

TAROT REVERSALS QUICK REFERENCE SHEET

Below are 10 possible ways tarot reversals can be read. Consider if you feel more confident adopting one of these ways and sticking with it, or if you want to draw wisdom from several of them, and not limit yourself. Experiment with each of these ideas and find out which best facilitates your intuition.

- 1. Reversals as a blockage in the expression of the card's energy:** The card's true meaning can't be fully expressed because it's not being allowed to in the current circumstances, for whatever reason.
- 2. Reversals as the opposite meaning of the upright card:** The upright definition is still implied, or referenced here, but it's turned on its head. We understand the card's full potential (for better or for worse) but the opposite is what's coming through here. It may be that we've escaped it's wrath, or fulfilled it's lesson.
- 3. Reversals as an internalized / inward expression of the card:** The reversal shows a potential that hasn't fully manifested yet - it's brewing inside, or perhaps has fully blossomed inside, but that's where it exists now. It's a more intimate expression
- 4. Reversals as a shadow version of the upright card:** In short, 'the dark side' of the card. When read this way, a reversal invites us to bring our love and awareness to the shadow aspect that's showing itself now. It's coming up because it's ready to be healed and integrated, not feared.
- 5. Reversals as a nudge to return to the previous card in the tarot deck sequence:** If we think about the major arcana and each suit of the minors as a sequence / progression, a reversal is a nod to return to the lesson of the card before it (if an Ace, we return to the firm intentions of the King of that suit). The previous lesson needs to be revisited in order to move forward now.
- 6. Reversals as an indication to return to the card that comes before it in a reading:** The card that comes in the spread before the reversal gets highlighted here - the previous card needs more attention in order to help support the reversed card.
- 7: Select cards only need to be observed as reversals:** Some readers have only certain cards they will observe reversals for. Consider the cards where the imagery is very indicative of the card's meaning, and turning the card over makes things look very different. The Hanged Man and The Tower are examples.
- 8: Each card already contains both the upright and reversed definition:** This philosophy holds that each card is an archetype, rich in its own nuance and expression. Sometimes it can be 'bad' sometimes, it's 'good,' but it's never as simple as just those two options. Essentially, reversals don't make a difference, and every reading is different depending on the cards, and the querent.
- 9. Use your intuition on a reading-by-reading basis:** This idea holds that reversals are best interpreted based on the imagery in the cards (ie - swords falling out of a body, or a heart), and of course, the surrounding cards and messages.
- 10. Diminishing power of the card's energy:** The card is loosening its power / influence in your life.

Below is a chart to help you see how the first 4 options in this list for reading reversals might play out as reversals in each card.

MAJOR ARCANA

CARD	UPRIGHT MEANING	REVERSAL AS A BLOCKAGE IN ENERGY	REVERSAL AS OPPOSITE MEANING OF UPRIGHT	REVERSAL AS INTERNALIZED EXPRESSION	REVERSAL AS SHADOW SIDE OF THE CARD
0 - THE FOOL	FRESH START, LEAP OF FAITH <i>'IT'S TIME TO EMBARK ON A BRAND NEW BEGINNING.'</i>	Self-doubt, fear of the unknown or fear of one's power	A warning to not take a leap of faith - play it safe, it's not an ideal time to leap	An idea of a new beginning has been birthed, but hasn't been manifested yet	'Acting a fool,' or attempting to feel free in a way that isn't sustainable.
1 - THE MAGICIAN	POWER, SKILL <i>'I HAVE ALL THE RESOURCES I NEED, INNER AND OUTER.'</i>	Self-doubt or burn-out - struggling to make progress due to a lack of resources or clear intention	Misdirection of energy	Intentions are still becoming clear on an internal level. OR, there's a lack of opportunity in one's current situation to let their 'magic' be fully realized	Manipulation, 'razzle dazzle' with no real substance
2 - THE HIGH PRIESTESS	INTUITION, HIGHER WISDOM <i>'MY INNER KNOWING IS MY BEST GUIDE OF ALL.'</i>	Lack of self-trust, distractions in the outside world	A return to power. Taking action on one's intuitive knowing	A private understanding of the truth without sharing, or the intention to share	Dishonesty, using psychic skills or knowledge to harm others
3 - THE EMPRESS	FERTILITY, ABUNDANCE, CREATIVITY <i>'CONNECTING TO THE EARTH REMINDS ME THAT ABUNDANCE IS UNLIMITED.'</i>	Creative block, overly concerned with the technical side of things, forcing things	Creating structures and plans	Healing the connection to the body, developing individuality, reparenting ones self	People pleasing, putting others first, fear of one's own depths, trauma related to mother figures / women
4 - THE EMPEROR	AUTHORITY, FATHER-FIGURE <i>'I AM MY OWN AUTHORITY. I HAVE THE WILL AND THE POWER TO CREATE MY OWN LIFE'S STRUCTURE.'</i>	Self-doubt, resistance to existing power structures	Receiving mode, creativity	Inner authority, clarity around standards that come from within	Fear of external power structures or people, time, trauma related to father figures / men
CARD	UPRIGHT MEANING	REVERSAL AS A BLOCKAGE	REVERSAL AS OPPOSITE	REVERSAL AS INTERNALIZED	REVERSAL AS SHADOW SIDE

