exploration**

Communication is key and includes both active listening and adding your two-cents worth. Delegate work that doesn't suit you so you can open up time for what you love to do best. You only get so much energy in a day so use it wisely.

Reversed: **weak connection, difficulty communicating**

If there is one person in the group who is dominating the conversation, see if you can help find balance. Bring focus to your throat center and imagine an ultramarine blue light that fills the space.

Chakra 5 *Vissudha*, throat, blue light

4 of Pentacles

Upright: **material wealth, stuck**

This card can be both good and bad. It indicates you have reached a level of financial stability. You and your family may feel self-sufficient and emotionally stable. Time to reach out and be generous to those who are less fortunate. Don't identify with the material possessions in your life.

Reversed: **greed, materialism**

When you fear for the financial future you may feel the need to obsess about finances. This could make you feel stuck, with your head in the sand. Don't overthink it. As the saying goes, "You can't take it with you."

Chakra 2 *Svadhithana*, pelvis, orange light

5 of Pentacles

You may feel overwhelmed with worry about your financial stability. It can also indicate ill health for you or someone you know. Hard times come and go. This too shall pass.

Reversed: **overcoming obstacles, moving on**

The 5 of Pentacles in reverse may indicate that you see a light at the end of the tunnel. Your inner light found in the center of your core is also shining bright— keep going.

Chakra 3 *Manipura*, solar plexus, yellow light

6 of Pentacles

Upright: **balance, harmony**

Sand dollars perfectly balance on this scale. Money flows in and money flows out without debt or excess. This is a good time to put your money where your values lie. Who made your clothes? What is the quality of the food that you eat?

Reversed: **weak investments, generosity**

Notice where your money is coming from and where it is going in order to maintain balance. If you loan out money at this time, don't count on getting it back.

Chakra 3 *Manipura*, solar plexus, yellow light

7 of Pentacles

Upright: **reap what you sew, harvest**

Your shovel is set into the lush soil as you reflect on the abundance of your harvest. You've worked hard to get this far. Take time to find gratitude for the here and now.

Reversed: **short lived success**

The rewards from your hard work may be limited. A good reminder to not put all of your eggs in one basket. Delegate your responsibilities so you have energy to focus on what you truly love.

Chakra 4 *Anahata*, heart center, green light

8 of Pentacles

Upright: **apprenticeship, ambition**

Don't be afraid to ask for help as you navigate new territory. Making mistakes is the only way to learn. The 8 of Pentacles shows pentacles floating effortlessly down a stream of yellow ribbon. Bring your focus to your solar plexus to find the energy to get the job done.

Reversed: **impatience, no commitment**

Learning new skills can sometimes make your ego feel like it is getting crushed. The little voice in your head may be saying, "You can't do this. It is too hard." This hesitancy will pass, as you push your way through. Surround yourself with your biggest fans.

Chakra 3 *Manipura*, solar plexus, yellow light

9 of Pentacles

Upright: **success, prosperity**

3 lines of 3 pentacles leading up to a bright ribbon that has a dark side. Luxury and prosperity may make you feel happy for a short while. Be careful not to confuse this with the dark side of materialism.

Reversed: **living beyond your means, material identity**

You can't have yin without yang. Be sure to find balance between work and pleasure. You are worth more than your bank account.

Consume less and create more.

Chakra 7 *Sahasrara*, crown, white light

10 of Pentacles

Upright: **family, celebration**

The 10 of Pentacles shows a pyramid of pentacles stacked to the ceiling. Above them, there is cray paper ribbon hung for the party. Just as the Egyptian pyramids go back for centuries, you too reflect a connection to generations past. How lucky are you to be here to celebrate even the most simple pleasures?

Reversed: **family burdens, short-lived celebration**

In reverse it suggests communication breakdowns between you and your family. There have been high times, but it doesn't last. Be sure to not identify personally with your material possessions. They will come and go, but your True Self your *Atman* does not change.

