

The Tarot & Oracle Spreads Companion

Your Guide to Insightful &
Empowering Readings

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COSMIC AWAKENING & WELLNESS

with Lilian

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Introduction

Welcome to The Tarot & Oracle Spreads Companion, your trusted guide to unlocking the wisdom of Tarot and Oracle cards. Whether you're a seasoned reader or just beginning your journey, this resource is designed to empower your intuitive practice and provide clarity in various areas of life.

In this guide, you'll find thoughtfully curated spreads for daily insights, self-reflection, manifestation, relationships, and more. Each spread is tailored to help you connect with your inner wisdom, explore new perspectives, and navigate life's challenges with confidence.

What Are Spreads?

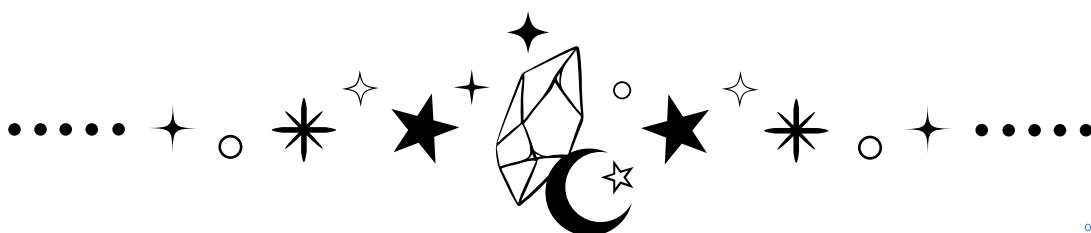
A spread is a specific layout of cards used to address questions or gain guidance. Each position in a spread holds a unique meaning, working together to form a complete narrative. Spreads help focus your energy and intentions, making your readings more insightful and effective.

How to Use This Guide

1. **Set Your Intentions:** Before starting any reading, take a moment to ground yourself. Breathe deeply, focus on your question, and shuffle your deck with intention.
2. **Choose a Spread:** Select a spread from this guide that aligns with your goal. Whether seeking clarity, release, or inspiration, there's a spread for every situation.
3. **Interpret with Intuition:** While the suggested meanings in this guide provide a framework, trust your intuition to uncover the messages that resonate most deeply.

A Journey of Self-Discovery

The magic of Tarot and Oracle cards lies in their ability to guide us inward. This guide is more than a collection of layouts—it's a companion on your journey to self-discovery, growth, and empowerment.



Daily Insight Spread



Purpose

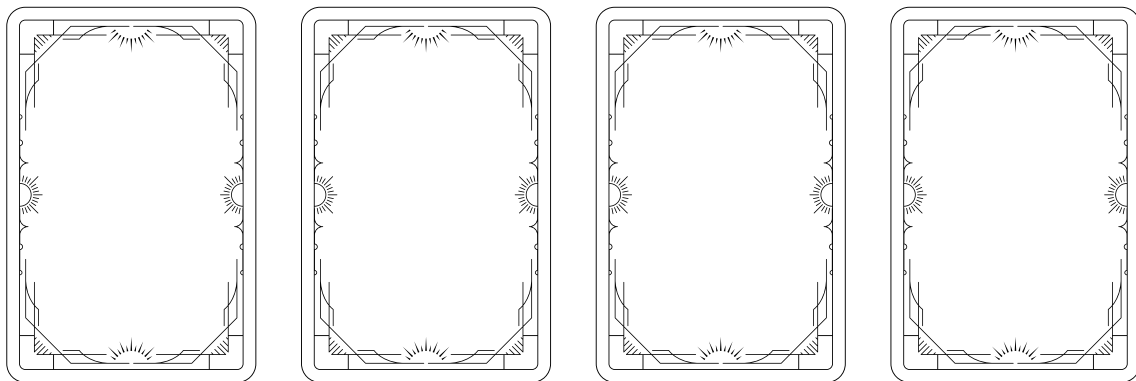
The Daily Insight Spread is a simple and effective way to check in with the energy of the day. It helps you understand the influences at play, how you can navigate them, and what you can focus on for the best outcomes.