		IN ENERGY	MEANING OF UPRIGHT	EXPRESSION	OF THE CARD
5 - THE HEIROPHANT	INSTITUTIONS, GROUP IDENTITY <i>'I CHOOSE WHICH TRADITIONS I EMBRACE, AND HOW I DO IT.'</i>	Process of learning / gathering, forming one's own ideas about life / finding one's 'own way'	Rejecting tradition in favour of a more personal, perhaps radical way of doing things	Personal rituals and practices, intimacy with the spirit and what gives life meaning	Trauma related to learning institutions / judgements around a perceived lack of education, cult vibes
6 - THE LOVERS	LOVE, UNION, BONDS <i>'MY PERSONAL VALUES SYSTEM LEAD ME TO LOVE.'</i>	Honing one's personal values system, identifying what really matters	Misalignment of values, feeling disrespected or not seen, not valued	Self-love	Dishonesty with the self around needs and wants, communication breakdown, harmful intentions in relationships
7 - THE CHARIOT	VICTORY, ASSERTION, MOMENTUM <i>'NO OBSTACLES WILL STOP ME NOW.'</i>	In the process of choosing a goal, coming up with a structure for achieving it, perhaps forcing energy	Lack of progress, burn-out, dragging ones self forward	Reaching milestones around inner / invisible goals, inner discipline	Goal-obsession, productivity as distraction
8 - STRENGTH	COURAGE, SELF-CONTROL <i>'STRENGTH BEGINS WITH THE CHOICE TO BE KIND TO MYSELF.'</i>	Lack of self-trust or faith	Forcing things, overthinking	Inner strength, a budding self-love journey	Self-harm, self-loathing, passions become the enemy
9 - THE HERMIT	SOUL-SEARCHING, SOLITUDE <i>'I HONOUR MY SPIRITUAL SELF.'</i>	Outside sources leaking in, being persuaded	Coming out of one's shell, sharing one's truth and wisdom, being seen	Since this card is so inward already, an internalized interpretation might see this person just starting their journey into the self / soul	Clinging to the superficial, fear of looking inward, feeling isolated
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10 - THE WHEEL OF FORTUNE	KARMA, TURNING A CYCLE <i>'I RIDE THE WAVES OF LIFE.'</i>	Resistance to moving forward	New awareness around how one can take responsibility for one's own life	Identifying the 'method in the madness' on a deep internal level, looking at one's own personal cycles	Crisis of faith, feeling powerless, chaos

