The Everyday Fool’s Journey To Fulfillment

25 Spreads To Light The Way
The Hero of this story is The Fool; a symbol for the everyday, modern person trying to find their place in The World. Amongst all the noise and obstacles, it can be easy to ignore the calling that whispers and sometimes screams from within. It is this instinct that can go unnoticed but which craves a richer, more meaningful experience. The Fool in you wishes nothing more than to get to the bottom of this yearning. But every Fool must start somewhere and so we will begin by embarking on a journey through the Major Arcana, taking in the essence and the energy of each step along the way.

The following pages contain 25 unique tarot/oracle spreads that embody each of the 22 cards from the Major Arcana. Some sections feature 2 spreads, with one final 22-card spread that looks at the whole picture. The spreads themselves are meant to be thoughtful yet entertaining and I hope that they will be a useful addition to your spiritual toolbox. Also to note is that this series of spreads can be performed using any tarot or oracle deck; there are no rules on how to approach this! Even if you are a very beginner reader, these spreads are simple enough to follow and will surely provide you an additional perspective on the Major Arcana or tarot as a whole.

While The Fool's journey is sequential, for practical purposes, you may jump straight to a particular section that speaks to you. Let your intuition guide you to the one that you can stand to learn the most from in this present moment, or do them in the order they’re written; whatever works for you! However you approach this series, my hope is that you will take sometime from it, learn something about yourself and then return to it as needed.

Happy travels!

Julia Eve
## Contents

0. The Fool: Look Before You Leap 03
01. The Magician: Know Your Power; Use Your Tools 04
02. The High Priestess
   ○ The Secret World of Dreams 05
   ○ Intuitive Insight 06
03. The Empress: Nurture Starts With Self 07
04. The Emperor: A Victorious Plan 08
05. The Hierophant: Seeking Sage Council 09
06. The Lovers
   ○ Cupid's Cup - For Lovers 10
   ○ Cupid's Cup - For Singles 11
07. The Chariot: Unshakeable Sights 12
08. Strength: Triumph Over Fear 13
09. The Hermit: Going Within 14
10. The Wheel of Fortune: Karmic Lessons 15
11. Justice: Truth in Balance 16
12. The Hanged Man: Truth in Perspective 17
13. Death: Embracing Change 18
14. Temperance: Sacred Alignment 19
15. The Devil: Healthy Boundaries 20
16. The Tower: Beyond the Rubble 21
17. The Star: Guiding Light 22
18. The Moon: Shadows in Focus 23
19. The Sun: Best Face Forward 24
20. Judgement: Heed the Call 25
21. The World: Coming Full Circle 26
22. The Whole Picture: 22 Card Spread 27

spreads through the major arcana | spiralseatarot.com | 2
The Fool is at the beginning stages of something. Call it infancy or call it naivety; the Fool does not have the foresight, good sense or worldly experience to begin to understand what his journey to fulfillment will entail. Of course, this can be a detriment but it can also act in his favour. For what he doesn’t know, he can’t fear and where there is a lack of fear, there is also an abundance of potential.

**Spread Title:** Look Before You Leap

**Description:** Whether you are starting out on a business venture, moving across the country or embarking on a new relationship, there can be a tendency to either a) act rashly and fall into trouble or b) hesitate too much and possibly let a good opportunity pass right by! We don’t know what we don’t know but that doesn’t mean we need to rush in blindly. This spread is a reminder to check your blindspot before taking that first bold step forward.

1. **The Situation:** This card will highlight the essence of the issue or inquiry. If no question was asked, this will identify an area of your life where you need to place attention or where a lot of energy is currently culminating.
2. **Misstep:** This is the action, frame of mind or energy to avoid in order to be successful. In other words, this is what not to do!
3. **Next Step:** If you want to see any growth or accomplishment on the issue at hand, do this first. This is in essence, the path or action you should take to avoid making any errors.
4. **Best Possible Outcome:** This is the outcome you may expect if you heed the advice from the previous cards.
Not before long, The Fool is able to not just observe, but play with the elements in her environment. While she may not yet be the master of these tools, she’s starting to see the way of cause and effect. At this stage, she is beginning to come into her power, but she must be mindful not to manipulate situations solely to her benefit. Now, The Fool is urged to call upon her intrinsic skills and abilities to help navigate the environment around her for the best interest of all involved.

Spread Title: Know Your Power; Use Your Tools

Description: For all situations, certain tools or skills may prove useful to obtain a desired result. This spread looks at the tools required while calling on all of the elements to reap success. Whether you’re hoping for a promotion, working through marital conflicts or anything in between, understanding the recipe for success is the first step to knowing if you have what it takes.