Spread Layout

1. Energy of the Day – What is the overall energy or theme for today?
2. Your Focus – What should you prioritize or pay attention to?
3. Challenge or Obstacle – What might create friction or require careful handling?
4. Guidance – What advice or action will help you make the most of today?

Tips for Interpretation

- Draw a card for each position and lay them out in a straight line or a square.
- Consider journaling your interpretations to track how the day unfolds in relation to the reading.
- This spread works well with both Tarot and Oracle cards.



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Self-Reflection Spread



Purpose

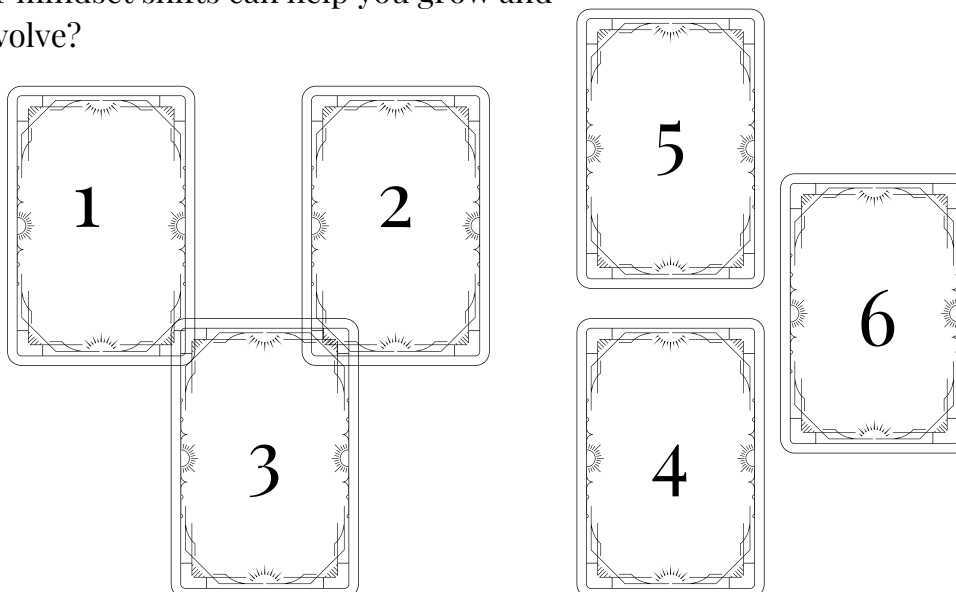
The Self-Reflection Spread is designed to help you look inward and gain clarity on your current state of mind, emotions, and overall life situation. It's a powerful tool for self-discovery and personal growth, allowing you to identify areas that need attention and improvement.

Spread Layout

1. Current State of Mind – How are you currently thinking or perceiving the world around you?
2. Emotional Landscape – What emotions are dominating your experience right now?
3. Limiting Beliefs – Are there any beliefs or thought patterns holding you back from your full potential?
4. Strengths to Embrace – What personal strengths can you leverage for growth and success?
5. Area for Growth – What aspect of yourself could benefit from attention or healing?
6. Advice for Transformation – What actions or mindset shifts can help you grow and evolve?

Tips for Interpretation

- This spread is great for journaling after each reading to dive deeper into your insights.
- Take your time with each card, especially when exploring limiting beliefs or areas for growth. These cards may offer some deep, transformative guidance.
- Reflect on patterns over time to notice progress or areas where more work is needed.