				/ patterns	
11 - JUSTICE	FAIRNESS, CAUSE AND EFFECT <i>'I GET WHAT I GIVE.'</i>	Important information missing, being inhibited from acting on the truth	Injustice, truth stays concealed	Dishonesty with one's self	Denying one's own responsibility for their life, victim mindset
12 - THE HANGED MAN	LETTING GO, SUSPENSION <i>'IT'S TIME FOR A SACRED PAUSE. STILLNESS GRANTS PERSPECTIVE.'</i>	Resistance to stillness or silence, unwillingness to slow down	Coming off the fence, making a decision, releasing what needs to be released	Contemplating the self, meditation	Stagnancy, clinging to something, in some cases, addiction
13 - DEATH	ENDINGS, BEGINNINGS <i>'I'M WILLING TO LET GO OF A PAST VERSION OF MYSELF.'</i>	Resisting releasing what is lifeless, fear of the unknown	Returning to life in some way (a relationship gets resurrected, for example)	Rather than transformation of anything external, transformation on a personal level	Depression, concealing inner fears / anxieties, feeling 'dead inside'
14 - TEMPERANCE	BALANCE, HEALING <i>'I KNOW MY EXTREMES, NOW I SEEK PEACE.'</i>	Avoiding peace, fear of being one's inner knowing / knowing one's truth	Willpower and forward momentum, asserting one's self	Realizing purpose through connecting inward	Lack of self-awareness, staying stuck in an extreme or stuck swinging back and forth between them
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15 - THE DEVIL	BONDAGE, RESTRICTION <i>'I AM NOT A PUPPET.'</i>	Attempting to break free of psychological bonds but struggling to free one's mind	Breaking free of pre-existing limitations, OR devils coming back from the past OR, in some instances, experimenting with adult fun / play	Shame, perhaps hidden from conscious view	Addiction, feeling trapped in a negative cycle
16 - THE TOWER	SUDDEN CHANGE <i>'I SURRENDER TO THE STORM.'</i>	Resisting rock bottom, keeping a tight control over our emotions and the way things are	Liberation, rising like a phoenix from the ashes, crown chakra awakening	Crisis of faith / identity crisis	Turning inward on the self, self-destruction
17 - THE STAR	HOPE, SPIRITUAL GUIDANCE	Closing ones self off from hope, resisting	Inner demons dominating the psyche,	Prayer, setting intentions, faith-based	Disillusionment , crisis of faith

	<i>'THE UNIVERSE SHOWS ME THAT I CAN HAVE FAITH IN MY DREAMS.'</i>	calm, aversion to self-love	hopelessness	personal practice	
18 - THE MOON	ILLUSION, MYSTERY, DREAMS <i>'THE PATH MAY NOT BE CLEAR, BUT MY INTUITION LIGHTS THE WAY, ONE STEP AT A TIME.'</i>	Lacking important information to move forward, lack of ability to trust in the intuition	Breakthroughs, clarity, having a newfound perspective	Deviating from the path most commonly taken and finding one's own way	Fear, disillusionment, potentially addiction
19 - THE SUN	SUCCESS, VITALITY, YOUTH <i>'I SHINE MY LIGHT ON THE WORLD AROUND ME AND MY RADIANCE ATTRACTS MORE SUCCESS.'</i>	Lack of trust in the universe, lack of self-worth	Being in the dark, feeling isolated and alone, uncertain and hopeless	Self-love, making amends with the inner child	False optimism, putting on a happy face to conceal the truth
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20 - JUDGEMENT	INNER CALLING <i>'THE DAILY CHOICES I MAKE NOW ALIGN ME WITH MY LIFE'S PURPOSE.'</i>	The person wants to answer the call, but doesn't know how to, self-doubt connected to worthiness	Remaining unaware of the reality of one's current situation	Inner calling, judging oneself	Trying to hide from the truth, shirking responsibility, regret, trauma around the concept of god / heaven
21 - THE WORLD	COMPLETION, ACCOMPLISHMENT <i>'WHAT I'VE BEEN WORKING FOR IS ALREADY DONE.'</i>	Trouble moving forward to the next part of one's growth journey	Incomplete, trying to move forward with a less-than-solid foundation	Reaching a personal milestone	Refusal to 'enter the dance of life.' Staying stuck in the past

TAROT REVERSALS QUICK REFERENCE SHEET - MINORS

MINOR ARCANA					
CARD	UPRIGHT MEANING	REVERSAL AS A BLOCKAGE IN ENERGY	REVERSAL AS OPPOSITE MEANING OF UPRIGHT	REVERSAL AS INTERNALIZED EXPRESSION	REVERSAL AS SHADOW SIDE OF THE CARD