1. The Situation: This is an overview of the inquiry. If no specific question is asked, this would be the area that requires attention to which the rest of the reading is referencing.
2. You: This is you in relation to the situation. These are your natural strengths and abilities that you already possess.
3. Pentacle/Resources: Here is our first tool card, the Pentacle or the Earth element. This spot will demonstrate what is required financially, practically or in terms of resources.
4. Sword/Thoughts: The second tool is the Sword or the Air element. Here we examine what is required mentally; what thought patterns or state of mind is necessary or perhaps should be avoided.
5. Wand/Ambition: The third tool is the Wand or the Fire element. Here we assess what we need to bring in terms of ambition, energy, effort or action.
6. Cup/Emotions: The final tool is the Cup or the Water element. What does this situation require on an emotional level? What should you give more of or how should you pull back?
The Fool, now able to influence the resources and elements around him, turns inward to better understand what power his subconscious holds. He is keenly aware that the next stage of his development and the success of this journey lays firmly in this connection. The Fool is now wise enough to know that to unlock the secrets of his subconscious, he must both be open and willing to peek behind the veil.

This step in the journey bares 2 spreads. The first will examine our subconscious through its dream-state while the second will explore the depths of your intuitive abilities and how to develop those further.

Spread One: The Secret World of Dreams

Description: This spread is especially potent if you have any sort of recurring dream or one that is especially poignant and vivid. Oftentimes the symbolism can get scrambled or lost in dream-translation. Regardless, it’s important that we heed the advice we give ourselves in these states and learn to apply that practically to our day-to-day lives.

1. The Dream: This card represents the dream itself; its main theme(s), symbol(s) and/or energy. You should be able to see or feel aspects of the dream within this card.
2. What it Means: What is this dream trying to tell you? Is there a message or lesson that it’s trying to teach? This may also be what it’s asking your to pay attention to.
3. How to Apply it: Once you’ve discerned the meaning, how can you apply its lessons or meaning to your everyday life? What should you change/start/stop? Essentially, this card will show you how to adapt the meaning of the dream practically.
**The High Priestess**

(keys: dreams, esoteric knowledge, intuition, mystery, secrets, subconscious)

Continued from previous page...

Spread Two: Intuitive Insights

**Description:** If you are just starting out on a journey of self-development and intuitive awareness, this spread is an excellent start. It looks at the ways in which you naturally shine and also the areas that challenge your intuitive development with suggestions on how to improve. It could also prove useful if you’ve been long practicing intuitive techniques but are struggling to move past any blocks or barriers.

1. **Your Natural Strengths:** This card will illuminate what your inherent gifts or abilities are.
2. **Area of Opportunity:** This card will draw your attention to an area of intuitive ability that requires further development.
3. **Blocks:** Any limiting beliefs, energies or circumstances that are blocking your intuitive abilities to flow will be highlighted in this card.
4. **How to Overcome:** Here we have some practical advice to overcoming whatever block may be getting in the way of your intuitive and spiritual development.
5. **Best Application:** Are you a natural tarot reader? Healer? Perhaps you have the potential for clairvoyance or mediumship. However you can best allow yourself to shine will be demonstrated in this spot.
6. **Best Possible Outcome:** If you can explore your opportunities, move past your blocks and enhance your natural abilities, here we see the best possible outcome for your and your intuitive development.
Delving deep into her subconscious and following the symbols of her dreams, The Fool has come to understand a fundamental truth about herself which is that at her core, she is a creator. While she flexes the elements around her, she co-creates tangible solutions. At the same time, while she dreams and allows her imagination to run wild, she is in turn envisioning the reality which she will one day manifest. While it wasn’t apparent to The Fool at the time, acknowledging her ability to create at whim has added a whole new skill-set to her arsenal and afforded her one additional piece of knowledge. This wise advice states that in order to create anything of value, she must first work to cultivate an environment within herself that is ripe for output.

Spread Title: Nurture Starts With Self

Description: We are all familiar with the adage that says in order to take care of others, we must address our own needs first. This spread is an homage to that belief and recognizes that to truly nurture others, we need to first take care of ourselves. If our batteries are low, then the quality and quantity of all that we output will surely suffer. This spread looks at the ways you should effectively nurture your whole self; body, mind and spirit.

1. You Now: This is you currently. Perhaps this card will capture your present emotional or mental state but whatever it is, it is meant to illuminate some facet of your current self.
2. Mind: How can you better nurture your mind and your thought patterns? Maybe you need to take some rest, practice meditation or just shift your focus.
3. Body: How can you better nurture your body? Is exercise on the agenda? What about eating more consciously? Or perhaps there are some bad habits you need to break.
4. Spirit: How can you better nurture your spirit? What can you do to enhance your spiritual practices? How can you better connect with your own divinity? This spot will show you what’s needed.
5. Result: After you’ve been able to implement some of the advice given, here is the outcome you can expect.
The Fool is having a lovely time now, living a life of lucid dreams, creating castles on a whim and affording himself all the time he needs to complete one project before taking on the next. Unfortunately, what the Fool soon begins to realize is that for all the ambitions he has, there hasn’t been a practical plan created to help him safely and successfully reach his destination. At this stage in his journey, it is apparent that some structures will need to be erected and rules set in place so that all this wonderful creation can be purposefully guided to completion.

