

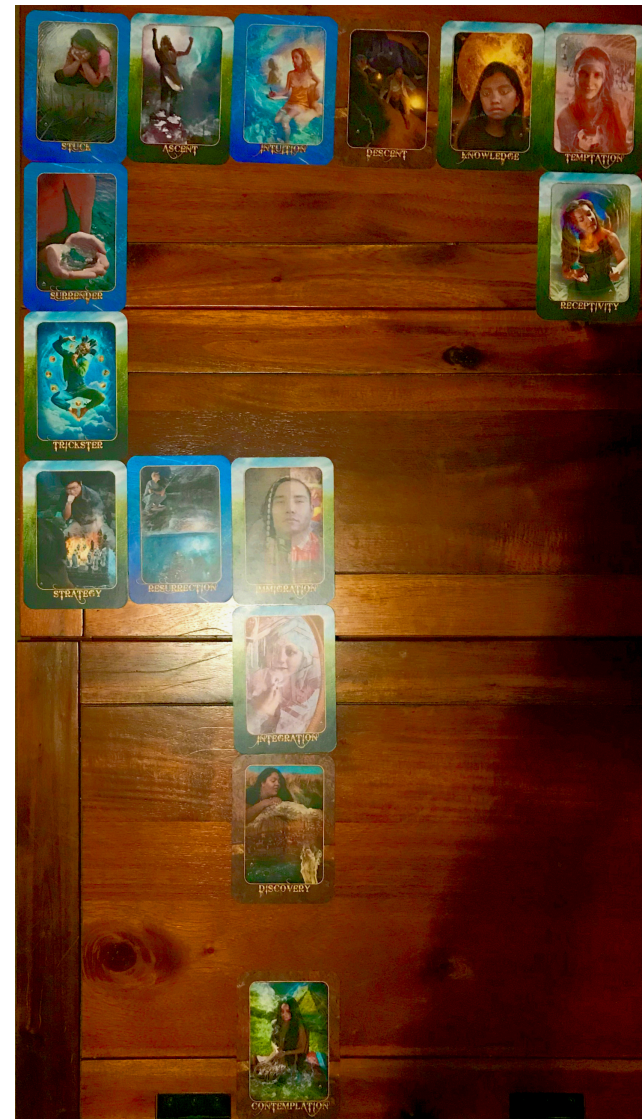
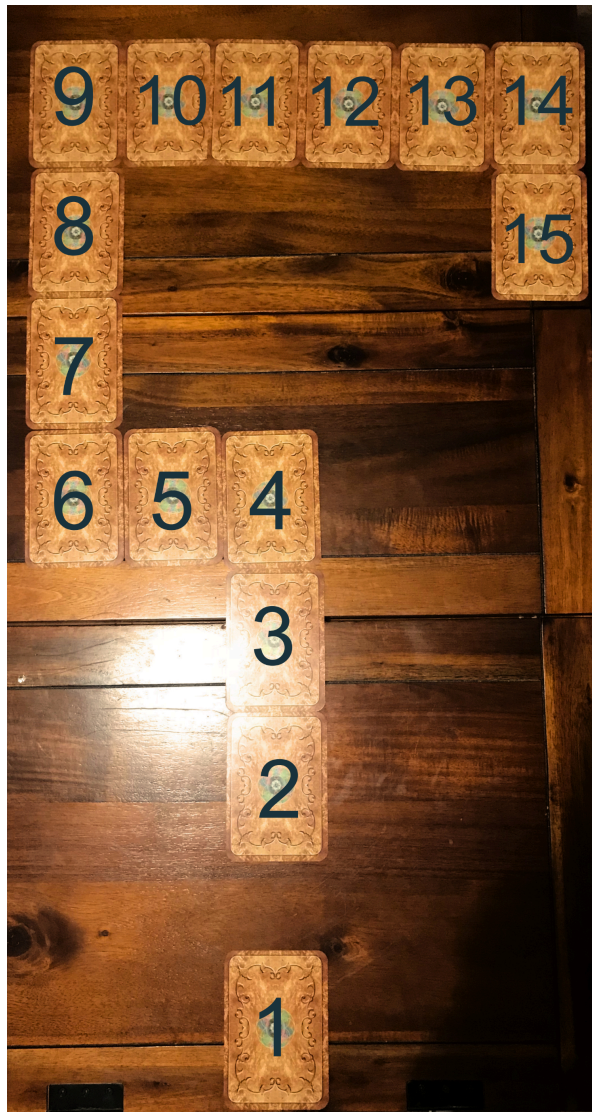
## Appendix A