ACE OF PENTACLES	<i>INVESTMENT / OPPORTUNITY</i>	Fears around investing, hesitance around making a commitment	Loss of money or financial opportunity	Inner security, investing in one's elf	Fixation on money - or one specific opportunity
2 OF PENTACLES	<i>MULTI-TASKING</i>	Overwhelm, self-doubt around managing responsibilities	Responsibilities get lifted off one's shoulders	Weighing up options on an internal level	Taking on too much as a habit, to avoid any number of things
3 OF PENTACLES	<i>COLLABORATION</i>	Slow progress, perhaps due to lack of communication	Going it alone, entrepreneurship	Strategizing internally (perhaps with one's guides)	Fierce competition
4 OF PENTACLES	<i>BOUNDARIES</i>	Lack of confidence around boundaries / not being able to give one's self permission to own them	Generosity and freedom	Inward understanding of new ideal structure, refining a current setup, hesitance to open up to others / the universe	Self-imposed isolation, inability to let others in, OR: chaos (I've seen this reversal connected to body image issues)
5 OF PENTACLES	<i>SCARCITY MENTALITY</i>	Keeping money / health concerns hidden, neglecting to acknowledge fears	Recovery from poverty	Spiritually bankrupt	Victim mentality, refusing to accept help from others
6 OF PENTACLES	<i>GIVING / RECEIVING</i>	Considering values, weighing up options	Resisting growth, clinging to 'the way things are,'	Giving back to one's self	Resentment / pity around work / money
7 OF PENTACLES	<i>TAKING A STEP BACK BEFORE SORTING THE CROPS</i>	Uncertain as to how to move forward, taking one's time	Thriving, active growth and expansion, flow state in work	Calling back one's power, making a personal plan of action	Dissatisfaction, anxiety around goals
8 OF PENTACLES	<i>FOCUS AND INDEPENDENT WORK</i>	Lacking a sense of purpose in work / connection to one's work	Impatience, frustration	Cultivating the self / working on spiritual goals	Work obsession / addiction
9 OF PENTACLES	<i>ENTREPRENEURSHIP / GRATITUDE / FINANCIAL FREEDOM</i>	Lack of self-worth, hesitance to invest in one's self	Trading independent work for teamwork	Understanding of one's inherent self-worth	Wealth obsession, can't access gratitude / recognize one's progress
10 OF PENTACLES	<i>LEGACY / COMMUNITY AS SOURCE OF ABUNDANCE</i>	Not able to receive support from community /	Lack of connection to others, self-made	Connecting to one's spirit family / guides / ancestors	Trauma around family / inherited wealth

		family, feeling alone	success, one-man shop		
PAGE OF PENTACLES	<i>NEW FINANCIAL OPPORTUNITY</i>	Intentions still becoming clear	Disconnection from the creative process	Investing in one's self	Inability to manifest, wishful thinking, serial entrepreneur vibes
KNIGHT OF PENTACLES	<i>ROUTINE, CONSISTENCY</i>	Lack of connection to one's work or goal - in need of a break	Boredom, not being able to work, letting down responsibilities	Working on the personal / spiritual goals or mission	Overwork, burnout
QUEEN OF PENTACLES	<i>DOMESTIC GODDESS, WEALTH FROM CREATIVITY</i>	In the process of recognizing / committing to the ever-evolving Queen archetype within one's self	Feeling disconnected from nature / the body, or one's wealth	Nurturing one's self	Yet to balance / unify work and personal priorities
KING OF PENTACLES	<i>FINANCIAL STRATEGY, MIDAS TOUCH</i>	In the process of locating / committing to the the ever-evolving King archetype within one's self	Lack of personal power, financial turmoil	Recreating one's world from the inside out	Success corrupted, overly rigid
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ACE OF SWORDS	<i>BREAKTHROUGH</i> <i>H</i>	Mental block / information missing, conflict between head and heart	Confusion, chaos	A new idea is bubbling up below the surface, but hasn't fully taken shape yet.	Disillusionment , not being willing to look at the reality of things
2 OF SWORDS	<i>INDECISION, TAPPING INTO INNER KNOWING</i>	Taking it slow - piecing together information from the outer / inner worlds	Reaching clarity, taking action	Connecting to the intuition for guidance, digesting information	Denying one's truth, holding back as a way to stay in control of a situation
3 OF SWORDS	<i>BIG EMOTIONS, THOUGHTS CREATE FEELINGS</i>	Fears around feeling one's feelings	Healing from old wounds, reframing the past	Personal wounds, shame, dealing with emotions in silence	Self-harm, beating one's self up
4 OF SWORDS	<i>MENTAL STILLNESS</i>	Needing a break but for some reason can't / isn't allowing one's self to take one	Returning to action, coming out of a moment of stillness	Rich inner world, intuition speaking clearly	Refusing to still the mind, burnout