Manifestation Spread



Purpose

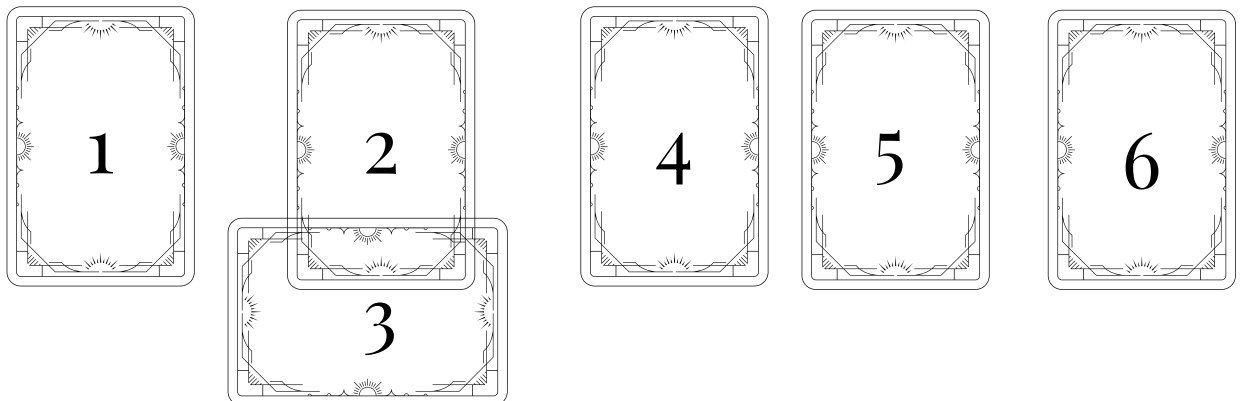
The Manifestation Spread is designed to help you focus on your desires and intentions. This spread connects you to the energies around you that support or challenge your manifestation process, guiding you toward the actions needed to bring your dreams into reality.

Spread Layout

1. The Desire – What is it that you truly want to manifest?
2. Current Energy – What is the current energy surrounding this manifestation?
3. Blocks to Manifestation – What obstacles or challenges are standing in your way?
4. Action Steps – What actions should you take to align with your desire?
5. Supporting Energies – What energies, resources, or influences are supporting your manifestation?
6. Outcome – What is the likely outcome if you align with the guidance provided by the spread?

Tips for Interpretation

- This spread works best when you have a clear idea of what you wish to manifest.
- Visualize your desired outcome as you shuffle the cards to connect deeply with your intention.
- The "Supporting Energies" position can reveal external factors (people, opportunities, or spiritual forces) that can assist you.
- Focus on the "Action Steps" card as it provides tangible guidance on how to move forward with your manifestation.



Relationship Insight Spread



Purpose

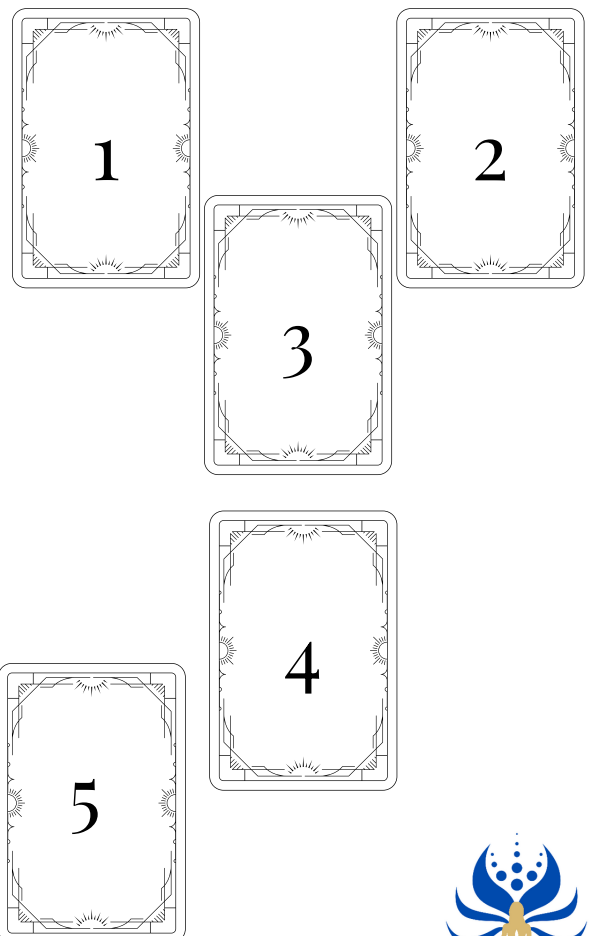
The Relationship Insight Spread is designed to provide clarity, understanding, and guidance regarding your relationships, whether romantic, familial, or friendships. It helps reveal the dynamics at play, areas of harmony or conflict, and what steps can be taken to improve or heal the connection.