## The Mirrored Question Spread



POSITION	KEYWORDS	MEANING
1 <sup>st</sup>	Question/Situation	Represents the situation, event, question, and/or the heart of the seeker.
2 <sup>nd</sup>	Conscious Mind	The conscious mind of the seeker.
3 <sup>rd</sup>	Present State	The present state of being of the seeker.
4 <sup>th</sup>	Subconscious Needs	The subconscious needs/desires of the seeker.
5 <sup>th</sup>	Past Experiences	The past experiences of the seeker.
6 <sup>th</sup>	Moving Forward	The way forward.
7 <sup>th</sup>	Challenges	Challenges.
8 <sup>th</sup>	Rising Above	How the seeker may rise above these challenges.
9 <sup>th</sup>	Hopes/Fears	Hopes, fears, or influences that may prevent and/or accelerate growth.
10 <sup>th</sup>	Desired Outcome	Future desired outcome for consideration.
11 <sup>th</sup>	Guidance	Guidance from the Higher Self, the Divine, Source, God, etc.
12 <sup>th</sup>	Journey	The journey of the seeker/the road one may travel.
13 <sup>th</sup>	Path	The path to obtain that which the seeker truly seeks.
14 <sup>th</sup>	Outside Influences	Outside influences.
15 <sup>th</sup>	Answer	The answer that is sought.

**Question:** *What guidance do you have for me regarding my spiritual path?*



POSITION	CARD/ELEMENT	POSITION MEANING	INTERPRETATION
1 <sup>st</sup>	Contemplation/Earth	Question/Situation	The Seeker is in a time of contemplation.
2 <sup>nd</sup>	Discovery/Earth	Conscious Mind	The Seeker is in a state of discovery with new teachings coming forward and unanswered questions being brought to light.
3 <sup>rd</sup>	Integration/Air	Present State	The Seeker is attempting to integrate various teachings into her present state of being. She is in a period of spiritual reflection.
4 <sup>th</sup>	Immigration/Air	Subconscious Needs	The Seeker searches for a way to reconcile old teachings with the new. She needs to open her mind to allow her path to flourish and grow without resistance.
5 <sup>th</sup>	Resurrection/Water	Past Experiences	The Seeker was caught in a period of darkness where she was unable to see the light. There were periods when she struggled to reach the surface, but something (or someone) was constantly pulling her down.
6 <sup>th</sup>	Strategy/Air	Moving Forward	The Seeker must find balance within herself in order to move forward with her spiritual path. She must find the truth inside.
7 <sup>th</sup>	Trickster/Air	Challenges	The Seeker has been presented with many masks—those she's worn as well as those worn by others. The challenge for the Seeker is to discern which teachings truly speak to her heart. She must discern the difference between longing and resonating.

8 <sup>th</sup>	Surrender/Water	Rising Above	The Seeker may find solace in surrendering to her inner nature—to the inner wisdom. For only this wisdom may truly provide direction.
9 <sup>th</sup>	Stuck/Water	Hopes/Fears	A refusal to see the road ahead may prevent the Seeker from moving forward. She may also find it difficult to find her way without first looking inward. Acknowledging her power to weave her own path will help accelerate her spiritual growth.
10 <sup>th</sup>	Ascent/Air	Desired Outcome	The Seeker's desired outcome for her spiritual path is to ascend—simply put, Ascension. The man depicted appears to be triumphant and victorious. The Seeker may also feel triumphant and victorious as she rises above the murk and settles into an enlightened state of being.
11 <sup>th</sup>	Intuition/Water	Guidance	Again, the Seeker is asked to listen to her intuition. To sit quietly and allow her connection with her Higher Self and the Divine to help guide her through this journey. To allow the stillness to bring forth the answers she seeks.
12 <sup>th</sup>	Descent/Earth	Journey	The Seeker has traveled far—both metaphorically and literally. There have been many signs and teachers along the way to assist the Seeker with her spiritual journey; however, she has not always paid attention. As she continues along this journey, the Seeker is urged to keep her eyes open for there will be many more signs and many more teachers.