5 OF SWORDS	<i>CONFLICT / PICK YOUR BATTLES</i>	Not being confident in one's ability to participate in challenging conversations, feeling 'beat down' by them	Leaving a tough situation behind, forgiveness	Working on forgiveness, or, inner conflict / internalized judgments from others	Gossip, lack of trust
6 OF SWORDS	<i>MOVING ON FROM CONFLICT, FORGIVENESS</i>	Unsure of how to move on, still mulling over the past	Putting down roots	Moving on from from personal patterns	Staying stuck in harmful relationships, unable to forgive
7 OF SWORDS	<i>IMPOSTER SYNDROME, DISHONESTY</i>	Looking to others for instruction but not feeling quite right about it, feeling like a robot - 'shoulding' one's self	Opening up, seeking help / advice	Imposter syndrome, feeling like a fraud	Staying stuck in a way of doing things that isn't authentic, co-dependence, resentment
8 OF SWORDS	<i>MENTAL BLOCK</i>	Blocked, the energy of this card becomes even more stuck - one can't acknowledge how trapped they feel	Liberation from limiting thoughts,, calling bullshit on one's fears	Inner critic keeping one feeling trapped / analysis paralysis	Self-imposed isolation
9 OF SWORDS	<i>ANXIETY / FEAR</i>	As a block, card meaning doesn't change a lot, but the anxiety may be ramped up ten fold	Freedom from anxieties and fears, breath of fresh air	Deep hidden shame, unwillingness to let fears come to light, leading to more pain	Waite says, 'reasonable fear' as in, political / social oppression, feeling powerless, perhaps in fact being powerless
10 OF SWORDS	<i>NECESSARY ENDINGS</i>	Inability to forgive one's self for past actions	Healing, releasing what is ready to be released	Battling one's inner demons, coming face to face with them	Tortured soul vibes, unable to find an outlet for self-expression
PAGE OF SWORDS	<i>CURIOSITY, NEW CREATIVE PROJECTS</i>	Lack of confidence around asking questions / sharing one's truth	No longer a beginner, acknowledging one's worth / value of one's time / attention	Self-inquiry, talking to god	Searching outside one's self for answers, obsessively collective data / tools
KNIGHT OF SWORDS	<i>TRUTH-SEEKING</i>	On a mission for an outlet for self-expression, or in the process of finding the right focus	Lacking inspiration, motivation	A new idea and strategy is forming within, visions becoming clear, merging intuition with next steps	Wildness, lack of awareness of boundaries, too much information, too fast