Spread Layout

1. Your Current Feelings – How do you currently feel about the relationship?
2. The Other Person's Feelings – How does the other person feel about the relationship?
3. The Strengths of the Relationship – What are the positive aspects or strengths that support this connection?
4. Challenges or Tensions – What are the challenges or sources of tension in the relationship right now?
5. Advice for Improving the Relationship – What actions or changes can help improve or heal the relationship?
6. Possible Outcome – What is the potential outcome if both parties align with the advice given?

Tips for Interpretation

- This spread can be used for romantic, family, or platonic relationships. The key is to approach it with honesty and openness to uncover the truth.
- Consider focusing on specific aspects of the relationship you want clarity on (communication, trust, conflict resolution) before beginning.
- If you're doing a relationship reading for yourself, remember that the cards can also reflect your role and how you may want to improve or shift things.



Full Moon Release Spread



Purpose

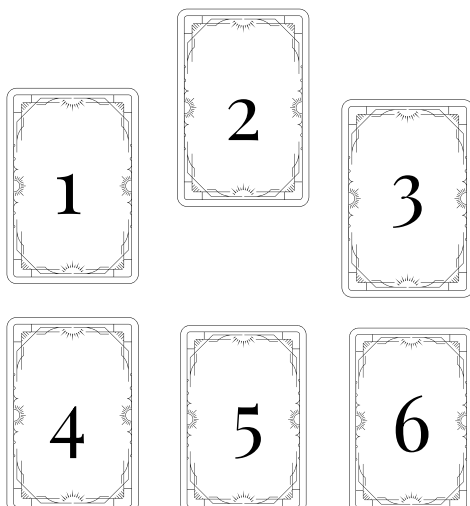
The Full Moon Release Spread is designed to help you let go of what no longer serves you, making space for new energy and growth. The Full Moon is a powerful time for releasing, healing, and reflecting. This spread helps you identify what to release and how to move forward with clarity and intention.

Spread Layout

1. What to Release – What emotions, beliefs, or situations are you being called to release?
2. The Source of This Energy – Where is this energy coming from, or what past situation or pattern is contributing to it?
3. How This Energy Is Holding You Back – In what ways is this energy or situation limiting your growth or happiness?
4. How to Release It – What steps can you take or mindset shifts can you make to let go of this energy?
5. New Energy Coming In – What new energy, opportunities, or experiences are making space for you once you release this?
6. Final Guidance – What additional advice does the Full Moon bring for your release process or new beginning?

Tips for Interpretation

- The Full Moon is a time of culmination and clarity, so trust the insights that come through.
- Consider journaling your release after the reading, to solidify your intention to let go of what no longer serves you.
- This spread works well when you want to focus on personal healing, emotional release, or releasing old patterns that block your growth.



Prosperity Spread



Purpose:

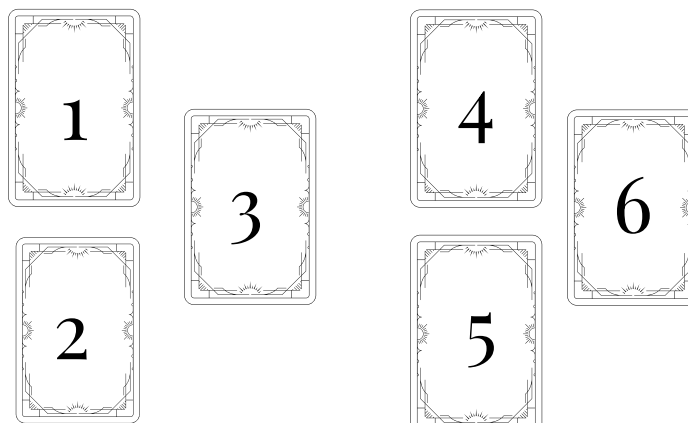
This spread focuses on financial abundance, prosperity, and manifesting wealth. It helps you assess your current relationship with money, uncover potential blocks, and provide guidance on how to attract more prosperity into your life.