Spread Title: A Victorious Plan

Description: Are you embarking on a journey, project, venture or vague possibility? Then this spread has a plan for you. This is a step-by-step call to action that looks at the situation as well as 3 pivotal steps along the way, necessary to achieve success.

1. The Situation: This is an overview of the venture or situation you are inquiring about.
2. Step 1: This is the first thing you need to do. This could be some practical earthly advice, or perhaps it will be a mentality or emotional stance you need to take. Whatever it is, this is what you need to consider first.
3. Step 2: Once you’ve soaked in step 1, this is what you need to consider next. Again, it could be a very practical step around finances or it could be something mental, emotional or even spiritual. Those aspects are just as important as what we do physically when it comes to embarking on something new.
4. Step 3: As you probably guessed it, this is the next step you need to take after 1 and 2 have been considered and are complete.
5. Best Possible Outcome: If you heed the advice from the last 3 cards, this is what you can expect to gain from the result of your effort.
A kingdom of creation within a system of boundaries has now been created and The Fool is busy manifesting all of her hopes and dreams. She is enjoying seeing her creations come to life and she is evolving more efficiently through the governing laws set in place. However, the Fool is also growing weary and soon wonders what all this creation is for. Is it just a sequence of events that provide a temporary sense of fulfillment, or is there a grander plan underway?

Spread Title: Seeking Sage Counsel

Description: Sometimes, even when everything is going perfectly to plan, we can feel as if we’ve somehow lost our way. Our internal compass may be dismantled and our sense of connectivity disengaged. In times like this, especially when there is conflict in our life, some sage counsel is in order. This spread aims to provide spiritual advice combined with practical application to arrive at the best possible outcome.

1. The Situation: This placement will summarize the inquiry or the essence of the situation.
2. What Challenges It: This spot will identify what is getting in the way of the situation in question. It could be a person, mentality, energy or any number of factors.
3. Advice: Here is the Hierophant handing you a piece of sage counsel from his arsenal of knowledge.
4. Practical Application: Advice is great, but this card will show you how to apply it to your day-to-day life in order to see progress in the situation you’ve inquired about.
5. Best Possible Outcome: Once you’ve heeded the Hierophant’s advice, what can you expect as a result? This spot will illustrate the outcome if you follow the counsel provided.
The Lovers

(keys: choice, desire, love, lust, relationships, sexuality, union)

Relationships are often the spark of life and initiate their own sense of creation. Through engagement with his spiritual centre, The Fool begins to expand outward, creating the necessary bonds for a community to form. Soon, he comes to experience the desire to not just experience his own joy and sorrow, but to share in these expressions with others. Suddenly the world looks brighter, tastes richer and feels fuller in the companionship of another expanding soul. The experience is so intense and satisfying that he finds himself pondering why he’d ever want to go at it alone.

This step in the journey bares one spread with 2 variations. The first variation is for couples while the second is for singles. The layouts are similar but the positions and their meanings will differ.

Spread Title: Cupid’s Cup - For Lovers

Description: For those already in any form of union, this spread will help to illuminate various factors of that partnership. It will shed light on what each of you individually bring to the table, where your strengths as a couple lie, what challenges you may face and ultimately what the potential for the relationship may be.

1. Person A: This card shows the qualities of person A.
2. Person B: This card shows the qualities of person B.
3. What A Brings: This is what person A brings to the relationship (could be positive/negative/neutral).
4. What B Brings: This is what person B brings to the relationship (could be positive/negative/neutral).
5. Relationship Strengths: Here you will see the ways in which the relationship shines.
6. Relationship Challenges: This is what to watch out for. This is a factor that may pose a problem or where many of the difficulties may lie.
7. Where it's Headed: This is the point where each of the individuals meet and what culminates at the peak of this relationship is represented by this final card.
**THE LOVERS**

(keys: choice, desire, love, lust, relationships, sexuality, union)

Continued from previous page...

**Spread Title:** Cupid’s Cup - For Singles

**Description:** This spread is perfect for those who are not in a relationship but want to know where to look for love, what’s on the horizon and what their next romantic partner may be like.

1. **You:** This card represents you and where you are in relation to love, or lack thereof.
2. **Advice:** This is what you need to focus on in order to “attract” love into your life.
3. **Where:** If everything goes according to plan and you heed the advice above, this is where you may find love. Sometimes knowing where to look is all the advice you need!
4. **Who:** While this card may not be able to give you first name, last name and address, these are some of the qualities the person may possess. These characteristics could be enough for you to recognize this person as someone you already in your life!
5. **Relationship Strengths:** These are the best features of the relationship; where the two of you will shine.
6. **Relationship Challenges:** This is what to watch out for. This is what may pose a problem in the relationship and where most of the difficulties may lie.
7. **Best Possible Outcome:** This is what to expect as a best possible outcome should you bring this relationship into your life.
Within the contexts of the relationships she’s formed, The Fool has learned much about herself and the world around her. While these relationships have proved invaluable for her growth, The Fool knows she must trudge forward and not let anything, not even love, hold her back. She sets off now, faster than she’s ever gone, and before she has a chance to change her mind, but it won’t be an easy escape. For all the bonds she’s formed and situations she’s found herself in still tug at her coattails, begging for her to stay another day.