QUEEN OF SWORDS	<i>HONESTY, TOUGH-LOVE</i>	In the process of understanding the power of one's word, gaining self-awareness	Lack of connection to one's word / truth, personal power, can't find one's passion	Intellectualizing one's emotions / inner state (for better or worse)	She's lost her upright commitment to seeking the truth, and turns narrow-minded, arrogant
KING OF SWORDS	<i>CLEAR DIRECTION, TECHNICAL EXPERTISE</i>	Harnessing the power of one's ability to take control, learning how to manage / integrate the inner critic	Lack of direction / personal power	Rachel Pollack says, 'a powerful mind turned on itself, recognizing only it's desire for control.'	Dominance, gaslighting, manipulation
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ACE OF WANDS	<i>SPARK OF INSPIRATION</i>	Resistance to trusting one's gut, wondering whether something a 'hell yes' or a no	Inspiration has fizzled out, OR, newfound sense of calm / inner peace	Locating what lights you up / inner fire, understanding how to 'keep the fire alive'	Addicted to the excitement of a new beginning
2 OF WANDS	<i>DISCOVERING ONE'S POTENTIAL</i>	Putting one's self out there is proving more difficult than expected, feeling run down	Warning to take a step back - not the time to move forward	Knowing that success now requires going deeper into the self, reconnecting to one's passions	Not feeling wanted, feeling aimless, hopeless
3 OF WANDS	<i>FEEDBACK ROLLING IN, HORIZONS EXPANDING</i>	Delay in feedback coming in, or perhaps signals aren't getting sent / coming across	Frustration, disappointment, retreating back into the comfort zone for now OR blasts from the past	Exploring the inner world, memories coming back	Codependence on outer results to inform actions
4 OF WANDS	<i>HARMONIOUS RELATIONSHIPS, CELEBRATION</i>	Craving support of a community / partner	Lack of harmony, putting on a happy face, needing alone time	Personal milestone, quiet / intimate celebration	Lack of ability to connect with others, resentment, feeling like an outsider
5 OF WANDS	<i>CREATIVE PROCESS, COLLABORATION, MESSINESS</i>	Feeling insecure about one's ability to compete, or unsure of one's competitive edge, hesitance around taking on a leadership role	Leaving the pack behind, going it alone	Inner conflict, internalizing others judgements / ideas	'Going through the motions' OR feeling beat down by the competition

6 OF WANDS	<i>ACCOLADES AND SHARING ONE'S VOICE</i>	Uncomfortable in the spotlight, humility	Feeling like a failure OR feeling like a follower	Inward sense of victory, personal achievement, vision for one's success	Leadership / seeking power for the wrong reasons
7 OF WANDS	<i>PERSEVERANCE, STANDING YOUR GROUND, SHOWING WHAT YOU'RE MADE OF</i>	Indecision, not feeling grounded / supported	Leaving a tough situation behind, giving up the fight	Rather than being on the offense, internalized becomes defensive, passion turns on one's self, anxiety	Giving up due to lack of support / confidence / drive
8 OF WANDS	<i>QUICK, PASSIONATE MESSAGE EXCHANGE</i>	Messages aren't going through, - whether that's not sent, delivered or received	Stagnation, no new energy coming in or going out due to a disconnection of passion	Intuition speaking clearly, messages resonating, piecing together information to	What one thought was a yes is a no
9 OF WANDS	<i>EXHAUSTION, LACK OF FAITH</i>	Lacking boundaries or an understanding of what boundaries might be needed	Opening up to others, accepting support and love	Drawing on inner resources to stay strong	Defensiveness paired with, or perhaps resulting from, shame, paranoia
10 OF WANDS	<i>HARD WORK, LAST LEG OF THE JOURNEY</i>	Inability to manage one's load, too much for one person	Letting down responsibilities, delegating	Dealing with with emotional trauma, holding secrets or heavy information	Martyrdom
PAGE OF WANDS	<i>NEW CREATIVE PROJECTS</i>	Clarifying what one's ever-evolving passion / purpose is	An offer that's a hell no, rather than a hell yes	Inward understanding of what lights one up	Recklessness, immaturity
KNIGHT OF WANDS	<i>PASSION, ADVENTURE</i>	Lacking a sense of personal permission to act on one's desires	Focusing one's passions into a routine / plan	Spiritual journey, private passion project	Overly passionate, forceful, scattered
QUEEN OF WANDS	<i>AUTHENTICITY, MAGIC, OPTIMISM</i>	Seeking outward permission to be the 'leading lady' of one's own life	Following direction, looking to others for an example	Stepping into one's personal power, giving one's self permission	Mean girl energy, she uses her charisma to harm
KING OF WANDS	<i>VISIONARY, ENTREPRENEUR</i>	Yet to locate and harness the power of one's inner King / passionate leader - in the process of becoming	Retreating into cynicism or fear as a result of encountering obstacles	Vision of one's own brewing below the surface, spiritual mastery	Overly dominant, bully vibes