Spread Layout:

1. Current Prosperity State – Where do you stand in terms of your financial situation or abundance mindset?
2. What's Blocking Prosperity – Are there any limiting beliefs or external obstacles blocking your flow of wealth?
3. How to Attract More Prosperity – What actions or shifts can you make to attract more abundance and financial flow?
4. Opportunities for Growth – What financial or abundance-related opportunities are coming your way?
5. Steps to Manifest Prosperity – What immediate steps should you take to start manifesting wealth?
6. Outcome – What is the potential outcome if you follow the guidance and align with prosperity?

Tips for Interpretation:

- Be honest about any money fears or limiting beliefs you may have.
- Trust that the “blocking” card will reveal what’s holding you back from prosperity.
- Focus on the “Attracting Prosperity” and “Opportunities for Growth” cards to get a clear sense of your path forward.
- The “Outcome” card will show you what can happen if you follow the guidance with an open mind and positive intention.



Career Spread



Purpose:

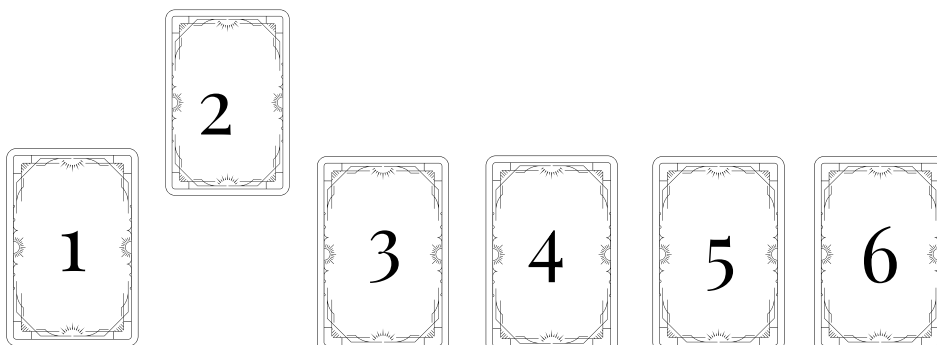
This spread focuses on your career path, professional development, and the steps needed to achieve success and fulfillment in your work life. It helps you assess your current career situation, uncover challenges, and guide you in making decisions that align with your goals.

Spread Layout:

1. Current Career Situation – Where do you currently stand in your professional life?
2. Skills or Strengths to Leverage – What talents or skills can you use to improve or advance your career?
3. Opportunities in Your Career Path – What opportunities are presenting themselves in your career journey?
4. Challenges in Your Career – What challenges are you facing in your current job or career trajectory?
5. Action Steps for Career Advancement – What actions should you take to move forward and advance in your career?
6. Career Outcome – What is the likely outcome if you take the necessary steps to improve your career?

Tips for Interpretation:

- Reflect on your satisfaction level with your current job or career.
- The “Opportunities” card can show potential promotions, new projects, or paths forward in your career.
- The “Challenges” card will help you identify obstacles, whether internal (like fear) or external (like a difficult colleague).
- The “Career Outcome” card will show the potential result of your actions.



Situation or Challenge Spread



Purpose:

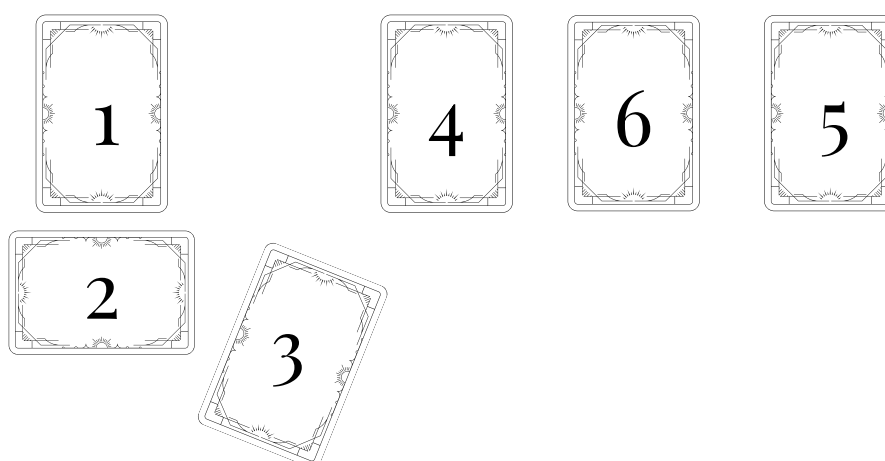
This spread is ideal when you're facing a specific challenge or situation in your life. It provides clarity on the nature of the situation, potential outcomes, and guidance on how to best navigate the challenge. This spread can be used for anything from personal dilemmas to external situations that require resolution.