Spread Title: Unshakeable Sights

Description: This spread is an excellent companion when you have a clear idea of the destination you’d like to reach but you know there are forces holding you back. Whether it be people in your life, drama or distractions, this spread will help identify the clutter to create as clear a path as possible to reaching your destination.

1. You/The Situation: This is you now or an expression of the situation in its current state.
2. Next Step(s) Forward: This is the next step you need to take in order to move successfully along the path you wish to travel. This may also be advice on how to keep yourself focused on the end-game result.
3. Challenges: This is an energy that is working against the results you’re seeking. It could be a person, frame of mind, physical limitations or other forces holding you back.
4. Distractions: This is the stuff going on in your life that’s begging for attention, but is actually a distraction and working counter-intuitively to your goals. You should be aware of this so as to not fall into its trap.
5. Destination/Best Possible Outcome: If you can heed the advice of the other cards, this is the outcome you may expect or the place you will arrive at once it’s all said and done.
Even the most steadfast hero is shaken from time to time. In this case, our Fool has successfully unlatched from the bounds that kept him stagnant and moved forward considerably along his journey. However, The Fool underestimated how difficult and lonely this part of the voyage would be. Left only to his own devices, the great unknown and the doubtful voices in his head, The Fool must muster all his courage to refrain from turning back to familiarity now.

**Spread Title:** Triumph Over Fear

**Description:** In life, if we are ever to move forward, we must overcome certain obstacles. Sometimes the biggest obstacles are the limiting beliefs we place on ourselves. Other times, the challenges are external. Either way, this spread will look at how we can temper the energies that restrain us while capitalizing on the energies that can help us so we may ultimately get beyond the fear that holds us back.

1. **The Situation:** The thing you’re fearful of, trying to get over or challenged by.
2. **Energy to Temper:** This is something you need to tone down or eliminate that has been actively feeding this fear.
3. **Energy to Utilize:** This is a quality or skill you possess that you should call upon in order to move past this fear.
4. **Divine Wisdom:** Here you have advice from your higher self. This is something you should know regarding the situation and how you can overcome it.
5. **Best Possible Outcome:** If the above advice can be heeded then this is the best possible outcome you may expect.
After waging a war within herself and emerging victorious, The Fool rises from the debris that was once self-doubt and an imagination in chaos. However, rather than meet the world with renewed fire and force, she retreats. The Fool has grown wise through her experiences, challenges and triumphs and now, more than ever, she trusts the guidance of her own lightsource over that of anyone else’s. She knows that the next stage of the journey is upon her and that spending time within to mentally prepare herself will be the difference between success or defeat.

Spread Title: Going Within

Description: Sometimes in life we can become overwhelmed with the input of others. While most of the time it’s likely well meaning, some of this non-stop feedback can start to skew our own sense of judgement. This spread looks at the way that you can follow your own light, trust your own best sense and allow the guidance of your higher self to shine through.

1. Your Connection to Self: This spot looks at your current connection to self. How much do you trust yourself? Are you close? Or perhaps, you’ve barely been on speaking terms.
2. How to Improve/Maintain: If your connection is strong this card will show you how to maintain that state and if it could use improvement, this card will show you what is needed.
3. Inner Wisdom: Here is a piece of advice from your higher self that you need to hear.
4. Action: This is an action item to help facilitate the advice given from the previous card.
5. Best Possible Outcome: If you can strengthen your connection and heed the advice, this is what you can expect for yourself and/or the world around you as result.
Stepping out from a period of solitude, The Fool meets the world refreshed, composed and sure of his next steps. Not everything in life goes according to plan though. With the Wheel in motion, The Fool could hardly prepare enough for the seemingly uncontrollable fate that spins toward or away from him at any given moment. At this stage in his journey; destiny, free will and karma stand at a crossroad. There are circumstances beyond The Fool’s control but at the same time, everything he has learned thus far has the potential to help him ride the wave of chance with both skill and grace.

Spread Title: Karmic Lessons

Description: Our life, like seasons, move in cycles. Good fortune comes and goes, moods fluctuate and themes often represent themselves time and time again. That is, until we can learn to move beyond them. This spread is excellent in being able to bring to light an area of your life that is playing out the same old story time and time again. It could be an endless loop of dead end jobs, failed relationships, family issues or thought patterns which you cannot shake. Whatever the case, this spread will bring the repeating problem to light, identify how it’s impacting your life currently, and show you how to move beyond it so you can get back in flow with the path you’re meant to walk.

1. Karmic Theme Present: If you’ve asked about a specific issue, this card will provide an overview of it. Otherwise, this spot will represent an area of your life that is challenged and often repeating itself.