13 <sup>th</sup>	Knowledge/Air	Path	The Seeker seeks knowledge. However, a balance must be struck between knowledge gained from educational pursuits and knowledge from inner wisdom. Too much of either may feel overwhelming and lead to more confusion. A balance between heart and mind must be struck for the Seeker to continue moving forward.
14 <sup>th</sup>	Temptation/Air	Outside Influences	Promises of quick evolutions may easily distract the Seeker from her true spiritual path. Traveling beyond the veil may appear to provide quick answers and satisfy the yearning within, but this will not help the Seeker in the long run. Spiritual pursuits are a lifelong journey.
15 <sup>th</sup>	Receptivity/Air	Answer	Should the Seeker successfully navigate these obstacles and challenges, the Seeker may find inner balance between heart and mind. She may also find it easier to hear the inner wisdom—the guidance for which she desires.



JUMP CARDS	INTERPRETATION
<b>Harvest/Earth</b>	The knowledge the Seeker seeks is bountiful and all around her. She must carefully choose which sources to explore. Should she make a decision, the wisdom will be available in abundant supply.
<b>Connection/Water</b>	The Seeker would greatly benefit from connecting with her inner wisdom, her Higher Self, and the Divine. The love that comes from these connections will overflow within her own heart and spill easily into the hearts of others.
<b>Expansion/Water</b>	The birth of an idea can easily grow into a living form. Through direction and connections, the Seeker's spiritual path may grow into an amazing, beautiful being. She is encouraged to nurture this growth as if she was nurturing a newly formed fetus.

## Appendix B

## How to Design a Spread Using Intuition

STEP	INSTRUCTIONS
1.	Give your EGO a task or ask it to sit in a corner and knit, play cards, or research the meaning of life.
2.	Take 3 deep cleansing breaths.
3.	Allow yourself to center releasing any doubts, issues of the day, or anything else racing through the mind.
4.	Feel yourself grounding and connecting with Mother Earth. (Grounding and centering exercises would be appropriate!)
5.	Continue to breathe paying attention to the in and out breaths. Feel free to count them if it helps. I find that 27 combined in/out breaths can be quite relaxing.
6.	When you are ready, set the intention to design a new spread. It might be helpful to have a question in mind, but it is not necessary.
7.	Pay attention to any images you receive, words, thoughts, feelings, and/or <i>knowings</i> .
8.	Do not be concerned with the title of the spread just yet—unless this information has already been received.
9.	If you receive an image of the spread or hear/know/feel the shape of the spread, it might be helpful to first draw this shape.
10.	Please feel to shuffle the deck and prepare to lay down each card.
11.	Listen for the number of cards that need to be presented. It might happen while you lay down each card (e.g. lay down until you get the feeling/hear/know to stop, or you may hear/see/feel/know a specific number.
11.	As you lay down each card (facedown), pay attention to the guidance you receive as to which position is number 1. For example, we may assume the bottom card has to be the first card, but it might actually be the middle top card. The reason for this will be evident as you work through the meanings of each position.
12.	After you have laid down each card, please note the position and its number. It might be helpful to record each position after you have laid down the card (or right before) so that you will remember the “correct” order.

13.	The next step can either be done before turning over the cards or afterwards. It would be helpful to allow yourself to be guided to choose one or the other. Sometimes turning over the cards might also help you better understand the position and its meaning, but it may also hinder the ability to listen to your intuition. Do what feels right for you.
14.	For each card, meditate on the position and allow the meaning to intuitively flow. It would be helpful to write the words you hear and decipher them afterwards rather than to find meaning as the words flow.
15.	Once you have recorded each position and their meaning, return to the first position and began your interpretation. This particular reading may be used as an example for your intuitively designed spread.
16.	While keeping in mind the meaning of each position, interpret each card using any intuitive methods that feel comfortable for you. Since this is your spread, it may be helpful to look at each card separately and then summarize it rather than quickly looking at the spread and divining your answer. This will help you better understand—and trust—the guidance you received for each position.
17.	Lastly, type up or write out the spread—including the title—for future reference or to share with others. It may be helpful to include pictures (Appendix A). <i>Congratulations on your new spread!</i>