		empowered			
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ACE OF CUPS	<i>EMOTIONAL EXPRESSION</i>	Block in the flow of honest self-expression due to self-doubt or lack of outlet	A warning to keep one's feelings inside for now	Doing the inner work of sitting with / accepting one's feelings, without taking action on them	Overflow of emotions, overwhelm, too much too soon
2 OF CUPS	<i>ALIGNMENT OF VALUES</i>	Split between what one feels / what one thinks / how one acts	Communication breakdown, not being able to meet in the middle	Self-love, recommitment to one's values	Distrust, misalignment of values
3 OF CUPS	<i>FRIENDSHIPS, CELEBRATION</i>	Disavowing one's desire for pleasure, joy and connection / support	Better to go it alone, desire to be independent	Making peace with one's inner mean girl, being one's own best friend	Superficial friendships, excess, trauma around female friends
4 OF CUPS	<i>FEELING STAGNANT</i>	Not the time to accept an opportunity being presented. Either the querent can't recognize what's being offered, or simply doesn't want it right now	Enthusiasm, seizing new opportunities, breaking free of old ways, seeing the world anew	Turning inward and mining one's depths for a new beginning	Stuck in a rut or negative behaviour pattern
5 OF CUPS	<i>FORGIVENESS AND HEALING, REFRAMING THE PAST</i>	Difficulties in forgiving the past, grief journey	Forgiving the past, cutting cords with energy drains, reclaiming one's power	Feeling of failure turned inward on one's self, self-forgiveness is needed	Staying stuck in trauma, negative cycles
6 OF CUPS	<i>INNER CHILD, RECEIVING, JOY</i>	Focused on / giving energy to some part of the past in some way that makes it hard to locate one's true self in the present	Releasing the past, living in the now	Connecting to the inner child within	Not able to extract the blessings of the past and move forward with them
7 OF CUPS	<i>MANY OPTIONS, DREAMING BIG</i>	Feeling blocked / overwhelmed by possibilities, uncertainty around how to move forward	Determination to make something from dreams / taking focused action	Relying on inner wisdom and guidance to inform one's direction	Wishful thinking / disillusionment
8 OF CUPS	<i>MOVING ON INTO UNCHARTED</i>	Unable to move forward, blocked by	The time to leave hasn't come yet -	Reflecting on the past and what to leave	Drifting aimlessly, unable to take

	<i>TERRITORY</i>	uncertainty or 'shoulding' one's self	there are still gems to be found in current environment	behind, following one's intuition	responsibility for one's own knowing
9 OF CUPS	<i>WISHES FULFILLED, GRATITUDE</i>	Disconnect between the heart and the head	Unable to create what one wants to create, feeling 'cursed'	Reframing or revisiting one's dream, calling it in on an internal level	Unable to feel gratitude for what one has, 'hungry ghost'
10 OF CUPS	<i>FULFILMENT</i>	Something is missing from the feeling of total fulfilment, doubting one's capability of having their 'happily ever after'	Breakdown of relationships, latent problems	One's vision of ultimate fulfilment is clear inside	Disconnection, trauma around 'happy family' or marriage
PAGE OF CUPS	<i>GENTLE SOUL, HEALER, DREAMER</i>	A block around listening to / hearing the intuition	Heartache, neglecting the wise inner dreamer / magical child within	A deep intuitive nudge rumbling in the depths, being with one's feelings	As a shadow, this Page hasn't fully realized sensitivities as a strength. He feels powerless to them
KNIGHT OF CUPS	<i>ROMANTIC, CREATIVE ON A MISSION</i>	Judgements around productivity, particularly structure / timelines that ultimately impede productivity	Following traditional models of productivity	Dream of a mission / creative vision coming together inside	Mission thrown off course, derailed due to emotional issues
QUEEN OF CUPS	<i>SELF-CARE, HEALER</i>	Blocked, this queen hasn't yet found her permission to fill up her own cup first. She is learning to trust that simply by being present, being herself, she is of service	Allowing others to facilitate or guide your healing	Focusing on healing / nurturing one's self	The shadow side of this queen needs to pull the focus back onto herself and build back her strength
KING OF CUPS	<i>EMOTIONAL INTELLIGENCE</i>	Creatively blocked. When this king isn't expressing himself and leading others in the ways he feels called, he succumbs to emotional turmoil and gets blocked	Letting down one's responsibilities, focusing on creativity for creativity's sake	Taking direction from the wise guide within - being one's own trusted advisor	No longer mature, but uses his powers of receptivity to manipulate, he lashes out / has emotional outbursts