Chakra 7 *Sahasrara*, crown, white light

Page of Pentacles

Upright: **fresh start, ambition**

This sweet young page holds up a sprig of trillium as she opens her mouth in a smile. Trillium is a native perennial that has detoxifying benefits. The Page of Pentacles can be an indication a new job, good health and financial stability is on the horizon.

Reversed: **delayed start, hesitation**

You will soon be on your way. Tap into your confidence and the expertise of those around you. You are not alone.

Chakra 6 *Ajna*, third eye, violet light

Knight of Pentacles

Upright: **dependable, faithful**

The Knight of Pentacles shows up as a young, bright and hopeful elephant who shares a message of prosperity. He wears a helmet with a symbol for earth etched in the side. Behind him fields are planted and the crops are strong. Appreciate what you have and share any excess you don't need.

Reversed: **stuck, lack of inspiration**

In reverse it is still a positive card, notice if you are feeling stuck in your daily routines. Change it up. Take the scenic route home.

Enjoy this bountiful time.

Chakra 3 *Manipura*, solar plexus, yellow light

Queen of Pentacles

Upright: **motherly, comforting**

A mother elephant holds her child close. The Mother of Pentacles is strong, faithful and loving. She is the perfect example of someone who is "down to earth." She is the person you call when you are feeling under the weather.

Reversed: **sacrificial, lack of balance**

Notice the amount of energy you are giving and receiving. Is it in balance? If not, step back and get a little perspective on the situation. The earth element can feel heavy without enough air. Bring your focus to your heart center and check in.

Chakra 4 *Anahata*, heart center, green light

King of Pentacles

Upright: **financial success, tradition**

The King of Pentacles is a cool old uncle. He is now retired, financially stable and reaping its benefits. Although he emits masculine energy, he isn't afraid to wear a purple ribbon with a pentacle on his third-eye-center.

Reversed: **corrupt, greedy**

The King of Pentacles in reverse suggests that anyone can succeed if they work hard enough. Ethics come into question here. It may be hard to look at the big picture if you focus too much on your family's financial situation. As Paul Wellstone rightly puts it, "*We all do better, when we all do better.*"

Chakra 1 *Muladhara*, base of spine, red light

Major Arcana

The Fool 0

Upright: **fresh start, inner child**

A puppy marches along without a care in the world. All The Fool needs to be happy is a perfect stick and life is good. A storm is off in the distance but this doesn't slow him down. He is always an advocate for diving in head first with the innocence of a child. This is generally considered a positive card, with the caveat that it's important to take time to be sure that "look before you leap." The fool can be an indicator of starting a new spiritual practice with an element of spontaneity.

Reversed: **hesitancy to start, lacking confidence**

It can show that there is a need for a new beginning, but that there is some hesitancy about making it happen. In general, this card would indicate new beginnings that have some deeper spiritual meaning. You may have some level of resistance toward this new beginning. Sometimes this context it can mean change is coming, whether you want it or not.

Chakra 1 *Muladhara*, base of spine, red light

The Magician 1

Upright: **elusive, miracles, and magick**

A feather floats effortlessly in the air above a *nazar* that wards off evil. A good reminder to take the high road in order to access your unlimited power. The Magician card taps into your emotional, energetic and physical body. This is a very powerful, positive sign in a reading. You can make a difference, in your life and in the world. Getting in the flow is as easy as this feather can harness the wind.

Reversed: **lacking self discipline & purpose**

Even when reversed, it is about focusing on your use of all of your power. You may be wary about making the necessary changes in order to use their power in a more spiritual and more effective manner. Take a moment in your busy day to sip some tea and consider your higher ground.

Chakra 6 *Ajna*, third eye, violet light

The High Priestess 2

Upright: **intuitive, all knowing**

The High Priestess is like any cool cat. She is on top of the world and runs things with a quiet sense of control. You can't help but feel drawn to her and wish she picks you to sit near her at her lunch table. She is all of the above: calm, cool and collected. She lives a life above everyday drama.

