

The shadow healing spread layout

London Tarot Conference 2007 talk transcript

<p>Card 1:</p> <p>What do I need to accept and love about myself at this time?</p>	<p>Card 2:</p> <p>What do I need to let go?</p>	<p>Card 3:</p> <p>What aspect of myself do I need to heal?</p>	<p>Card 4:</p> <p>What aspect of myself will help with this healing?</p>
<p>Card 5:</p> <p>What pattern within me at the moment is stopping me from fulfilling my dreams and goals?</p>	<p>Card 6:</p> <p>What aspect of myself will release this pattern?</p>	<p>Card 7:</p> <p>What aspect of myself will help me achieve my dreams?</p>	
<p>Card 8:</p> <p>What does my shadow need me to know?</p>			
<p>Card 9:</p> <p>Ancestral pattern</p>	<p>Card 10:</p> <p>Soul blueprint pattern</p>		

First line of the spread: Healing ourselves

Card 1: “What I need to accept and love about myself at the moment is ...”

Card 2: “What I need to let go of is ...”

Card 3: “I need to heal ...”

Card 4: “The aspect of myself that will help with this healing is ...”

Second line of the spread: Fulfilling our dreams

Card 5: “The pattern which is stopping me from fulfilling my dreams is my ...”

Card 6: “The aspect of myself that will release this pattern is the part of me that is...”

Card 7: “The aspect of myself that will help me achieve my dreams is ...”

Third line of the spread: Shadow wisdom

Card 8: “My shadow needs me to know ...”

Fourth line of the spread: one-off reading

Card 9: “My ancestral pattern consists of...”

Card 10: “My soul blueprint pattern consists of...”

Find more articles and resources from Miranda Gray including:
‘Shadow healing spread: Soul card interpretations’
‘The shadow healing spread’

See her website:

<http://www.MirandaGray.co.uk>