2. Impact to Past: How this issue or theme has impacted your past.

3. Impact to Present: How this issue or theme is impacting you now.

4. Advice Forward: This card will provide you advice to move beyond the theme present.

5. Best Possible Outcome: If advice can be heeded, this card will demonstrate the best possible outcome to moving past this particular karmic theme in your life.
Accepting both chance and destiny as simultaneous concepts, has plunged The Fool deep into her own perceptions and patterns of belief. Not everything is as it seems. Not all that was must remains as such. There are rules and structures, but sometimes those rules need to be bent and broken in order to rise again, stronger and better formed. The Fool knows she must examine her own beliefs not just once, but continually, as a matter of progression for herself and society as a whole. With new found insight, strength and self-assuredness, The Fool sets back out in the direction from which she came, hoping to shed her new found enlightenment on those who may need it.

Spread Title: Truth in Balance

Description: There are times when we need to step-up, take accountability and reexamine some of our thoughts and beliefs about certain issues or circumstances. This spread is designed to help you begin to explore your perceptions, bias’ and the stories you tell yourself as it relates to any specific issue in your life. This would be an appropriate spread to help get a more objective viewpoint especially where conflicts, quarrels or extreme subjectivity is present.

1. The Issue: This is an overview of the issue or circumstance.
2. Too Much: In this spot, we have energy or action that is overbearing to the situation and needs to come into balance.
3. Too Little: In this spot, we have energy or action that is lacking in the situation. Similar to above, balance is needed between spots 2 and 3 to help understand the middle ground required.
4. Assumptions: Here we have preconceived notions or bias’ you hold about the situation. This is what is evident and obvious.
5. Unseen: Here is a factor, attribute or energy that is present and affecting the situation, but which you can’t currently see due to bias.
6. Best Possible Outcome: If you can balance the energy from spots 2 and 3, move past assumptions and get clear on what is currently unseen, this is the best possible outcome you can expect from the situation or issue.
The Fool is filled with excitement and conviction over the reexamination of his own belief system. He recognizes many of his old ways of thinking are outdated and no longer match his inner conscious. While he is sure beyond measure that these ideas are “right” and “just”, the rest of the world isn’t convinced just yet. The Fool must learn the hard way that just because he himself has arrived at certain conclusions, does not mean that everyone else is ready to receive his truth. In fact, getting others to follow suit may prove not just difficult, but futile.

Spread Title: Truth in Perspective

Description: This is a useful spread to utilize when we need to turn a situation on its head. Perhaps you’ve been approaching an issue over and over in a similar way, but it’s not producing the desired results and you’re not sure what you’re missing or what could be done differently. This spread will help you reexamine a persistent problem from an entirely different angle so you can come at it from a fresh, new and creative perspective.

1. The Situation: An overview of the situation. If no issue was inquired about, this card serves as a focal point for an area that would benefit from a fresh perspective.
2. Current Perspective: This is how you’re currently approaching the situation.
3. Advice: Here is some wise advice from your higher self in order to approach the situation from a new and effective angle.
4. Change Required: This spot highlights what you need to do in order to see the desired shift. This could be an action, change in mentality or a person whose help may be beneficial.
5. Best Possible Outcome: If you can shift your viewpoint and approach the issue in a different manner, here we have the outcome you can expect to achieve.
By this time, our Fool has already survived many deaths and ungone many transformations. But for some reason, this one feels different and somehow more final than any of the ones that predated it. Understanding that there is no turning back from the new insights she’s reached, The Fool knows that the only way forward in this story is to move on. Move on from those who do not support her. Move on from environments that yield no harvest. Move on from systems that do not meet her where she is now. This transition will not be easy and The Fool will resist on some level, but for her own development, she must let go of that which she cannot effectively change and move toward a future that embraces her and her new found perspective.

Spread Title: Embracing Change

Description: Do you feel that there is an area in your life that has grown stale? Are you looking for ways forward but feel stunted or held back by current circumstances? Sometimes in life, we need to be able to acknowledge that things aren’t working; whether that be a relationship, outdated mentality, job or something else. Once we can do this, we can begin our transition past the things that hold us back and make room for that which will truly satisfy us.

1. Area Needing Change: This spot will identify what area of your life you’re clinging onto but which you should begin to move away from.

2. Why: Here we examine why this area is outdated and no longer serving your highest interests.

3. Advice: In this spot we look at the ways in which you can facilitate moving beyond this stagnant energy. It could be something practical, spiritual or even emotional that needs to happen to create a shift forward.

4. How to Deal: Change isn’t easy and that’s why we often resist it. This card will identify ways to help you deal effectively with the transition ahead.

5. Best Possible Outcome: If you can move past that which is outdated, embrace the transition and handle the process effectively, here is what you can expect on the other side.
As The Fool travels on, he can’t help but reflect on the ways in which he believes he’s failed. While he understands that change is inevitable and feels empowered by the forward momentum, The Fool is determined to not make the same mistakes twice. The Fool sits down by a small ravine, notices his reflection in the body of water below and closes his eyes. He is so sure, but what is he lacking? He craves acceptance and to be understood, but at what cost? The Fool recognizes at this stage that his needs, while pure, are not aligned. The Ego and the spiritual self simply have not reached consensus on the matter. While he isn’t exactly certain how to obtain it, The Fool recognizes that balance is now the state which he should strive to achieve.