Reversed: **impatient, blockage**

The High Priestess in reverse may indicate impatience and an inability to access intuition. She may show up as being stubborn and controlling. Whatever emotion shows up, it may be amplified.

Chakra 7 *Sahasrara*, crown, white light

The Empress 3

Upright: **strong feminine energy, emotional balance**

Moon bathing on the seaside, the Empress taps into the subtle yet strong power of the divine feminine. She is strongly connected to Venus, the goddess of sensuality and love. She is both connected to the earth and water elements and enraptures anyone who comes her way. The Empress is at home anywhere she can express herself. Pack up your watercolors and head out to the park.

Reversed: **impatient, superficial**

When the Empress is in reverse, watch out for over-extending yourself. Remember you need to put on your own oxygen mask first, before you reach out to help others.

Chakra 2, *Svadhishthana*, pelvis, orange light

The Emperor 4

Upright: **authority figure, loyal**

The Emperor is a jolly old father figure who has had a strong work ethic and reaps the rewards. He is a powerful authority figure who pats his belly and says, "Its all paid for." He has little patience for

people who don't value material gain as a sign of success. A reminder that we live in a material world but don't let symbols of success and status get in the way of real happiness.

Reversed: **lacks self-discipline, poor boundaries**

When The Emperor shows up in reverse be ready to hold your ground. There may be a hyper-masculine person in your life who calls all of the shots. It can also be an archetype you find within. Be aware of making assumptions and judging others. As the Tao Te Ching reminds us, "*Working without thought of praise or blame is the way of true contentment.*"

Chakra 3, *Manipura*, solar plexus, yellow light

Hierophant 5

Upright: **inner teacher, power of letting go**

The Hierophant is all about using good judgement. No need to search, the answers lie deep inside. You only need to sit down and quiet your mind. Keep it simple and feel your breath as it fills your lungs. Feel your breath as it releases. This deer knows how to be a deer. She is confident yet relaxed and ready for whatever comes her way.

Reversed: **rule breaker, controlling**

The reversed Hierophant can indicate a restless energy filled with anxiety and whirling thoughts. To find balance, see yourself as this deer and feel your controlling grip soften.

Chakra: *Anahata*, heart center, green light

Lovers 6

Upright: **soul connection**

The Lovers cards is usually (but not always) connected to a romantic relationship. One that touches your heart deep down. You may be unsure if you've met your perfect match. Ask yourself, "Is it easier than it is hard?" If so, dive in head first.

Reversed: **communication breakdown**

Even when it shows up in reverse it is still an incredibly positive omen. The intensity is only a bit weaker than if it is upright. Focus on a bright emerald light in the center of your chest and let things fall into place. "*Love is a piano dropped from a fourth story window, and you were in the wrong place at the wrong time.*" - Ani Difranco

Chakra 4, *Anahata*, heart center, green light

Chariot 7

Upright: **karma, action, driving force**

When the Chariot turns up, your path has cleared. Yin/Yang horses are charging their way forward toward a goal. The sun lights the way and an "all in" attitude will help you get the job done. The Chariot has energy and motivation so moving forward is crystal clear.

Reversed: **wild horses, acting without thoughtfulness**

When the Chariot appears in reverse, it is time to take a hard look at your intention for moving forward. Is it coming from a place of trying to please others?

Chakra 3, *Manipura*, solar plexus, yellow light

Strength 8

Upright: **courage, highest good**

A momma bear charges forward with ambition and courage. She is willing to give up her life for the people that she loves. Her action isn't violent, on the contrary, it comes from a place to serve the highest good.

Reversed: **stronger than you think**

You may feel like you can't overcome the mountain of trouble that lies ahead of you. You can and you will, once you tap into your own buried strength.