Spread Layout:

1. Current Situation – What is the main challenge or situation you're dealing with?
2. Underlying Influences – What are the deeper, hidden factors affecting this situation?
3. Obstacles to Overcome – What are the key obstacles or challenges that need to be addressed?
4. Resources or Support Available – What resources, skills, or support do you already have at your disposal?
5. Guidance/Action to Take – What actions should you take or what guidance should you follow to navigate this challenge?
6. Outcome/Resolution – What is the potential outcome or resolution of the situation if you follow the guidance provided?

Tips for Interpretation:

- Be clear on the situation you are addressing, and remain open to discovering underlying factors you might not have considered.
- The “Obstacles” and “Resources” cards will give you a sense of where you’re struggling and where you can draw strength.
- The “Guidance” card offers practical or spiritual advice to help you make decisions.
- The “Outcome” card gives you a preview of the result if you follow the guidance and take the necessary actions.



Closing Thoughts & Final Guidance



Congratulations on completing your journey through the Tarot & Oracle Spreads Guide! By using these powerful spreads, you've opened the door to deeper self-awareness, clarity, and insight. Whether you're seeking answers to everyday challenges, manifesting your desires, or understanding the intricacies of relationships, these spreads are here to guide you along your personal path.

Remember:

- Trust your intuition — the cards are a reflection of your inner wisdom. Allow your intuition to guide you as you interpret the messages.
- Be patient with the process — there's no rush. Take your time with each spread and allow the cards to reveal what you need to know, when you need to know it.
- Embrace the journey — each reading offers a new perspective and an opportunity for growth. The insights gained will evolve as you continue your practice.
- Keep your mind and heart open to the wisdom that the tarot and oracle decks offer. Every reading provides an opportunity for growth, learning, and self-awareness.

Feel free to return to these spreads whenever you need guidance. The beauty of tarot and oracle cards is that they offer limitless insights — no two readings are ever the same, even when the questions may be.

Wishing you clarity, peace, and abundance on your journey!

Thank you for choosing this guide as your companion in self-discovery and empowerment.

Stay Connected and Keep Growing!

I'd love to hear about your experience with the tarot and oracle spreads, and how they've helped you on your journey. Don't hesitate to share your thoughts, feedback, or questions via social media or email.



Closing Thoughts & Final Guidance



Additional Resources & Connect with Me

Thank you for exploring "The Tarot & Oracle Spreads Guide." I hope these spreads bring clarity and insight to your journey. If you're looking for more tools, guidance, and spiritual growth content, here are some ways to connect with me and access even more resources:

Explore More on My Website:

Visit www.liliannasta.com for a variety of resources on holistic health, spiritual growth, wellness, and channeled messages from the higher realms. You'll find free resources, courses, and blogs to help you on your path to self-discovery and awakening.

Follow Me for Inspiration:

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- YouTube: [Cosmic Awakening with Lilian](https://www.youtube.com/channel/UC...) – Tune into my channel for monthly tarot readings, channeled messages, and spiritual guidance.
- Etsy: [AwakenWellByLilian](https://www.etsy.com/shop/AwakenWellByLilian) – Explore digital products, wellness resources, and tools to support your holistic journey.

Additional Tips for Your Practice:

- Trust in the process, and know that with each reading, you're aligning more closely with your true path.
- Regularly cleanse and shuffle your deck to keep the energy fresh and clear.
- Record your readings in a tarot journal, noting down your thoughts and reflections after each spread.
- Stay consistent in your practice, as the more you engage with the cards, the stronger your intuitive connection becomes.