**Spread Title:** Sacred Alignment

**Description:** This spread is designed to look at the ways we can bring into alignment our various centres. It will explore your spiritual as well as physical needs while uncovering how to balance the two. This spread is especially poignant if you’ve been feeling out of sorts or as if you are being pulled in various directions.

1. **Spiritual Needs:** What does your spirit crave? How can you forge a deeper connection to your higher self? What is necessary in order to stay on your spiritual path? These points may be uncovered in this spot.

2. **Physical Needs:** What does your body require? What in your environment is or isn’t working? This spot looks at what you need from an earthly and practical perspective.

3. **How to Achieve Balance:** Especially if you’ve been feeling off kilter, this spot will illuminate the way to bring your spiritual and physical needs into harmony.

4. **Best Possible Outcome:** Here is how you can expect to feel or the outcome you can expect to achieve if balance can be restored.
In uncovering her need for balance, The Fool is forced to face the next set of demons on her journey to fulfillment. While balance is a wonderful state, it is impossible to achieve if we are tied to or held hostage to any kind of internal or external source. These ties often feed the ego and make it impossible for pure energy to flow through our creative centres. They create blockages, maintain rigid beliefs and enable habits we’re reluctant to break. In order for our Fool to create true balance in her life, she must first acknowledge everything that she believes she cannot live without. Through this process of shedding, The Fool will learn that everything she requires, all states of happiness and contentment, are reliant on no thing. Rather, happiness is attainable in the absence of all things and achievable for no reason other than the desire alone.

Spread Title: Healthy Boundaries

Description: Over the course of our lives, there are many things that stand to tempt us and steer us off our path. These can be unhealthy relationships, self-defeating thought patterns, addictions, destructive behaviours or financially secure jobs that aren’t fulfilling. This spread will serve to highlight what in your life is keeping you stuck and how you can move beyond it and create healthy boundaries for yourself.

1. What’s in Control: Here we have the thing, person, mentality etc. that is keeping you hostage. This is something that you’re likely reluctant or fearful to break free from but which has a great deal of control over you.

2. Why: What happened to enable this force to gain control? This could be something deep seeded from your past or perhaps a new circumstance.

3. Result: This is what this habit/addiction/unhealthy circumstance is doing to you, your life or your environment.

4. How to Overcome: This spot will highlight how to overcome it.

5. No Change: If you cannot create and enforce healthy boundaries, here we see the result of maintaining the status quo.

6. Best Possible Outcome: In acknowledging the control that something has over you and learning to move beyond it, this is what you may expect once healthier boundaries have been obtained.
Not all concrete structures are meant to withstand. This does not mean that their destruction is any less unsettling or inconvenient. At this stage in his journey, The Fool understands that it isn’t enough to simply move past something that no longer functions. In order to effectively be freed from such constraints, he must dismantle their framework from the ground up. Once this is realized, the destruction begins without effort and before long, The Fool is swept up in the current of his soul’s own destructive development. While it may not be pretty, and the aftermath a mess, through the rubble The Fool will come to learn the next important lesson on his voyage: just because something has existed longer than ourselves and appears secure, does not mean that within it is any inherent value. Beyond the stone panels and glass windows exists a hollow form, a symbol for something now tired and worn. There is no shame in its destruction nor shame in the mess it leaves behind. It is in its cleanup and reevaluation that new meaning will be formed and fresh flowers have the chance to grow.

Spread Title: Beyond the Rubble

Description: It’s good practice to every so often take a look at your environment and ask yourself: is this working? Do I still believe that? Is this serving any real function? Sometimes things are left in place simply by way of habit and because “that’s how it’s always been!” This spread serves to reevaluate the long standing circumstances, situations or beliefs that make up our life.

1. What is Outdated: This spot shows what area of your life needs an overhaul.
2. Why: This card will demonstrate why this area needs an overhaul and what it’s negative effects have been.
3. How to Dismantle: Here we uncover what is needed to be able to begin to take apart this facet of your life which is no longer working.
4. Aftermath: Once it’s been flushed out, this is what you can expect.
5. Reconstruction: Here is some advice to help move beyond the rubble. If the destruction was somewhat difficult, this will examine ways to build you up.
6. Best Possible Outcome: This last spot examines what your future may look like with the outdated model removed.
The Star

(keys: altruism, guidance, healing, hope, inspiration, sincerity, well-being)

Sitting in a pile of her own destruction, The Fool is overwhelmed with the chaos and the aftermath. While the dismantling was therapeutic, it’s also wreaked havoc on her sense of direction. Disoriented, The Fool lays down and looks up at the night sky and the only light she sees are that of the stars above. While in a moment of gaze, The Fool makes eye contact with one especially bright star that seems closer than all others. She watches as it casts a spotlight off in the distance, like a lighthouse guiding The Fool to the next point in her journey. With this light comes a renewed sense of hope and optimism that The Fool cannot ignore and even though she has not forgotten the devastation that just occurred, she no longer mourns the loss.