Chakra 4, *Anahata*, heart center, green light

Hermit 9

Upright: **spiritual, loner**

This sloth in a hoodie doesn't have a care in the world. He knows everything gets done in its own sweet time. With a smile on his face and a glimmer in his eyes. Just because he is alone, doesn't mean he's is lonely. Focus on communication - both talking to others and inside of your head. As Thich Nhat Hanh writes, "*Real silence is the cessation of talking with both the mouth and the mind.*"

Reversed: **meditation, quiet time**

You are better at sitting still and quiet than you give yourself credit. Alan Watts says, "The trick is to sit down on your meditation cushion without a sense of grim duty, but rather, with a sense of joy." Chakra 5 *Vissudha*, throat, blue light

Wheel of Fortune 10

Upright: **transformation, change, cycles**

The Wheel of Fortune floats without a sense of gravitational pull or tension to slow it down *Anubis*' head. The wheel is a mandala which is a symbol of psychic wholeness so to have a balanced psyche and peace of mind is key. Life (and death for that matter) isn't linear, but rather runs in cycles. Understanding this, can help change your expectations about the ways things are supposed to be. Positive thoughts can take you a long way.

Reversed: **ask for help, subtle transition**

This card is still positive, even in reverse. Change may be delayed which can throw you off your desired schedule. The mandala in the center keeps turning. The only thing that is guaranteed in life is change. Roll with it.

Chakra 6 *Ajna*, third eye, violet light

Justice 11

Upright: **weighing of the heart, fairness**

The Egyptians viewed the heart as the seat of intellect and emotion. The heart of the individual was weighed against the feather representing the goddess of truth. How would your heart do? If it is heavy, try journaling or writing a note to a close friend to get any reeling thoughts out of your head.

Reversed: **blocked vision, what comes around goes around**

You may feel like it is "your way or the highway." If you carry bitterness about wrongs made against you, this is a good time to let it go. Holding on to regrets and past relationships can bog you down and even come back to haunt you.

Chakra 5, *Vissudha*, throat, blue light

The Hanged Man 12

Upright: **reflective time, crossroads**

When a monarch caterpillar hatches, it frantically eats and grows then crawls up to a leaf and turns into a "j" shape. When this happens, it completely freezes and waits. You too can benefit from stillness - a very counter-culture thing to fully understand.

Reversed: **let go, acceptance**

The time has finally come for you to spread your wings. You may not even recognize your former self after this transformation takes place.

Chakra 1 *Muladhara*, base of spine, red light

Death 13

Upright: **big transformation, change**

The Death card can suggest a death of a being, a job or even a concept. There is nothing to fear about this card. A light grip on the permanence for things will suit you well. Go with the flow rather than trying to swim up stream.

Reversed: **subtle transformation, change**

The Death card reversed can also mean change is coming but it is on a much more subtle level. Don't hesitate to reach out for help if you need it.

Chakra 7 *Sahasrara*, crown, white light

Temperance 14

Upright: **symmetry, healing**

Just as balance comes and goes, spotting a blue butterfly is a magical and fleeting experience. Find flow in your physical, energetic and emotional bodies with the ease of water that pours from one cup to the next.

Reversed: **slight imbalance**

When Temperance shows up in reverse it is still a positive card, but keep a careful eye on imbalances as they come up. One way to find balance is to notice imbalances then make adjustments.

Chakra 5 *Vissudha*, throat, blue light

The Devil 15

Upright: **addiction, hopelessness, self doubt**

The Devil is not a scary symbol, on the contrary, it is one that draws you in. Not only are you tempted by the shiny red apple, but this lime-green snake draws you in as well. He pulls you off your true path and clouds your view making it hard to see. Where is your weakness? What is the story of you? Can you spot the truth in it? You always have a choice to break a pattern that clouds your life, don't let The Devil fool you.

Reversed: **breaking free, power reclaimed**

With The Devil in reverse you have started to break the bonds of eye contact with the snake long enough to realize that you are in a toxic situation. Let go of your strong grip on material items you identify too strongly with at this time.

Chakra 2 *Svadhithana*, pelvis, orange light

The Tower 16

Upright: **change, destruction**

The Tower comes crashing down and there is nothing you can do to stop it. Water down below reminds you that you don't need to sink or swim but rather float and go with the flow. Change is a part of life, the sooner you understand this, the better.

