

Handling Difficult Feelings

Your question: How can I understand and transform my difficult feelings at this time?

Name: XXXXXXXX
Deck: Ryder Waite

Gender: Female
No. of cards: 3

Age: 35
Date: 6 Feb 2014



CARD 1:
Death



CARD 2:
The Moon



CARD 3:
The High Priestess

Your reading:

1. What influences lie at the root of your feelings at this time?:

Receiving the Death card in this position suggests something important to you has come to an end recently. This could mean the death of someone close to you, but it could also refer to changes in general.

2. What can I do which will help me most at this time?:

The Moon card in Tarot represents the times in life when we face confusion or doubt. In this position, the card is advising you to be mindful of your feelings, not letting them project onto anything or anyone else outside yourself. Remember also that like the moon, your feelings have phases and therefore 'this too shall pass.'

3. What do the cards predict for your future?:

The High Priestess suggests you will feel calmer and more in tune with yourself in future. Instead of being rushed around by life you will be able to find a more peaceful centre inside yourself and will have greater access to your wise inner voice, guiding and directing you.

Elissa's interpretation:

This reading suggests that your difficult feelings have arisen as a result of either a death, or from experiencing a lot of change in your life. This situation has resulted in you feeling uncertain, confused or vulnerable in your feelings - possibly because you feel ungrounded and unsure in yourself. In times of anxiety or difficulty we may not be able to see clearly exactly what is going on. This can be scary and make us feel vulnerable, and from this place of fear we are prone to allow our imaginations to run wild, projecting our shadow side onto others and imagining all sorts of things which aren't real. There is of course a reality to your situation and it is right that your feelings will be uneasy at this time (if you weren't feeling unsettled you wouldn't be human!). But to cope with this situation in the best way, the Moon card asks you not to trust every feeling you have, but rather listen to them carefully and mindfully. That way you will be able to judge which emotions are real and which are illusory, and thus maintain your centre throughout this difficult time. This should ensure you move through the difficulties quicker, with grace and nobility and with less pain than you would otherwise.

It is a good sign that the High Priestess has appeared in the final position. This suggests that the difficult times you are facing at this time are bringing you more into contact with who you really are. There is an interesting contrast between the Moon and the High Priestess. Both cards have links to the unconscious, but whereas the Moon asks you to be aware of negative influences in your subconscious, the High Priestess refers more to the positive. This may suggest that your current situation is an opportunity for you to clean out these negative influences in order that you can be more in alignment with your true self. There is always a positive opportunity in any life situation, no matter how difficult it may seem on the surface - and these cards appearing together suggest you would wise to see your situation in this way: i.e. as a growth opportunity. In other words, if you can do this inner work of bringing light and awareness to your shadow (Moon) side, you will be rewarded by the comparative sunlight cast by the High Priestess' energy.

It is also very interesting to note that all your cards are from the Major Arcana. Whereas the appearance of the Minor Arcana cards relates to the activities and events of daily life, the Major Arcana (or trump cards) suggest a relevance for your spiritual journey in this life. Therefore, you are advised to have a positive attitude towards your difficult feelings and see them as part of a bigger picture - working through them in the way the cards advise, in order to bring you into the next part of your spiritual journey.

About your cards:



DEATH: With its depiction of The Grim Reaper and hooded skeletal figure the Death card is one of the most disturbing, but also one of the most misunderstood cards in the Tarot deck. In fact this card rarely reflects someone actually dying but usually relates to the concept of endings. This could be the ending of a friendship or relationship, a stage in one's life or maybe even the letting go of a personality trait. In the past death was not seen quite so negatively as it is today. It was sometimes thought of as a welcome release from an arduous life to the more serene after-life, or a natural part of life which teaches us about completion and resolution and gives us meaning. When this card turns up we shouldn't dwell on what has passed from our lives but think about the space this has created for something new to enter in.



THE MOON: The Moon has long been a symbol of illusion and enchantment. Its intoxicating rays were said to be the cause of madness and delusions. The Moon card represents those times in our lives when we face confusion and doubt. Not knowing is scary; not just because it makes us feel out of control and vulnerable, but also because uncertainty can allow our imaginations to run wild, inventing demons and horrible fates that will befall us. The lesson this card has for us, however, is that our fears are mostly figments of our imagination and our delusions generally self-delusions.



THE HIGH PRIESTESS: If the High Priestess could speak she would probably say something like "People are always trying to do so much these days. We are not human 'doings' but human 'beings'!"; Yet she doesn't speak, she only listens. She is a woman of God who sits in silence and contemplation. She seeks understanding and looks for the greater meaning behind everything. The card reminds us that there are times when it is better not to act, but instead observe and only make a move when we really know what's going on. If we preoccupy ourselves only with activity and fill our lives with things to do, we risk missing out on the deeper aspects of our life and hearing the call which tells us who we really are and why we're here.

Further help and support:

I hope this reading satisfies your needs and helps you with the issue you have brought to me today. However, if you still feel unresolved in relation to your problem and require further help, I recommend you opt for a spread with a larger number of cards, or a spread which tackles another aspect of your situation. Email me at elissa@easy-tarot.net for more information.

If you have benefitted from this reading please email me at elissa@easy-tarot.net and let me know. It's lovely to hear the progress that people make and the ways in which their issues are helped through the tarot!

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