Spread Title: Guiding Light

Description: If you’ve ever felt the call to heal or be a guiding light for others, this spread will help illuminate the ways in which you can effectively do this. Whether it’s energy healing, therapeutic coaching, nutrition counseling or just being a bright spot for those in need, this spread will look at your natural abilities and how you can hone them.

1. Healing for You: This spot looks at the natural ways in which you can begin to facilitate healing for yourself.
2. Healing for Others: This spot looks at the natural ways in which you can begin to facilitate healing for others.
3. Guidance for Yourself: Here we examine how you can serve as a guiding light for yourself.
4. Guidance for Others: This card will uncover the ways in which you can effectively guide others.
5. Results for You: If using your skills of healing and guidance appropriately, here we see the effect you may have on yourself.
6. Results for Others: If using your skills of healing and guidance appropriately, here we see the effect you may have on others.
With his new star-friend guiding the way, The Fool is confident enough to embark back out. Though he’s not sure where he’s going or what he can expect when he reaches this mystery destination, The Fool heeds the deep calling that resides within him. There is meaning, he has purpose and he trusts these instincts enough to know that if he continues to tredge, he will find what he’s looking for. But this doesn’t mean it will all come easy. Not far into his walk does The Fool run up against a series of creatures of the night. These shapeless, formless entities occupy space beyond all physical sense and while The Fool cannot see them, he is sure they can see him. These shadow creatures howl and taunt from all angles, begging The Fool to engage in their night games. He considers running but knows this would be fruitless, for no matter where he turns, in the night the dark will find him. The reality is, even in the light, these demons are never far from his side and in order to truly conquer the forces around him, The Fool must first start by embracing them as his own.

**Spread Title:** Shadow in Focus

**Description:** There are parts of ourselves that we keep hidden in shadows. They can be segments that we’re ashamed of, don’t understand or which we feel are inherently negative. Often times we ignore them altogether, pretend they don’t exist and carry on our merry way. The problem is, they do exist and more importantly, they serve a purpose. This spread will help bring your shadows to light, explore your inner world and understand how suppression of these characteristics may be doing more harm than good.

1. **My Shadow:** Here we illuminate a facet of yourself you keep hidden.
2. **Why:** This spot will uncover why you’ve buried this part of yourself.
3. **What it is Doing:** In keeping this shadow element buried, what has it been doing to you, your life or your environment?
4. **Action:** Now that you’re aware of this shadow part, what can you do about it? Should you assimilate it, accept it, or find ways to overcome it?
5. **Affirmation:** This card serves to provide a self-focused affirmation to help you embrace yourself, the good the bad and everything inbetween.
The night was a long one and The Fool had met her match. Face to face with her own dark shadows, The Fool confronted and embraced the deep parts of herself she often ignores. In doing so, she absorbed them fully so that rather than perceive them as a separate being outside of herself, they became a familiar entity that she can both temper and nourish. In the morning, The Fool greets the sunlight with a renewed sense of self. No longer frightened by her own demons or the reflections of those around her, The Fool is free to shine brighter than ever. At this stage in her journey, The Fool has never felt so comfortable in her own skin. The sensation is overwhelming and she cannot help but liken it to an infantile state where feelings of shame, misery and doubt were yet to be discovered. But this was more powerful than that! Because now The Fool knows all about shame, misery and doubt and even in that knowing, she has learned to move beyond these constructs to find pure joy in her imperfect self.

Spread Title: Best Face Forward

Description: This spread examines your outward expression. This is the expressive part of yourself that lives full-face forward. What brings that part of you joy? How does this expression show up for others? What can you do to live more fully in this zone? This spread is all about uncovering the best elements of yourself and how to bring them to the surface.

1. Highest Expression: Here is you at your peak outward expression.
2. Through Your Eyes: This is how you see yourself.
3. Through the Eyes of Others: This is how others in your environment tend to view you.
4. Joy Zone: Here is what brings you joy. Perhaps it’s something you’re already pursuing or something you secretly yearn for.
5. Eliminate: This is something you should eliminate or stop doing in order to achieve your highest expression.
6. Start: What you should do in order to achieve this expression.
7. Maintenance: Once achieved, here is how you can maintain it.
What started out as white noise, blurry sounds and messages lost in translation, now comes through loud and clear. The Fool is finally ready to heed the calling deep within himself and there is no option to ignore or misinterpret its signals any longer. Looking within, The Fool sees unmistakingly what is being asked and without fear, reservation or uncertainty, he forgives his past and prepares to rise up to meet his future.

Spread Title: Heed the Call

Description: Are you feeling a need to explore a new avenue? Do you hear within you a call to action? This spread is perfect to begin to understand our true calling, passion and purpose. This spread is a moment to rise up and cease the biggest and best part of ourselves so that we can finally be what we were meant to become.