Reversed: **subtle change, shift in traditional power**

The Tower in reverse may indicate a shift in a long standing power hierarchy in you life. Those you held in the highest regard, may show their mortal flaws. As Paul Simon says, "Breakdowns come and breakdowns go. What are you going to do about it? That's what I'd like to know."

Chakra 1 *Muladhara*, base of spine, red light

The Star 17

Upright: **cleanse, hope**

The Star card is similar to the Temperance card in that it can signify things are going your way. You look up in the night's sky and understand you are connected to the stars as well as the ground you stand on. White sage smudging reduces the negative energy to cleanse as it reaches for the sky. This card is a good omen, enjoy it.

Reversed: **inspired, calm after a storm**

Even in reverse, the Star card is a positive omen. You may feel a bit hesitant to move forward with an inspirational project. Set aside some time to get inside your body with a yoga/mediation practice.

Chakra 7 *Sahasrara*, crown, white light

The Moon 18

Upright: **psychic, intuitive, feminine**

Khonsu, the god of the moon and time was also revered as a god of healing. The Moon is balanced and mysterious. Don't be afraid of the dark. Yin energy can draw out your creative spirit. Pay special attention to your dreams, write them down. Ask yourself, "What is the lesson buried deep inside?"

Reversed: **blocked vision, waiting game**

You may feel disconnected from the moon and restless as the sun starts to set. This feeling is only temporary, you will be howling in the night sky in the near future. The moon is always there (just like your intuition) even when you can't see her.

Chakra 2, *Svadhithana*, pelvis, orange light

Sun 19

Upright: **freedom, travel**

It is believed that every night, *Khepri* pushes the sun down into the underworld, and every morning the sun would again emerge and travel across the sky. The word “Kheper” means “to emerge” or “to come into being.” This card may indicate you getting your wings to fly. It symbolizes movement and clarity in your journey forward!

Reversed: **subtle freedom, focus on blessings**

Even in reverse, this card shows movement but the change is more subtle and the movement is at a slower pace. Count your blessings and consider what it means to practice “Sun Salutations” on your yoga mat. Tap into some gratitude for that big ball of fire that shows up everyday.

Chakra 3, Manipura, solar plexus, yellow light

Judgement 20

Upright: epiphany, dharma

A light bulb shines. Is it an interrogation light or an “a-ha” moment? The choice is up to you. Focus on white light - True Self, and life goals.

Reversed: interrogation light, quick decisions

In reverse you go from “big picture” decisions to more mundane and day-to-day ones. Both are importance and influence each other.

Chakra 7 *Sahasrara*, crown, white light

The World 21

Upright: completion, celebration

Just as a great oak starts as a wee acorn we need to suspend our belief that life is limited to our simple vision. Nothing is a thing, but instead a happening inter-connected with all other happenings.

Reversed: **potential for completion**

Time to stick with it and keep going. The world is your oyster, if you follow through. Cherish each moment and the people who you connect with along the way. “*Don’t underestimate yourself. You have the ability to wake up. You have the ability to be compassionate. You just need a little bit of practice to touch the best that’s in you.*”

Enlightenment, mindfulness, understanding and compassion are in you.” - Thich That Hanh

Chakra 7 *Sahasrara*, crown, white light

*** **Limited Edition Deck only - The White Sage 22 (U) deep wisdom, big picture**

The White Sage is a majestic owl. One who knows better than to fall for the latest dramatic stunt. She understands that life is bigger than the little snap-shots that represent it. She is not swayed, instead sits back all knowing, and laughs. Fear is too much weight to bare.

Reversed: **lighter day-to-day wisdom**

When the White Sage shows up in reverse, she is still a positive omen. She knows enough to be light, and love. In reverse her wisdom is about the immediate, day-to-day situations.

Chakra 7 *Sahasrara*, crown, white light

Credits

Paje by Night www.pajebynight.net

Truly Teach Me Tarot www.teachmetarot.com

Western Body Eastern Mind - by Anodea Judith

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In Gratitude

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