1. The Calling: This spot will show you what is calling to you currently or what you’re being asked to rise up and greet.
2. Advice Forward: Here is what you need to know in order to take your first step toward your calling.
3. Eliminate: This is something in your life that’s holding you back from your calling that you should minimize or eliminate.
4. Increase: This is something that you need more of in order to rise up to meet your calling.
5. Outcome for You: This is a snapshot of you living your higher calling.
6. Outcome for Environment: This is how your environment, society or the people in your life stand to benefit if you can live your higher calling.
It has been a long, hard road but The Fool has finally reached a sense of completion and mastery. For all the trials, self-doubt and skepticism along the way, The Fool has learned invaluable lessons. She understands that her journey is unique and while she craves the support of those around her, she knows that her path is hers alone. Only she knows the way forward and only she can recognize when she’s reached fulfillment, by whatever definition she chooses to give it. On the other hand, The Fool also realizes that for every ending there is a beginning and mastery is not something that remains static or which can be taken for granted. Our lives go in cycles and before we get too comfortable in our own achievement, The World reminds us that we’re still yet to know it all. And so we begin again...

Spread Title: Coming Full Circle

Description: This spread is about uncovering the simplest path forward on our current life path. If you have a vision of what the end of the road looks like for you, or an idea of the final destination, then this spread is designed to help you get there. This could also be for the individual who isn’t sure of their end-game but who’s walking that path anyway. For those uncertain, this spread will still help to illuminate the next steps along the journey to ensure you stay on course. It’s important to note that even if you achieve mastery in one area of your life, it doesn't mean we stop there! There is still plenty more to do, more to learn and refine and like an endless loop, your work is never quite complete.

1. **You Now:** You and where you are on your journey.
2. - 3. **Next Steps:** The next series of steps you need to take.
4. **Helping:** Here is something needed or something currently in your life that is helping you walk this path with ease.
5. **Hurting:** Conversely, this is something which is or could hinder your progress.
6. **Destination:** This final spot is the culmination of the efforts in the previous cards. This is what is awaiting you at the end of journey, your final stop or what a state of completion may look like for you.
7. **Advice:** Here we have advice on how to maintain this position or where to go from here.
The following spread uses 22 cards. Each card, similar to the spreads in this guide, represent each card from the Major Arcana. The Spread itself speaks to your individual and unique life path and the various stops, learning posts, challenges and opportunities along the way. From naivety (or the now) to fulfillment; this spread will take a walk along The Fool’s path in an effort to teach you something about yourself and the journey you’re on.

**Layout:** For the purpose of this spread and due to the nature of its size, I would encourage the seeker to lay down the cards in whatever manner is most pleasing or comfortable. You can do one straight line or many rows, it is entirely up to you!

1. **The Fool:** Where you are in your journey now.
2. **The Magician:** Your natural skills/abilities to help you on your journey.
3. **The High Priestess:** Your connection to your intuition.
4. **The Empress:** How you nurture yourself/others.
5. **The Emperor:** The rules or structures currently governing your life.
6. **The Hierophant:** How religion/spirituality plays a role in your life and on your path.
7. **The Lovers:** How you express yourself in love.
8. **The Chariot:** What you’re currently working toward.
9. **Strength:** Your biggest area of strength.
10. **The Hermit:** How your time in solitude is best spent.
11. **The Wheel of Fortune:** The way(s) in which karma is currently playing out in your life.
12. **Justice:** A hard truth you need to hear.
13. **The Hanged Man:** The issue or mentality that requires a shift in perspective.
14. **Death:** Something in your life that is nearing the end of its cycle.
15. **Temperance:** How you can best achieve a state of balance.
16. **The Devil:** Habits/temptations/addiction etc. holding you hostage.
17. **The Tower:** An area of your life that needs to be overhauled.
18. **The Star:** The way in which you can best contribute to the world or give of yourself.
19. **The Moon:** A snapshot of your shadowside; the part of yourself you bury or hide.
20. **The Sun:** How others see you; the outward expression of yourself.
21. **Judgement:** What is calling to you that you need to rise up to meet.
22. **The World:** How you can best achieve fulfillment in this life or in this stage of your journey.
I hope that you have enjoyed journeying through the Major Arcana with me! I am so pleased you chose to take this voyage and my best wish for you is that you were able to take something from this and learn something new about yourself along the way.

Remember, tarot is not about definites, it’s about direction and the purpose of these spreads is to shine a bit of light to help you find the way along your own unique life path. Furthermore, the thing about paths is that they are rarely drawn in a straight or clear line. So feel free to return to these spreads many times as you embark on new adventures and don't be afraid to throw in your own adaptations along the way! This is your journey and you should always feel free to design it just to you liking.

Happy Travels!

Julia Eve ♡

For more of me, my tarot perspective and the services I offer, please visit spiralseatarot.com or find me on Instagram at spiralseatarot. I can also be reached by email at spiralseartarot@gmail.com.